



# 2<sup>nd</sup> UNICA SPORTS SCIENCES INTERNATIONAL CONFERENCE

“Bridging the Gap between Research & Applied Practice in Sports”

15-16 June 2023

Aula Convegni, Blocco I, Cittadella Universitaria di Monserrato – CUS Cagliari



SAVE THE DATE

ForteVillage

SARDEGNA

Sardinia, Italy

## GENERAL PROGRAM

**15 Giugno 2023**  
**AULA MAGNA, Cittadella Universitaria di Monserrato**

h 2.30 pm Registration

h 3.00 pm Conference welcome to organizer

Chairmen: F. Tocco, M. Massidda, C.M. Calò, S. Banni, B. Frączek, P. Ciężczyk

**h 3.20 KEYNOTE LECTURE: Science in Football**  
 Carlo Castagna, University of Urbino «Carlo Bo», Italy

### I SESSION: Physiology of Athletic Performance

h 4.00 pm The use of biomarkers of muscle damage induced by exercise  
 Paula Mota, University of Trás os Montes e Alto Douro (UTAD) Vila Real – PORTUGAL

h 4.15 pm Gut Microbiota and athletic performance  
 Kinga Humińska-Lisowska, Paweł Ciężczyk and Monika Michałowska-Sawczyn,  
 Gdansk University of Physical Education and Sport, Gdansk POLAND

h 4.30 pm Assessment of metabolic flexibility for a personalized nutrition  
 Sebastiano Banni, University of Cagliari, ITALY

h 4.45 pm Paleo diet as an alternative model of nutrition for athletes  
 Barbara Frączek, Paulina Mazur-Kurach, Aleksandra Pięta, Department of Sports Medicine and  
 Human Nutrition, University of Physical Education, Krakow, POLAND.

h 5.00 pm Discussion and coffee break

### II SESSION: Genetic of Athletic Performance

h 5.30 pm Genetic Predispositions of Elite Athletes  
 Magdalena Dzitkowska-Zabielska and Aleksandra Bojarczuk,  
 Gdansk University of Physical Education and Sport, Gdansk POLAND

h 5.45 pm Genetic influence on football performance and muscle injuries  
 Myosotis Massidda, University of Cagliari, ITALY

h 6.00 pm Discussion

### III SESSION: Sport in Life Stages

h 6.15 pm Exercise, social rhythms and resilience to stress in old adults  
 Mauro Giovanni Carta, Federica Sancassiani, Giulia Cossu, University of Cagliari, ITALY

h 6.30 pm How to teach Rugby at School  
 Luis Vaz, University of Trás os Montes e Alto Douro (UTAD) Vila Real – PORTUGAL

h 6.45 pm Discussion

### IV SESSION: Sport science and performance optimization

h 7.00 pm Quantifying Movement Demands in Elite Female Beach Volleyball  
 Paulo Vincente Joao, University of Trás os Montes e Alto Douro (UTAD) Vila Real – PORTUGAL

h 7.15 pm Sports Academies in a World Leading Resort  
 Marco Pasquantonio, Forte Village Resort

h 7.30 pm Performance optimization at all level  
 Stefano Maldifassi, High Performance Method, Milan

h 7.45 pm Discussion and Closing statement

**16 Giugno 2023**  
**CUS Cagliari**

h 8.15 am Registration

h 9.00 am Conference welcome to organizer

TESTIMONIAL:

**SPORTS SCIENCES and CHILDHOOD: PRACTICAL SESSION WITH KIDS**  
 Coordinators: Filippo Tocco, Myosotis Massidda, Giuseppe Allegra, Marcello M. Oggianu, Giovanna Ghiani

STATION 1: RUGBY	STATION 2: VOLLEYBALL	STATION 3: TENNIS	STATION 4: EVALUATION
Luis Vaz, UTAT, Portugal	Vincente Joao, UTAT, Portugal	Riccardo Porta, UNICA, Italy	Massimo Fanni UNICA, Italy
STATION 5: GYMNASTICS	STATION 6 TENNIS:	STATION 7: BASKETBALL	STATION 8: FOOTBALL
Gabriela Galan UNICA, Italy	M. Petruzzo, F. Porcu UNICA-CUS, Italy	Martina Damele, UNICA, Italy	Jacopo Secci, Cagliari FC, Italy
STATION 9: EVALUATION	STATION 10: MOTOR ACTIVITY	STATION 11: TRACK & FIELD	STATION 12: TENNIS
Luca Vitali, UNICA, Italy	Federico Fois, UNICA, Italy	Giulia Innocenti, CUS Cagliari	E. Frongia, N. Camba CUS, Italy
STATION 13: MOTOR ACTIVITY	STATION 14: GYMNASTICS	STATION 15: FOOTBALL	STATION 16: MOTOR ACTIVITY
Students Gr A/B, UNICA, Italy	Luana Asunis, UNICA, Italy	Alberto Spissu UNICA, Italy	Students Gr C/D UNICA, Italy

h 1.30 pm Closing statement

## ORGANIZING COMMITTEE

Filippo Tocco, Myosotis Massidda, Giovanna Ghiani  
 Dipartimento di Scienze Mediche e Sanità Pubblica, UNICA  
 Carla Maria Calò  
 Dipartimento di Scienze della Vita e dell'Ambiente, UNICA  
 Sebastiano Banni  
 Dipartimento di Scienze Biomediche, UNICA  
 Giuseppe Allegra, Marcello Maria Oggianu  
 Corso di Laurea in Scienze Motorie, UNICA

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REGISTRATION:

