



**UNIVERSITÀ DEGLI STUDI
DI CAGLIARI**

Facoltà di Medicina e Chirurgia

Dipartimento di Scienze Mediche e Sanità Pubblica

Corsi di Laurea Triennale in Scienze delle Attività Motorie e Sportive
e Magistrale in Scienze delle Attività Motorie Preventive e Adattate

4th UNICA SPORT SCIENCE INTERNATIONAL CONFERENCE

25-27 June 2025 / Cagliari - Santa Margherita di Pula, Sardinia, Italy



Final Programme



**REGIONE AUTÒNOMA
DE SARDIGNA
REGIONE AUTONOMA
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Final Programme

4th UNICA SPORT SCIENCE INTERNATIONAL CONFERENCE
Cagliari/Santa Margherita di Pula, Sardinia, Italy
25-27 June 2025

Organized by



Facoltà di Medicina e Chirurgia
Dipartimento di Scienze Mediche e Sanità Pubblica
*Corsi di Laurea Triennale in Scienze delle Attività Motorie e Sportive
e Magistrale in Scienze delle Attività Motorie Preventive e Adattate*

Organization

CHAIR[S] of the SCIENTIFIC and ORGANIZING COMMITTEES

Filippo TOCCO and Myosotis MASSIDDA
Department of Medical Sciences and Public Health
University of Cagliari
[ITALY]

SCIENTIFIC COMMITTEE

Sebastiano BANNI
[ITALY]
Carla Maria CALO'
[ITALY]
Mauro CARTA
[ITALY]
Giovanna GHIANI
[ITALY]
Massimiliano PAU
[ITALY]

ORGANIZING COMMITTEE

Giuseppe ALLEGRA
[ITALY]
Stefano CONI
[ITALY]
Giovanna GHIANI
[ITALY]
Marcello Maria OGGIANU
[ITALY]
Marcello SANFELICE
[ITALY]
Sylvia KIEPUSZEWSKA
[ITALY]

AWARDS Committee for the Oral Presentations

Carlo CASTAGNA
[ITALY]
Pawel CIESZCZYK
[POLAND]
Malcolm COLLINS
[SOUTH AFRICA]
Kinga HUMINSKA-LISOWSKA
[POLAND]

AWARDS Committee for the Poster Presentations

Attilio CARRARO
[ITALY]
Susanna POVOAS
[PORTUGAL]
Diego PRIMAVERA
[ITALY]
Alison V. SEPTEMBER
[SOUTH AFRICA]

Invited Speakers – Wednesday, June 25th



Malcolm COLLINS
Health through Physical
Activity, Lifestyle and Sport
Research Centre,
University of Cape Town
SOUTH AFRICA



Paweł CIESZCZYK
Rector
of Gdansk University of
Physical Education and Sport
Gdansk
POLAND



Alison V. SEPTEMBER
Deputy Director of Health
Through Physical Activity and
Sport Research Centre,
University of Cape Town
SOUTH AFRICA



Kinga HUMINSKA-LISOWSKA
Gdansk University
of Physical Education
and Sport,
Gdansk
POLAND



Ildus AHMETOV
Research Institute for Sport
and Exercise Science
Liverpool John Moores
University, Liverpool
UNITED KINGDOM

Programme – Wednesday, June 25th

Congress Venue: Sala Congressi, Blocco I, Cittadella Universitaria di Monserrato

9.00 am Registration opens

2.45 pm Registration closes

3.00 pm Conference welcome to organizer and Greetings of the Authorities

GENETICS SYMPOSIUM



Chair[s]:



Myosotis Massidda
Department of Medical Sciences and
Public Health, University of Cagliari
ITALY

Carla Maria Calò
Department of Life and Environmental
Sciences, University of Cagliari
ITALY

3.30 pm KEYNOTE LECTURE

Investigating the association of genetic markers, previously identified by Genome-wide association studies, with ACL rupture in multiple cohorts.
Malcolm COLLINS, [SOUTH AFRICA]

4.15 pm INVITED LECTURE

MMP1 rs1799750, MMP10 rs486055, and MMP12 rs2276109 polymorphisms and ACL rupture in physically active individuals.
Pawel CIESZCZYK, [POLAND]

4.45 pm INVITED LECTURE

Investigating the polygenic influence of variants within HSPG2, ITGB3, and ITGB2 on Anterior Cruciate Ligament Rupture risk across multiple international cohorts.
Alison V. SEPTEMBER, [SOUTH AFRICA]

5.15 pm COFFEE BREAK

5.45 pm INVITED LECTURE

The genetic of muscle strength.
Ildus AHMETOV, [UNITED KINGDOM]

6.15 pm INVITED LECTURE

The role of CFDNA and key cytokine polymorphisms in athletic potential.
Kinga HUMINSKA-LISOWSKA, [POLAND]

6.45 pm CLOSING STATEMENT

7.00 pm AUDARYA Wine Testing (Activity reserved to Speakers, Authorities and Commettes Members)

Invited Speakers and Chair[s] – Thursday, June 26th

Invited Speakers



Heather GIBSON
University of
Florida
USA



Attilio CARRARO
University of
Bolzano
ITALY



Carlo CASTAGNA
Thelematic
University of
Pegaso,
ITALY



Angelo GIANNUZZI
Forte Village
Resort,
ITALY



**Susanna
POVOAS**
University of
Maia,
PORTUGAL

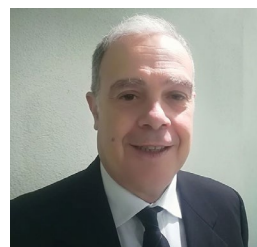
Chair[s]:



Filippo TOCCO
Dept of Medical
Sciences and Public
Health
University of Cagliari
ITALY



Myosotis MASSIDDA
Dept of Medical Sciences
and Public Health
University of Cagliari
ITALY



Mauro CARTA
Dept of Medical
Sciences and Public
Health
University of Cagliari
ITALY



Sebastiano BANNI
Dept of Biomedical
Sciences
University of Cagliari
ITALY



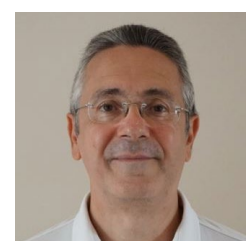
Paweł CIESZCZYK
Gdansk University of
Physical Education
and Sport,
Gdansk
POLAND



Malcolm COLLINS
Health through Physical
Activity, Lifestyle and
Sport Research Centre
University of Cape Town,
SOUTH AFRICA



Alberto CONCU
AC Technology SRL
Cagliari
ITALY



Massimiliano PAU
Dept of Mechanical,
Chemical and
Materials Engineering
University of Cagliari
ITALY

Programme – Thursday, June 26th

Congress Venue: Cristalli Hall, Forte Village Resort

8.45 – 9.15 am Registration

9.15 – 9.30 am Conference welcome to organizer

9.30 – 10.00 am INVITED LECTURE

The multidimensional benefit of greenness exposure and outdoor activities.

Attilio CARRARO [ITALY]

Chair: Mauro Carta [ITALY]

10.00 – 10.30 am INVITED LECTURE

Le Méthode Naturelle.

Carlo CASTAGNA [ITALY]

Chair: Filippo Tocco [ITALY]

10.30-11.20 am OUTDOOR TRAINING & ACTIVE SPORT TOURISM

Oral presentations

Chair[s]: Alberto Concu, Myosotis Massidda, Filippo Tocco [ITALY]

11.20 – 11.50 am COFFEE BREAK – Cristalli Garden

11.50-12.20 pm INVITED LECTURE

Alternative outdoors exercise concepts – feasibility, physiological demands and health effects.

Susanna POVOAS [PORTUGAL]

Chair: Filippo Tocco [ITALY]

12.20-12.50 am INVITED LECTURE

Active Sports Tourism in Sardinia and the winner philosophy e of a World's Leading Sports Resort.

Angelo GIANNUZZI [ITALY]

Chair: Myosotis Massidda [ITALY]

1.00 pm LUNCH BREAK, Cavalieri Restaurant

3.00-3.30 pm KEYNOTE LECTURE

Active Sport Tourism.

Heather GIBSON [FLORIDA]

Chair[s]: Myosotis Massidda [ITALY], Filippo Tocco [ITALY]

3.30-4.00 pm BIOMECHANICS & PSYCHOLOGY

Oral presentations

Chair[s]: Massimiliano Pau [ITALY], Mauro Carta [ITALY]

4.00-4.30 pm GENETICS & EPIGENETICS

Oral presentations

Chair[s]: Malcolm Collins [SOUTH AFRICA], Pawel Cieszczyk [POLAND]

4.30 pm COFFEE BREAK– Cristalli Garden

Poster Area: 5.00-6.00 pm – POSTER SESSION, Cristalli Hall

6.00-6.40 pm TRAINING & TESTING AND EXERCISE MEDICINE & HEALTH

Oral presentations

Chair[s]: Alberto Concu, Myosotis Massidda, Filippo Tocco [ITALY]

6.40-7.20 pm PHYSIOLOGY & NUTRITION

Oral presentations

Chair[s]: Sebastiano Banni [ITALY], Alberto Concu [ITALY]

7.45 pm CLOSING STATEMENT and AWARDS CEREMONY

Oral presentations – Thursday, June 26th

Congress Venue: Cristalli Hall, Forte Village Resort

10.30-11.10 am OUTDOOR TRAINING & ACTIVE SPORT TOURISM

Chair: Alberto Concu, Myosotis Massidda, Filippo Tocco [ITALY]

10.30 FOIS ANDREA et al. [ITALY]

CARDIOMETABOLIC AND SYSTEMIC ADJUSTMENTS AFTER AN ENDURANCE SEA RACE IN ATHLETES DRIVING MOTORBOATS ELECTRICALLY POWERED BY GREEN ENERGY SOURCES.

10.40 PALMAS MARCO et al. [ITALY] [YIA]

MORPHO-FUNCTIONAL CHANGES IN A SKILLED KAYAKER DURING A MONTH OF DAILY PADDLING ALONG SARDINIA'S ISLAND COMBINING HEALTH BENEFIT FROM PADDLING WITH ACTIONS AIMED AT SAFEGUARDING THE COASTAL ENVIRONMENT.

10.50 GHIANI MARIA GIOVANNA et al. [ITALY]

ADVENTURE TOURISM: AN INTERESTING APPROACH TO BOOSTING PHYSICAL ACTIVITY LEVELS.

11.10 VACCA MATTEO [ITALY] [YIA]

THE SUPRAMONTE AS A NATURAL LABORATORY FOR GREEN EXERCISE AND NUTRACEUTICALS: A PILOT STUDY AND REVIEW OF SCIENTIFIC EVIDENCE.

11.20 – 11.50 am COFFEE BREAK, Cristalli Garden

1.00 pm LUNCH BREAK, Cavalieri Restaurant

3.30 – 4.00 pm BIOMECHANICS & PSYCHOLOGY

Chair[s]: Massimiliano Pau [ITALY] and Mauro Carta [ITALY]

3.30 ARIPPA FEDERICO et al. [ITALY] –[YIA]

AN IMU-BASED METHOD FOR ESTIMATING DYNAMIC BALANCE.

3.40 GEP ZSUZSANNA et al. [HUNGARY] –[SIA]

EFFECT OF WEEKLY YOGA PRACTICE ON ATTITUDES AND MENTAL HEALTH OF UNIVERSITY STUDENTS.

3.50 LODI MATTEO BRUNO [ITALY] - [YIA]

SIGNAL ANALYSIS OF CW RADAR DATA ACQUIRED ON SUBJECTS WALKING ON A TREADMILL.

4.00-4.30 pm GENETICS AND EPIGENETICS

Chair[s]: Malcolm Collins [SOUTH AFRICA], Pawel Cieszczyk [POLAND]

4.00 DE BERARDINI THOMAS et al. [ITALY] - [YIA]

ASSOCIATION BETWEEN ACTN-3 c.1729C>T POLYMORPHISM AND SHORT LINEAR SPRINT PERFORMANCE IN YOUTH FEMALE VOLLEYBALL PLAYERS..

4.10 PROIA PATRIZIA et al. [ITALY] - [SIA]

EXERCISE-RELATED EPIGENETIC CHANGES IN HUMAN BLOOD: INSIGHTS FROM ACTIVE AND SEDENTARY SUBJECTS.

4.20 FOIS FEDERICO et al. [ITALY] - [YIA]

ASSOCIATION BETWEEN ACTN-3 c.1729C>T (rs1815739) POLYMORPHISM AND MATCH-PLAY MAXIMAL RUNNING SPEED IN ELITE FOOTBALL PLAYERS: A PRELIMINARY REPORT.

Oral presentations – Thursday, June 26th

Congress Venue: Cristalli Hall, Forte Village Resort

4.30 – 5.00 pm COFFEE BREAK, Cristalli Garden

Poster Area: 5.00-6.00 pm POSTER SESSION, Cristalli Hall

6.00 pm –6.40 pm TRAINING & TESTING AND EXERCISE MEDICINE & HEALTH
Chair[s]: Alberto Concu, Myosotis Massidda, Filippo Tocco [ITALY]

6.00 DZITKOWSKA ZABIELSKA MAGDALENA et al. [POLAND] –[SIA]
THE ROLE OF COPEPTIN IN CARDIOVASCULAR RISK FOR ACTIVE SENIORS.

6.10 MULLIRI GABRIELE et al. [ITALY]
PRELIMINARY DATA ON THE EFFECT OF NORMOBARIC HYPOXIA ON CARDIOPULMONARY EXERCISE TEST PARAMETERS IN MALE AND FEMALE AMATEUR ATHLETES.

6.20 LUBKOWSKA BEATA et al. [POLAND] –[SIA]
MICROBIOLOGICAL ASSESSMENT OF FEET AND PATHOGEN RISK FOLLOWING INTENSIVE RUNNING EXERCISE.

6.30 PERRA GIOVANNI et al. [ITALY] – [SIA]
EFFECT OF ENDURANCE TRAINING ON CARDIORESPIRATORY RESPONSE TO EXERCISE UNDER HYPOXIC CONDITIONS.

6.40-7.20 pm PHYSIOLOGY & NUTRITION
Chair[s]: Sebastiano Banni [ITALY], Alberto Concu [ITALY]

6.40 LAI ALESSANDRO et al. [ITALY] – [YIA]
SEX DIFFERENCES IN THE IMPACT OF PHYSICAL ACTIVITY ON ARTERIAL STIFFNESS.

6.50 RUGGIU MICHELE et al. [ITALY] – [YIA]
POWER WEIGHT RATIO AND MAXIMAL FAT OXIDATION: ANALYSIS ON HEALTHY ADOLESCENTS AGED 15 TO 17.

7.00 FANNI MASSIMO et al. [ITALY] – [YIA]
RESULTS ON THE EFFECTS OF EXERCISE AND MENTAL STRESS UNDER CONCURRENT ACUTE NORMOBARIC HYPOXIA ON PULMONARY GAS EXCHANGE KINETICS.

7.10 MURRU ELISABETTA et al. [ITALY]
IDENTIFICATION OF CIRCULATING MARKERS OF ACUTE AND LONG-TERM FAT UTILIZATION CAPACITY.

7.45 pm CLOSING STATEMENT and AWARDS CEREMONY

Poster presentations – Thursday, June 26th

Congress Venue: Cristalli Hall Poster Area, Forte Village Resort

Chair[s]:

Alison V. SEPTEMBER [SOUTH AFRICA], Attilio CARRARO [ITALY],
Susanna POVOAS [PORTUGAL], Diego PRIMAVERA [ITALY]

Poster Area 3: 5.00-6.00 pm – POSTER SESSION

5.00 MACULEVICZ EVELINA et al. [POLAND] - [SIA], Position n.1

Topic: Genetics & Epigenetics (GE)

CANDIDATE GENE POLYMORPHISMS AND QUADRICEPS MUSCLE AND TENDON THICKNESS IN SPANISH CROSS-COUNTRY SKIERS. LES-5G STUDY.

5.05 BOJARCZUK ALEKSANDRA et al. [POLAND] - [SIA], Position n.2

Topic: Genetics & Epigenetics (GE)

THE RELATIONSHIP BETWEEN THE PPARGC1A GENE POLYMORPHISM RS8192678 AND THE KINETICS OF BLOOD LACTATE PRODUCTION AND REMOVAL AFTER HIGH-INTENSITY EFFORTS.

5.15 DELL'OSA ANTONIO et al. [ARGENTINA], - [YIA], Position n.3

Topic: Sports and Exercise Medicine & Health (MH)

CARDIOVASCULAR ADJUSTMENTS OCCURRING IN SUBJECTS FLOATING IN A POOL WITH HIGHER TEMPERATURE WATER AND INCREASED HYDROSTATIC THRUST.

5.20 PANI CHIARA [ITALY] - [YIA], Position n.4

Topic: Sports and Exercise Medicine & Health (MH)

HANDGRIP STRENGTH, BODY COMPOSITION AND EXPLOSIVE STRENGTH: ANALYSIS IN HEALTHY ADOLESCENTS AGED 15-17.

5.30 FRAU FEDERICA et al. [ITALY] - [YIA], Position n.5

Topic: Training and Testing (TT)

VALIDITY AND RELIABILITY OF THE SIX-MINUTE WALK TEST IN HEALTHY ADOLESCENTS

5.35 BICHOWSKA-PAWESKA MARTA [POLAND] - [SIA], Position n.6

Topic: Training and Testing (TT)

THE ACUTE EFFECT OF BLOOD FLOW RESTRICTION OR ISCHEMIA ON COUNTERMOVEMENT JUMP PERFORMANCE.

5.40 PORCEDDU FRANCESCO [ITALY] - [YIA], Position n.7

Topic: Training and Testing (TT)

THE RELIABILITY OF THE DICK TABLE FOR PREDICTING ATHLETIC PERFORMANCE TIMES.

5.45 ABISSINI MATTIA [ITALY] - [YIA], Position n.8

Topic: Training and Testing (TT)

DIFFERENCES IN PHYSICAL FITNESS VARIABLES BETWEEN COMPETITIVE MALE AND FEMALE TENNIS PLAYERS.

5.50 GAIA LIGAS [ITALY] - [YIA], Position n.9

Topic: Training and Testing (TT)

SPRINT MECHANICS ASSESSMENT SCORE (S-MAS) IN THE ANALYSES OF TRACK AND FIELD SPRINT PERFORMANCE: A METHOD TO PREVENT INJURIES.

Activities on the field– Friday, June 27th

Congress Venue: : Batteria Boggio, Località Nora – Su Guventeddu, PULA

WORKSHOP: ORIENTEERING COMPETITION

Chair[s]:

GIUSTO DE COLLE [FISO],
ANDREA MENTASTI [Forte Village Resort], DARIO CARBINI [Sardegna Ricerche]

9.00 – 9.20 am Registration

9.20 – 9.30 am Conference welcome to organizer

9.30 – 10.00 am Briefing for the Competition

10.00–12.00 pm Orienteering Competition

12.00–12.30 pm Analyses of the Competition results

12.30–13.00 pm Winners Awards

Congress Venue: Forte Village Resort

WORKSHOP: FORTE VILLAGE SPORTS ACADEMIES TOUR

(Activities reserved to Conference's Speakers and Members of the Scientific and Organizing Committees)

Chair:

ANGELO GIANNUZZI [Forte Village Resort]

3.00 – 3.15 pm Registration

3.15 – 3.30 pm Conference welcome to organizer

3.30–4.00 pm

STATION 1: BOXING
Frank Buglioni Boxe Academy

4.00–4.30 pm

STATION 2: FENCING
Valentina Vezzali Fencing Academy

4.30–5.00 pm

STATION 3: FOOTBALL
Fundacion Real Madrid Clinic Football Academy

5.00–5.30 pm

STATION 4: STATION 2: BASKETBALL
Olympia Milano Football Academy EA7

5.30–6.00 pm

STATION 5: TENNIS by HEAD
Rocco Loccisano Tennis Academy

Congress Venue: FRONTEMARE, Quartu Sant'Elena (Cagliari).

7.45 pm CONFERENCE SOCIAL DINNER

11.00 pm USSIC NIGHT PARTY

Headquarter hotel of USSIC 2025

ForteVillage

SARDINIA



Congress Venues

SALA CONGRESSI

Blocco I, Cittadella Universitaria
di Monserrato SS 554, Bivio
Sestu, 09042 Monserrato (CA)



June 25th

FORTE VILLAGE RESORT

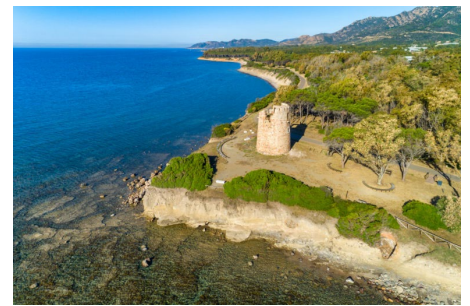
Località Santa Margherita di
Pula, SS 195, km 39.600
09050 Pula (Sardegna)



June 26th

BATTERIA BOGGIO

Su Guventeddu, Località Santa
Margherita di Pula
09050 Pula (Sardegna) - 39 km



June 27th

Main partners



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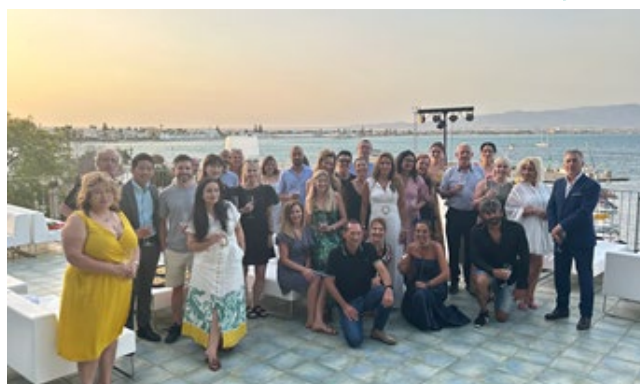


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See you at



Conference Social Dinner and USSIC Night Party, *Friday June 27th*

(Reservation required)

frontemare

Viale Lungomare del Golfo 150, 09045, Quartu Sant'Elena , Sardegna Italia



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UNIVERSITA' DI CAGLIARI – UNIVERSITY OF CAGLIARI
SCIENZE DELL'ESERCIZIO FISICO E DELLO SPORT – SPORTS AND EXERCISE SCIENCES



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Conference Secretariat
(registration, payments, online abstract management, local
logistics, general information)

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