



SISMES

SOCIETÀ ITALIANA DELLE SCIENZE MOTORIE E SPORTIVE
SOCIETÀ ACCREDITATA PRESSO L'ANVUR (SOCIETÀ 45. FEBBRAIO 2015)



XII CONGRESSO NAZIONALE

Ricerca e Formazione applicate alle Scienze Motorie e Sportive

Un ponte verso il futuro

Università degli Studi di Padova
8 - 10 Ottobre 2021

Con il Patrocinio
dell'Università di Padova

1222 · 2022
800
ANNI



UNIVERSITÀ
DEGLI STUDI
DI PADOVA



SALUTO DEL PRESIDENTE DEL COMITATO ORGANIZZATORE DEL CONGRESSO

Cari colleghi e care colleghe,

Questo XII Congresso Nazionale SISMES è particolarmente importante perché la decisione di farlo in presenza vuole rappresentare per tutti un segnale di speranza, di rinascita e di ripartenza. Così come tutti noi speriamo che l'Italia possa ripetere, dal punto di vista economico e sociale, i successi di quest'incredibile estate sportiva, anche per le Scienze Motorie italiane è forte la speranza che questa seconda parte del 2021 possa rappresentare un trampolino, o meglio un ponte verso il futuro. In questi mesi bui e pesanti abbiamo fatto del nostro meglio, come direttivo, per mantenere la comunità coesa e focalizzata ed il successo numerico di questo congresso è una prova tangibile del lavoro svolto finora. Siamo cresciuti, stiamo crescendo ed il futuro che ci aspetta è una sfida eccitante ed impegnativa, una sfida che vede uniti in un unico sforzo studenti, professionisti, ricercatori e professori. Gli scenari che si stanno aprendo sono complessi ma ricchi di opportunità che dobbiamo essere in grado di cogliere; tra le tante novità non possiamo non citare la cosiddetta nuova legge sullo sport (Decreto Legislativo 28 febbraio 2021, n. 36 - Attuazione dell'articolo 5 della legge 8 agosto 2019, n. 86) che, con le disposizioni in materia di laureati in scienze motorie, individua finalmente la figura del chinesiologo in tutte le sue declinazioni. Ma anche i nuovi finanziamenti del PNRR che dovremo essere in grado di intercettare per valorizzare l'importanza delle Scienze Motorie e della ricerca in questo ambito aiutati anche dalla nuova struttura dei Panel ERC che finalmente individua delle tematiche a noi vicine.

In quest'epoca di cambiamenti e di ripartenze è precisa responsabilità di coloro che sono e saranno a capo delle realtà istituzionali alla guida del nostro settore dare precise risposte, all'intera comunità scientifica delle Scienze Motorie, in termini di visione e di opportunità. Dobbiamo trasmettere ai nostri giovani l'entusiasmo per la ricerca, la gioia della scoperta e fare in modo che la carriera scientifica nel nostro settore sia, non solo possibile, ma anche desiderabile.

Lo scopo primario di una società scientifica è quello di creare il terreno affinché i giovani, che rappresentano il nostro capitale più prezioso, possano crescere ed, insieme, far crescere la ricerca. E qui, con orgoglio posso affermare che molti ragazzi e ragazze usciti dai nostri corsi di studio hanno intrapreso la carriera, difficile ma meravigliosa, della ricerca apportando al settore la freschezza necessaria e il punto di vista del Laureato in Scienze motorie su tantissime tematiche.

Ma una società scientifica ha anche altri compiti come quello di interfacciarsi con le istituzioni politiche per rappresentare un interlocutore affidabile per le questioni che lo riguardano. Abbiamo iniziato anche a raggiungere quest'ultimo obiettivo sedendoci al "Tavolo di lavoro per la promozione dell'attività fisica e la tutela della salute nelle attività sportive" istituito presso l'Ufficio 8 della Direzione Generale della Prevenzione Sanitaria, come rappresentazione del mondo della ricerca delle scienze motorie Italiane.

Come SIM5e5 abbiamo sviluppato e mantenuto durante questi mesi difficili, grazie al contributo volontario di tanti colleghi, moltissime iniziative di formazione a distanza che hanno contribuito a mantenere coesa la nostra comunità ed aumentato la nostra visibilità.

Tutte queste azioni ci hanno aiutato a raggiungere una ragguardevole continuità di percorso tra i corsi di studio in scienze motorie, il dottorato ed il mondo della ricerca accademica. Questa continuità è un bene prezioso ed indispensabile alla crescita, è un risultato per cui valeva e vale la pena di impegnarsi a fondo e che permetterà, ne sono certo, alle scienze dell'esercizio fisico e dello sport italiane di recuperare il gap che abbiamo accumulato negli anni passati rispetto alle altre realtà.

Voglio lasciarvi con un messaggio insieme di speranza e di sprone: siamo cresciuti molto e abbiamo raggiunto finalmente la maturità sognata e desiderata da anni. Ora non dobbiamo fermarci ma dobbiamo impegnarci a crescere e migliorare ancora, nel rispetto delle diverse anime che compongono quel meraviglioso e complesso unicum che sono le Scienze Motorie.

Per aspera ad astra.

Vi aspetto numerosi IN PRESENZA

A presto,
Antonio Paoli



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Sede congressuale: Università degli Studi di Padova

8 ottobre:

'Sala dei Giganti'

Piazza Capitaniato, 7 - 35139 Padova

9-10 ottobre:

Complesso 'Beato Pellegrino'

Accesso Pedonale Via Vendremini 13 35137 Padova







COME ARRIVARE

Piazza del Capitaniato è comodamente servita dalle linee urbane 1080, U06 e U10, oltre che alla linea tram SIR1. Il Complesso 'Beato Pellegrino' si trova a 1 km dalla Stazione Ferroviaria di Padova ed è facilmente raggiungibile sia a piedi, sia tramite la linee U09 e U11 (per info e costi www.fsbusitalia.it).

DISPOSIZIONI ACCESSO: MISURE SICUREZZA ANTI COVID-19

La Segreteria Organizzativa Akesios Group insieme all'Università di Padova metterà in atto tutte le misure di contenimento del contagio regolate e previste dal Decreto-Legge 22 luglio 2021, "Misure urgenti per la graduale ripresa delle attività economiche e sociali nel rispetto delle esigenze di contenimento della diffusione dell'epidemia da COVID-19" in aggiunta a quanto disposto dal decreto legge 6 agosto 2021, n. 111) in Materia di ripresa delle attività didattiche della Scuola e Università

Menzioniamo qui le più importanti:

-  Entrata consentita con Certificazione Verde (Green Pass)
-  Mantenimento in tutte le fasi dell'evento del distanziamento interpersonale
-  Viene vietato l'ingresso o la permanenza nei locali a chi presenta sintomatologia respiratoria o temperatura corporea superiore a 37,5°
-  Disponibilità e accessibilità a sistemi per la disinfezione delle mani
-  Obbligo di mascherine all'interno
-  Regolamentazione degli accessi e rispetto delle regole relative alle capienze degli spazi congressuali



CENA SOCIALE presso il Ristorante 'Ten Bronzetti' - Via Bronzetti 34 Padova

Sabato 9 ottobre, ore 20.30 (solo prenotati)

13.00-19.00 **REGISTRAZIONE PARTECIPANTI (Sala dei Giganti)**

14.00 **TAVOLA ROTONDA (Sala dei Giganti)**
Il ruolo del chinesologo nella nuova riforma dello sport

SALA DEI GIGANTI

15.30 **SESSIONE APERTURA: ESERCIZIO, PREVENZIONE E TERAPIA 1 COVID**

KN1 - Mascherini G. - Firenze

Impact of the COVID-19 lockdown on changes in physical activity levels, eating habits and psychological well-being of the Florentine academic population: role of socio-demographic factors.

OP1 - Lamberti N. - Ferrara

An in-home low-intensity structured exercise program improved mobility and strength after intensive care hospitalization for Covid-19.

OP2 - Pinelli E. - Bologna

Supervised and unsupervised home-based exercise program for women with osteoporosis: focus on adherence during covid-19 pandemic.

OP3 - Vandoni M. - Pavia

"CoVidentary": an online exercise training program to reduce sedentary behaviors in children with type 1 diabetes during the COVID-19 pandemic.

OP4 - Conti C. - Bressanone

An international pilot study on physical exercise habits and intention to practice before, during and after the COVID-19 Pandemic.

OP5 - Tosi I. - Milano

Long-term impact of COVID -19 on children's physical activity.



- 17.00 **CERIMONIA INAUGURALE ED APERTURA UFFICIALE DEL CONVEGNO (Sala dei Giganti)**
- 18.00 **MARCELLO FAINA LECTURE (Sala dei Giganti)**
Mitochondria, exercise and health - Rosario Rizzuto, University of Padua
- 19.00 **COCKTAIL DI BENVENUTO (Caffè Pedrocchi)**



SESSIONI PARALLELE

AULA MAGNA

8.30

ESERCIZIO, PREVENZIONE E TERAPIA - 2 ONCOLOGIA

KN2 - Natalucci V. - Urbino

Effects of lifestyle interventions on cardiorespiratory fitness and metabolic control in breast cancer survivors: Evidence from Movi5 clinical trial.

OP6 - Castelli L. - Milano

Mediating effect of physical activity on sleep and fatigue in haematological cancer patients.

OP7 - Avancini A. - Verona

The CHOICE (Choose Health, Oncological patients Centered Exercise): a phase II randomized controlled trial.

OP8 - Carretti G. - Firenze

Adapted physical activity protocol for the management of breast cancer-related upper limb lymphedema.

OP9 - Grazioli E. - Roma

Physical activity and oxidative stress modulations in breast cancer survivors: a comparison between online supervised combined training and usual care.

OP10 - Di Blasio A. - Chieti

Effects of 12 weeks of Walking and Nordic Walking practice, in breast cancer survivors and postmenopausal women, on daily physical activity. The "Allenarsi per la salute" research project.

AULA 9

8.30

ANATOMIA E SPORT E POSTURA E REC FUNZ

KN3 - Roggio F. - Palermo

Postural changes through step frequency and metronome training to enhance knee peak force reduction in non-professional runners.

OP11 - Grigoletto D. - Padova

Epidemiological study of stress fractures in elite Italian track and field athletes.

OP12 - Rizzato A. - Padova

Effect of unexpected platform shifting on postural balance control in young healthy subjects.

OP13 - Bertuccio M. - Verona

Postural threat influences the coupling between anticipatory and compensatory postural adjustments in response to an external perturbation.

OP14 - Ravalli S.M. - Catania

Adapted physical activity protocol for the management of breast cancer-related upper limb lymphedema.

OP15 - Belli G. - Bologna

Postural Assessment in Adolescent Idiopathic Scoliosis: relations between trunk and spine morphology, static balance and self-perceived body image.

10.00 COFFEE BREAK

ALLENAMENTO E VALUTAZIONE SPORTIVA - 1**KN4 - Villanova S. - Glasgow**

The effects of strength training on triathlon race and physiological determinants of cycling and running performance.

OP16 - Giustino V. - Palermo

Acute effects of prismatic adaptation on shot accuracy of penalty kicks in young soccer players: a pilot study.

OP17 - Rinaldo N. - Ferrara

Prospective study of growth, body composition and factors associated with injury in young elite soccer players.

OP18 - Abate Daga F. - Torino

Changes in hamstring tightness: Variation of hamstring flexibility in prepubertal soccer.

OP19 - Bonavolontà V. - Bari

Effects of different strength training protocols on sprint performance in youth soccer: horizontal vector exercises vs vertical vector exercises.

OP20 - Brustio P.R. - Verona

Correcting procedure to remove relative age effect from jumper performances: a practical tool to improve talent identification.

EDUCAZIONE FISICA E PEDAGOGIA DELLO SPORT**KN5 - Monacis D. - Foggia**

Non-linear didactic technology-based intervention to enhance basic motor competencies with MOBAC-5-6: a pilot study in primary school.

OP21 - Latino F. - Bari

Effects of an outdoor cardio-dance program on self-esteem and their impact on academic performance in overweight school-girls.

OP22 - Borgogni A. - Bergamo

Sport, physical activities, bodily practices and welfare policies.

OP23 - Colangelo A. - Padova

An Internet-Supported Continuing Professional Development Training with Secondary School Physical Education Teachers: Study Protocol for the Physical Education for Moving (PE4Move) Trial.

OP24 - Lanza M. - Verona

The gross motor coordination of northeast young Italians.

OP25 - Nart A. - Urbino

Sychomotor Activity and English learning. A study in Primary School.

SESSIONI PARALLELE

AULA MAGNA

10.30

ESERCIZIO, PREVENZIONE E TERAPIA - 3

KN6 - Borghi S. - Milano

Interrelationship among thigh intermuscular adipose tissue, cross-sectional area, muscle strength and functional mobility in older subjects.

OP26 - Marini S. - Bologna

Facilitators and barriers to practicing physical activity and complying WHO guidelines during pregnancy: a survey to investigate women' and midwives' perception through focus group.

OP27 - Inella L. - Ferrara

Exercise training in kidney transplant recipients: comparison between a supervised and a home-based program.

OP28 - Cavalli C. - Roma

Classic Pilates Method for the Hip joint stability in older adult: Cross sectional study applied to the updated ACSM guidelines American College of Sport Medicine.

OP29 - Ferrari D. - Novedrate

Comparison of two exercise testing protocols to assess maximal fat oxidation in obese subjects.

OP30 - Pasini A. - Ferrara

Anthropometry and physical exercise: new insights on bone loss prevention .

AULA 2

10.30

CONTROLLO MOTORIO E APPRENDIMENTO

KN7 - Rocchi J.E. - Roma

Neuromuscular activations but not impact absorption capacity in single-leg landing tasks are restored following 5 months of sport practice after ACL reconstruction.

OP31 - D'Emanuele S. - Verona

Neural and contractile determinants of purely explosive isometric contractions of knee extensors.

OP32 - Piras A. - Bologna

How different spatiotemporal constraints influence gaze behaviour in predicting the ball direction.

OP33 - Scarton A. - Verona

Impact of cognitive training on motor control skills and brain function in high school students.

OP34 - Marcolin G. - Padova

Relationship between intended force and actual force: comparison between athletes and sedentary peers.

OP35 - Martin Gomez B. - Bologna

Cognitive-motor interference assessment in military personnel: validity and reliability of two dual-task tests..

12.00 SESSIONE POSTER GUIDATI CON DISCUSSIONE (affissione dalle 8.30)

13.15 RIUNIONE GRUPPI DI LAVORO

PAUSA PRANZO

FISIOLOGIA DELLO SPORT 1 - MUSCOLO

KN8 - Porcelli S. - Udine

Functional impairment of skeletal muscle oxidative metabolism in response to 35 days of complete inactivity.

OP36 - Franchi M. - Padova

Neuromuscular alterations in response to 10 days of complete inactivity.

OP37 - Varesco G. - Lione

Effects of age on neuromuscular fatigue: comparison between isometric, dynamic and cycling tasks.

OP38 - Doria C. - Verona

Effects of respiratory muscle training on diaphragm muscle structure and function: a novel electromyographic, mechanomyographic and ultrasound approach.

OP39 - Zuccarelli L. - Udine

Peripheral impairments of oxidative metabolism after 10 days of complete inactivity are upstream of mitochondrial respiration.

OP40 - Valli G. - Padova

Alterations in the control of motor units studied with high-density EMG after 10 days of unilateral suspension of the lower limb in humans.

ATTIVITÀ MOTORIA ADATTATA ALLE DISABILITÀ

KN9 - Cavedon C. - Verona

Bone mineral density in the impaired and in the non-impaired hip of athletes with unilateral lower limb amputation..

OP41 - Malagoli Lanzoni I. - Bologna

Shots' distribution in wheelchair para table tennis matches.

OP42 - Beratto L. - Torino

Relationship between strength and sprint ability in Italian soccer amputee players.

OP43 - Mandini S. - Ferrara

A supervised walking program for the amelioration of cognitive functions in schizophrenic subjects even during Covid-19 pandemic.

OP44 - Bernardi M. - Roma

Effect of Covid-19 related lockdown on physical fitness in top level wheelchair basketball athletes.

OP45 - Gobbi E. - Urbino

Has COVID-19 pandemic lasting effects on young adults with Down Syndrome physical activity levels?.

SESSIONI PARALLELE

AULA 2

14.30

FITNESS, ALIMENTAZIONE E NUTRIZIONE NELLO SPORT

KN10 - Greco F. - Catanzaro

Acute effects of self-selected music on muscular fitness in middle-aged adults.

OP46 - Boccia G. - Torino

Time-efficient, space-saving, and interactive platform to assess physical capacities in adult employees.

OP47 - Rainoldi A. - Torino

What are the factors associated with physical capacities in adult employees? Preliminary results of the project Wellness@Work for UniTO.

OP48 - Ceciliani A. - Bologna

Erasmus+ Sport Eumove Project "Let's Move Europa": Results from teacher's focus groups to outline a learning unit about healthy lifestyle intervention in primary and secondary school children.

OP49 - Menniti C. - Napoli

The role of vitamins in athlete's muscle metabolism.

OP50 - Ghiotto L. - ???

Physical performance in adults affected by sarcopenic obesity: the effects of strength training alone or combined with different dosages of amino acids supplementation. Preliminary results.

AULA MAGNA

14.30

ESERCIZIO, PREVENZIONE E TERAPIA - 4

KN11 - Nigro E. - Caserta

Regular physical activity is associated with improvement of anthropometric parameters in adult patients with cystic fibrosis: 3 years of controlled program.

OP51 - Bellini A. - Roma

The effects of different meal-exercise combinations on postprandial glycaemia in healthy individuals.

OP52 - D'Antona G. - Pavia

Muscle carnitine palmitoyl2 transferase II (CPTII) deficiency: a precious model for the new application of exercise - nutrition integrated approach in metabolic diseases.

OP53 - Buonsenso A. - Campobasso

Acute effects of Whole Body Electromyostimulation in early Parkinson's disease.

OP54 - Bonato M. - Milano

Adapted physical activity protocol for the management of breast cancer-related upper limb lymphedema.

OP55 - Felisatti M. - Ferrara

"Palestra della Salute": the 10 year's experience of "Esercizio Vita Medical Fitness".

16.00 COFFEE BREAK

16.30 SIMPOSIO "L'atletica azzurra a Tokyo 2020: il percorso..." - AULA MAGNA complesso Beato Pellegrino

17.30 ASSEMBLEA SOCI E VOTAZIONI RINNOVO DIRETTIVO

20.30 CENA SOCIALE

PSICOLOGIA DELL'ESERCIZIO E DELLO SPORT

KN12 - Cerea S. - Padova

Predictors of muscle dysmorphia symptoms in male and female competitive powerlifters.

OP56 - Di Corrado D. - Enna

The mediating role of stress in the relationship between mood and performance in elite canoe polo players.

OP57 - Vitali F. - Verona

Effects of regular PA during Covid19 home confinement on mood, motivation, readiness to train, and sleep quality in master cyclists.

OP58 - Centorbi M. - Campobasso

Paralympic athletes' stress and resilience in the age of COVID-19.

OP59 - Mulasso A. - Torino

The influence of physical activity and sedentary time on mood states: a survey conducted on the Just The Woman I Am participants.

OP60 - Viviani F. - Padova

The impact of noisy information processing in the evaluative and decisional dimensions. The role of heuristics, cognitive biases, and noise.

FISIOLOGIA DELL'ESERCIZIO E DELLO SPORT - 2

KN13 - Casolo A. - Padova

Estimates of muscle fiber cross-sectional area from the decomposition of high-denosity surface EMG signals.

OP61 - Nuccio S. - Roma

Deficits in knee extension strength following anterior cruciate ligament reconstruction are explained by a reduced neural drive to the quadriceps muscle.

OP62 - Marciano A. - Glasgow

The effect of mental fatigue on endurance performance at different exercise-intensity domains.

OP63 - Venturelli M. - Verona

The effect of leg preference on mechanical efficiency during single-leg extension exercise.

OP64 - Longo S. - Milano

The effects of a 12-week stretching training program on the plantarflexor muscles mechanical properties.

OP65 - Sarto F. - Padova

Changes in hamstrings volume and architecture in response to 10-day bed rest.

SESSIONI PARALLELE - COMPLESSO VIA BEATO PELLEGRINI

AULA 9

8.30

FISIOLOGIA DELLO SPORT - 3

KN14 - Pavei G. - Milano

Time-course of VO₂peak values after the first COVID-19 lockdown.

OP66 - Del Torto A. - Padova

The effect of endurance training on pulmonary VO₂ kinetics in solid organs transplanted recipients.

OP67 - Borelli M. - Milano

The effect of cigarette smoking on the cardiorespiratory and metabolic kinetics in young trained males.

OP68 - Panasci M. - Genova

Acute physiological and metabolic responses to a High-Intensity Continuous Training and three High-Intensity Interval Training regimes in active university students.

OP69 - D'Alleva M. - Udine

Effects of 3-month polarized training vs. high intensity interval training on cardiorespiratory fitness, body composition and fat metabolism in obese adults.

OP70 - Rampichini S. - Milano

Is heart rate a sensitive indicator of aerobic demand during shuttle run?

AULA MAGNA

8.30

PREVENZIONE E TERAPIA - 5

KN15 - Masini A. - Bologna

Did children's physical activity change differently in boys and girls before and after school closures during Covid-19 pandemic? Results from the I-MOVE study.

OP71 - Murri A. - Roma

Online physical activity and nutritional supplementation: effects on quality of life and disease progression in chronic kidney disease patients.

OP72 - Menegatti E. - Ferrara

Efficacy of thermal aquatic exercise program on physical fitness in chronic venous disease patients.

OP73 - Mulé A. - Milano

Adherence to healthy lifestyle in sport sciences university students during COVID-19 pandemic.

OP74 - Borsati A. - Verona

Population PerCeptiOn exeRcise oNcology: the POPCORN study.

OP75 - Marini S. - Bologna

Adapted Physical Activity for women with osteoporosis and vertebral fracture: the point of view of the OSTEO-AFA/2014 study participants.

10.00 SESSIONE POSTER NON GUIDATI (affissione dalle 16.00 di Sabato)

ALLENAMENTO E VALUTAZIONE SPORTIVA - 2**KN16 - Quagliarotti C. - Roma**

Coherence between Rating of Perceived Exertion and Training Intensity Zones in Elite Racewalkers

OP76 - Padulo J. - Milano

The energetic cost of forward vs shuttle running in marathon runners and soccer players.

OP77 - Ungureanu A. - Torino

Home advantage is influenced by the timing of the events during rugby union domestic competition.

OP78 - Zoppirolli C. - Verona

Training session monitoring in female cross-country skiers of Olympic interest.

OP79 - Minnino L. - Milano

Effect of mental fatigue and subsequent 20-min daytime napping on sleepiness and cognitive performance in endurance athletes.

OP80 - Izzicupo P. - Chieti

Bioimpedance Vector Analysis of young male and female team handball players.

BIOMECCANICA**KN17 - Zamparo P. - Verona**

The transition between walking and running: muscle and tendon behavior can explain the transition between gaits?

OP81 - Cortesi M. - Bologna

Use of pressure sensors to determine the hand thrust force in swimming: preliminary results of a comparative validation study.

OP82 - Coratella G. - Milano

Front vs back overhead press: an electromyographic analysis and possible implications for resistance training.

OP83 - Nardello F. - Verona

Kinematics of backward standing starts in elite cyclists: the effect of initial crank angle.

OP84 - Di Paolo - Bologna

Typical Risk Pattern for Anterior Cruciate Ligament Injury is Largely Present in Competitive Athletes: Biomechanical Screening through Wearable Sensors.

OP85 - Chirico E. - Roma

Biomechanical analysis of different device positions on backstroke start in elite swimmers.

SESSIONI PARALLELE - COMPLESSO VIA BEATO PELLEGRINI

AULA 1

11.15

ASPETTI BIOMOLECOLARI DELLE ATTIVITÀ SPORTIVE

KN18 - Mancini A. - Napoli

MiR-1303 and miR-548a2 are down-regulated in muscle tissue of veteran football players: effects on longevity.

OP86 - Moro T. - Padova

Angiogenic and myogenic response to exercise in healthy and diabetic older adults.

OP87 - Giuriato G. - Verona

Muscle mitochondrial uncoupling and cardiac output predict VO₂peak during single-leg knee extensor exercise.

OP88 - Vitucci - Napoli

Different types of training protect muscles against Reactive Oxygen Species injury in LHCN-M2 human myoblast cells.

OP89 - Di Credico - Chieti

The effect of dexamethasone and tumor necrosis factor- α on gene expression, protein synthesis and sarcomere arrangement in myotubes: shedding light on in vitro models of skeletal muscle wasting.

OP90 - Selleri - Modena

Whole-body cryotherapy treatment modulates the innate immune response in non-professional football players.

AULA 2

11.15

ALLENAMENTO E VALUTAZIONE SPORTIVA - 3

KN19 - Tarperi C. - Torino

Fast or slow start? The role of running strategies in triathlon.

OP91 - Romagnoli R. - Roma

Perception of velocity during free-weight exercises: difference between back squat and bench press.

OP92 - Budel L. - Verona

The Effects of Uphill and Downhill High-Intensity Interval Training on Running Performance in Recreational Runners.

OP93 - Zinno R. - Bologna

Could the addition of sport-specific interactions be beneficial on agility and strength performance assessment in football academies? A variation of the Illinois test.

OP94 - Cardinali L. - Roma

Differences in Muscle Quality between male and female Firefighters.

OP95 - Bondi D. - Chieti

Evaluating intra- and inter-seasonal fitness and training load variations of elite U20 soccer players.

12.45 CERIMONIA DI CHIUSURA e PREMIAZIONI

CUORE E SPORT**KN20 - Zerbini V. - Ferrara**

Gender specific equation to estimate peak oxygen uptake in female patients with cardiovascular disease.

OP96 - Raisi A. - Ferrara

Relationship between Exercise Capacity and Grip Strength in elderly outpatients with Coronary Artery Disease.

OP97 - Lordi R. - Ferrara

Two-Month Exercise-based BIOCIRCUIT Program Increases Muscle Strength and Cardiorespiratory Fitness in Cardiac Patients.

OP98 - Perrone M.A. - Roma

The effects of a 50 km ultramarathon race on cardiac biomarkers in highly trained athletes.

OP99 - Renzi L. - Campobasso

Cardiovascular Rehabilitation: The Trainer's Role.

OP100 - Barbieri D. - Ferrara

Cardiovascular risk prediction in football players: a machine learning framework.

AMBIENTI STRAORDINARI E TECNOLOGIA**KN21 - Verratti V. - Chieti**

"Kanchenjunga Exploration & Physiology" research project: trekking and high altitude hypoxia.

OP101 - Callovini A. - Rovereto

Independent and combined effects of hypoxia and cold on submaximal and maximal exercise.

OP102 - Savoldelli A. - Rovereto

Effects of an acute exposure to simulated and real altitude on organ transplant recipients: the "Monte Rosa" project.

OP103 - Giacon T. - ???

Oxidative Stress after Administration of Oxygen at Different Pressures and Concentrations: a randomized trial.

OP104 - Feletti F. - Milano

Analysis of fluidity of movement in parkour using one inertial measurement system.

OP105 - Sorrentino R. - Messina

Infrared Thermography technique for the evaluation of athletic task in Olympic weightlifting.

12.00 POSTER SESSION

ID	TOPIC	AUTHOR
P012	Natural mineral spring waters for different sport performances.	Presta, V.
P013	The relative age effect among elite female Italian volleyball, basketball, and soccer players.	Ungureanu, A.
P014	The Use of Rhythm in Track & Field: Strategies for Raising Awareness about Rhythm Skills in Young Athletes.	Tinto, A.
P080	Rhythmic Education: A proposal for an Exercise Programme for Young Gymnasts.	Tinto, A.
P015	Analysis of External Load indicators in official matches and sport-specific training of semi-professional soccer players: focus on intensity and strength.	Pillitteri, G.
P016	Optimizing endurance performance by appropriate non-sport-specific strength training: a systematic review and meta-analysis.	Ambrosini, L.
P017	Physical and sport activity in Italian scientific research products.	Raiola, G.
P018	Hepatic function in professional basketball athletes.	Brancaccio, M.
P019	Factors affecting the Spartan Race® performance: a study protocol.	Quadri, M.
P020	Development of Mobility for the effectiveness of Traditional Karate skills.	Lucchini, M.
P021	Relationship between muscle soreness and training load in a beach handball goalkeeper: a case study.	Cortis, C.
P022	On the use of wearable sensors for football player performance evaluation.	Perroni, F.
P023	The effects of bergamot on high sensitivity C-reactive protein and oxidized LDL in professional athletes during endurance training.	Perrone, M.
P024	Effects of a frisbee-specific training on repeated-sprint ability in elite women's ultimate frisbee players.	Galli, I.
P026	Evaluating the Change of Direction skill in futsal referees.	Orrù, S.
P089	"Moving in the woods" – A preliminary observational study of physical activity in green space.	Rovetti, N.
P090	Preliminary survey on the feasibility of the "Körperkoordinations test für Kinder" (KTK) for the assessment of gross-motor coordination in young people over 14y.	Lanza, M.
P091	The formative value of motor education through bodily expression activities for an inclusive body.	Pallonetto, L.
P092	Physical Education and Integrated Digital Teaching in accordance with the global approach.	Cazzoli, S.
P093	The effects of physical activity on motor and psychomotor development in childhood.	Perrone, R.
P094	Physical Education and Integrated Digital Teaching: sustainable and ecological proposal.	Cazzoli, S.
P097	Soft skills and sports practice in the childhood: an explorative survey.	Forte, P.
P098	Physical Education in the age of COVID-19: a narrative review of the literature.	Carraro, A.
P099	Relationship among Specific Learning Disability, sport and academic achievement in middle and high school. An explorational study in the school of Veneto.	Marino, M.
P0100	Active breaks at primary school. A pilot experience of including physical practice in school lifetime during the COVID-19.	Schena, F.
P0101	Reduction of sarcopenia through a home-based, app-monitored, physical exercise intervention. A study protocol of a randomized controlled trial.	Bonato, M.

12.00 POSTER SESSION

ID	TOPIC	AUTHOR
PO102	The potential impact of physical activity on muscle fatigue in patients with Parkinson's disease.	Martignon, C.
PO103	Functional capacity in patients with obesity before and after sleeve gastrectomy.	Bullo, V.
PO104	The exercise facilitator in the dialysis unit promoting attitude and ability to exercise to improve quality of life in the patients with end-stage kidney disease.	Piva, G.
PO105	Physical activity effects on quality of life and fatigue in women with breast cancer.	Gentile, A.
PO106	Resistance Training improves physical fitness and reduces pain perception in a group of female workers with upper limb work-related musculoskeletal disorders: a pilot study.	Ferrillo, A.
PO107	The efficacy of anaerobic training on multiple sclerosis symptoms management.	Amato, A.
PO108	Lifestyle effects of activity tracker-based counselling and live-web exercise on breast cancer survivors during Italy COVID-19 lockdown. The "Angel project".	Viscioni, G.
PO109	Effects of exercise typologies among breast cancer patients and survivors on cardiorespiratory fitness, strength, fatigue and quality of life: A Systematic Review.	Ficarra, S.
PO110	Vascular effects of Walking, Nordic Walking and Circuit Training in breast cancer survivors.	Lancia, F.
PO111	Physical activity and sleep habits in BRCA 1/2 women.	Galasso, L.
PO112	Scoliosis Online: feasibility study of a video exercise program administered during lockdown.	Marin, L.
PO113	Response to long term Supervised Exercise Training (SEXT) combined with physical activity in COPD: a case report.	Pomidori, L.
PO114	Adapted physical activity online for tertiary prevention in chronic non-communicable diseases: preliminary feasibility study.	Fracca, I.
PO115	The CHOICE (Choose Health, Oncological patients Centered Exercise): a phase II randomized controlled trial.	Avancini, A.
PO116	Evaluating the feasibility of physical activity at a distance in older adults during COVID-19 lockdown: a pilot study in the framework of S.T.E.P.S. – Shared Time Enhances People Solidarity	Klonova, A.
PO117	Evaluation of body composition and strength in overweight / obese young people.	Pippi, R.
PO118	Tolerability and preliminary efficacy of a supervised exercise program in cancer patients with metastatic disease.	Benato, G.
PO119	An exercise-telehealth intervention in a glioblastoma patient during COVID-19 outbreak.	Frada, P.
PO150	Sex differences in the TMS-induced relaxation rates of unfatigued and fatigued knee extensors.	Barbi, C.
PO151	Sex differences in autonomic responses to post-exercise muscle metaboreflex isolation.	Favaretto, T.
PO152	Behaviour of eye movements in a targeting task: the basketball free throw.	Del Santo, F.
PO153	Are incremental exercise relationships between rating of perceived exertion and oxygen uptake or heart rate reserve valid during steady-state exercises?	Ferri Marini, C.
PO154	Purely explosive contractions induce primarily central fatigue.	Boccia, G.
PO155	Monte Rosa Exploration & Physiology 2021: preliminary evidence.	Bondi, D.
PO156	Cardiovascular stress during resistance exercise: Effect of age and protocol.	Teso, M.
PO157	Are muscle and tendon "sensitive" to the direction of a mechanical stimulus? Adaptations to moderate-load concentric vs. eccentric training in young and older men	Franchi, M.

12.00 POSTER SESSION

ID	TOPIC	AUTHOR
PO158	The effect of prior exercise involving central motor drive on subsequent high-intensity knee-extensors endurance performance.	Laginestra,F
PO159	Neuromuscular fatigue in individuals with cerebral palsy and healthy peers: a pilot study.	Nardon,M
PO168	Covid-19 and remote training: evaluation of three different strategies.	Mascherini,G
PO169	Observational study on physical activity and sleep during COVID-19 pandemic.	Elce,A
PO170	Four weeks of supervised online burpees training during COVID-19 quarantine improve quality of life, strength and heart rate variability in healthy young adults.	Ficarra,S
PO171	Physical exercise, dietary habits and psychological states of Italian university students during COVID-19 lockdown.	Amatori,S
PO172	Motivation, physical activity and active commuting in park: an observational study in Arcoveggio park, Bologna.	Grigoletto,A
PO178	The effects of a park-based physical activity intervention on active behaviour and wellbeing: the Italian project "Moving Parks".	Grigoletto, A
PO173	Rapid weight loss practices in Italian boxers: exploring factors of influence.	Amatori,S
PO175	The effect of physical activity changes and musculoskeletal pain onset among Italian university students after one year of COVID-19 pandemic.	Roggio, F
PO176	The effect of COVID-19 in Physical Activity Levels and its relationship to living environments in Kosovan youth.	Feka, K
PO68	Development of gross and fine motor competences and the effect of gross motor training on fine motor skills in primary school children.	Sorgente, V
PO69	Effects of Closed- and Open-Skills Sport Practice on Proactive and Reactive Motor Inhibition via a Mouse Response-Registration System.	Bravi, R
PO70	Does strength level influence the cognitive abilities of elementary school children?	Abate Daga, F
PO71	Exploring the enjoyment impact on School Performance promoted by Active Breaks in Primary School.	Di Martino, G
PO72	How absolute and relative exercise intensities impact on quantitative and qualitative running gait indexes.	Simoni, L
PO74	The effect of different visual instructions for enhancing motor performance during childhood.	Sorgente, V
PO75	The control of postural stability through light touch imagination: disentangling the role of tactile information with the sense of agency.	Ali, Y.
PO76	Action performance in shaping conscious behaviour.	Montani, V
PO77	Spontaneous motor play habits and deliberate practice: implications for gross motor coordination in 5-7 years old children.	Ravanelli, M
PO78	The effects of general and local muscle fatigue on anticipatory and compensatory postural adjustments under an external mechanical perturbation.	Nardon, M
PO159	Neuromuscular fatigue in individuals with cerebral palsy and healthy peers: a pilot study.	Nardon,M
PO79	Extended sports cardiology screening reveals myocardial bridge in a symptomatic young athlete.	Frisso, G
PO44	Medical conditions treated at the Ironman Italia: from the epidemiology to the organization of a medical plan.	Feletti, F

12.00 POSTER SESSION

ID	TOPIC	AUTHOR
P0161	Sleep loss, Circadian rhythm, and Postural Control: A Systematic Review.	Izadi, M
P0162	A balance matter: postural differences determined by the exposure to neutral and negative stimuli.	Gentile, A
P0163	Postural strategies for action anticipation and action performance.	Pascucci, F
P0164	Effect of unexpected platform shifting on postural balance control in young healthy subjects.	Rizzato, A
P045	Effect of Very Low Calorie Ketogenic Diet combined with High-Intensity Functional Training on body composition, cardiometabolic health and sarcopenic obesity: a case report.	Camajani, E
P046	Neuromuscular electrical stimulation superimposed on movement and isoinertial training for rotator cuff-related shoulder pain: a case report and literature review.	Rocchi, J E
P047	Multiple Sclerosis and Physical Activity: a new combination to reduce fatigue?	Lucarelli, F
P048	Effectiveness of a home-based balance training with visual stroboscopic deprivation in chronic incomplete spinal cord injury subjects: a pilot study.	Guarducci, S
P041	Role of Skeletal Muscle Pericytes in the Myogenic Response to Exercise in Young and Older Adults.	Vigo, L
P042	Role of skeletal muscle capillarization in muscle adaptation to resistance exercise training in young, healthy and diabetic older adults.	Schiavinotto, G
P0165	Detection of cognitive differences between Rowing Athletes and Sport Practitioners by using Big Five Test.	Di Mauro, D
P0166	stimolare la mente pedalando. un nuovo progetto in rsa con l'uso della videocyclette.	Seminara, A
P0201	Effects of Parmigiano Reggiano Cheese on muscle damage induced by eccentric exercise.	Mazzocco, G
P0187	Goal Kick in the Serie A 2019/2020 Championship: report based on the score situation and finalization.	Pertosa, D
P0188	E-Kayak: A wireless system for real time performance analysis in Flatwater Kayaking.	Romagnoli, C
P0189	Experimental approach to evaluate foot warmth in a cold environment while wearing mountaineering boots.	Zoppirolli, C
P034	Muscle synergies during isometric maintenance of upright standing posture under directional pulling forces.	Bertuccio, M

10.00 **POSTER SESSION**

ID	TOPIC	AUTHOR
P028	Changes in anthropometry, body composition, HRV and muscular power performance through long period contests preparation in a natural female physique athlete.	Romanazzi, M.
P029	Physical fitness changes during the COVID-19 lockdown in youth soccer players.	Salerno, P.
P030	1.2-km shuttle run test for fitness evaluation in rugby union: what exactly does it measure?	Teso, M.
P031	Serve quality analysis in tennis men at Roland Garros from 2003 to 2019.	Lazzaretto, C.
P032	Efficient Squat technique: an index to estimate it.	Bochicchio, G.
P033	Descriptive analysis of Achilles and Patellar tendon stiffness in young male Basketball players	Gervasi, M.
P034	Eating disorders in strong increase in young people in developmental age.	Perrotta, F.
P035	The effects of physical training on cortisol and testosterone concentrations and physical performance in female football referees.	Muscella, A.
P036	Effects of Detraining in Young Soccer Players during the COVID-19 Lockdown Period.	Malizia, G.
P037	Effects of isoinertial preconditioning on vertical jump and back squat.	Romanazzi, M.
P038	The evolution of the 3-point shot distribution in the NBA.	Moro, T.
P039	Anatomic distribution and classification of injuries and illnesses related to dinghy-sailing on hydrofoiling boats.	Feletti, F.
P040	Effects of long-term football training on human breast cancer cell migration.	Alfieri, A.
P043	Influence of the area per player in non-professional soccer players: focus on positional roles.	Orrù, S.
P081	PE teacher and kinesiologist profile and relationship to coherence and congruence of European Credits Transfer System and educational goal of degree courses in Exercise and Sports Science.	D'Elia, F.
P082	A Longitudinal and Allometric Approach of Gross Motor Coordination During Growth in Male Children.	Giuriato, M.
P083	Multicomponent interventions for health promotion in primary school. The SBAM Project! Motor performance and related factors.	Colella, D.
P084	Teacher training and non-linear didactic in physical education.	Colella, D.
P085	Evaluation of kinetic chain intervention in a throwing assessment.	Moisè, P.
P086	Sport intended as a pedagogical speech and not only competitive.	Perrotta, F.
P087	Development of cognitive, emotional, and interpersonal skills through the paddle.	Perroni, F.
P088	Lifelong learning and physical education teachers.	Moisè, P.
P0120	Impact of BMI, physical activity and sedentariness levels on health-related measures in a group of overweight and obese adults with and without type 2 diabetes.	Pippi, R.

10.00 **POSTER SESSION**

ID	TOPIC	AUTHOR
P0121	A field-test for force-velocity profiling in older adults: feasibility and relationship with Appendicular Lean Mass Index.	Ferrari, L.
P0122	Beneficial effects of a judo program on the fear of falling (FOF) on young subjects.	Campanella, M.
P0124	The effect of exercise training on postural control and proprioception in women with osteoporosis.	Barone, G.
P0125	"Lama Junior": online supervised training program in children with obesity. A preliminary study.	Carnevale Pellino, V.
P0126	Safety and feasibility of a home-based respiratory muscle training in patients recovered from critical COVID-19 infection.	Franchi, M.
P0127	Palestra della salute for health: an opportunity for the long-term active ageing for stroke survivors.	Fumarola, P.
P0128	Rowing training for the correct somato-postural development in adolescents: A case report	Minissale, D.
P0129	Adapted physical activity for subject with Parkinson Disease: a case study.	Pinelli, E.
P0130	Exercise oncology: the use of three-dimensional cell culture models for the translational research of cancer recurrence and dormancy.	Natalucci, V.
P0131	Functional scores improvement after 6-month of an exercise program for women with osteoporosis: a randomized trial.	Bragonzoni, L.
P0132	Walking kinematics and functional mobility in patients wearing a brace after shoulder surgery.	Greco, F.
P0133	"Zero hour" daily program: effects on fitness and body composition in AA.VV.F. – ItalianPo firefighter.	Terracciano, A.
P0134	SARS-CoV-2: Supervised exercise training (SExT) as strategy for improving health and exercise capacity after hospitalization.	Fumarola, P.
P0135	Lifestyle and physical fitness in adolescents with type 1 diabetes.	Cozzolino, F.
P0136	Effect of individualized whole-body vibration exercise on postural control in a person with multiple sclerosis: a 2-years case report.	Di Gimniani, R.
P0137	Adapted Physical Activity Service in subjects with Alzheimer's disease: Esercizio Vita pilot project during the SARS-CoV-2 pandemic period.	Innella, L.
P0138	Effect of Pilates and boxing in patients with Parkinson disease: a case study.	Panconi, G.
P0139	Electromyographic analysis of core training exercises performed with stable and unstable surfaces in people with Adolescent Idiopathic Scoliosis (AIS).	Belli, G.
P0140	Is the human body able to travel on Mars? A review.	Petrigna, L.
P0141	Blood gases analysis during breath-hold diving activities: the normoxemia at depth paradox.	Paganini, M.
P0142	Comparison of Metabolic Power, Energy Cost and EMG in a Case Report in a different Sprinting conditions: Flat, Uphill, Downhill and Sand.	Grassadonia, G.
P0143	Effect of maximal strength training in a traumatic brain injured young male: a case study.	Pedinolla, A.
P0144	Saliva testing as non-traditional, non-invasive way for monitoring exercise intensity-dependent stress response in teenage elite water polo players.	Di Mauro, D.
P0145	Profiling of stress and motivation biomarkers in adolescent rowing athletes during indoor and outdoor competitions.	Trimarchi, F.

10.00 POSTER SESSION

ID	TOPIC	AUTHOR
PO145	Profiling of stress and motivation biomarkers in adolescent rowing athletes during indoor and outdoor competitions.	Trimarchi, F.
PO146	The role of different warm-up protocols on cardiovascular and metabolic responses in dynamic apnoea.	Vitali, L.
PO147	Sex differences in sympathetic blunting of vasodilation.	Gentilin, A.
PO148	Comparison between arterial blood gases, SpO2 and ORi in scuba diver with air breathing apparatus. A pilot study.	Di Pumpo, F.
PO149	Use of Heart Rate Variability during an incremental test, for the evaluation of baroreceptor and respiratory activity.	Mondonico, M.
PO179	Active Breaks Study (ABS): reducing physical inactivity and improving the quality of school life in primary school children using an active breaks intervention during Covid-19 pandemic.	Masini, A.
PO180	Self-Reported Physical Fitness in Children and Adolescents with Obesity: A Cross-Sectional Analysis on the Level of Alignment with Multiple Adiposity Indexes.	Carnevale Pellino, V.
PO181	The influence of age, gender and weight status on different motor skills in Sicilian children aged 6-13 years old.	Giustino, V.
PO182	Lockdown period effects on elderly motor skills.	Padua, E.
PO183	Motor performance effects of sensory deprivation in elderly.	Padua, E.
PO184	The cut-off value for classifying Italian active children using the corresponding national version of the Physical Activity Questionnaire.	Lupo, C.
PO185	Influence of grip strength and age on manual dexterity in adult woman.	Cuomo, S.
PO186	Effects of aging on muscle damage induced by eccentric exercise in healthy adults.	Toniolo, L.
PO174	Teachers' perceptions of the effects of a primary school active breaks intervention during COVID-19 pandemic in terms of classroom behaviour: results from the "Active Breaks Study (ABS)".	Ceciliani, A.
PO50	Effect of 4-week tennis training on motor skill proficiency and cognitive functions of adolescents with Down's Syndrome.	Boscaini, S.
PO51	Evaluating factors associated with the sprint ability in Sitting Volleyball athletes.	Brugnoli, C.
PO52	May the Force be with Women: Effects of 9-week of a resistance training program with supplementation in untrained woman.	Vandoni, M.
PO53	Effects of an Acute Administration of Creatine Citrate on Isometric Muscle Force. Expression in the Biceps Brachii After Resistance Exercise: a double-blind crossover placebo-controlled study.	D'antona, G.
PO54	Effects of fasting duration during a Time-Restricted Eating protocol on body composition and cardiometabolic risk factors.	Sampieri, A.
PO55	Effects of Parmigiano Reggiano cheese on muscle damage induced by eccentric exercise in healthy young adults.	Altin, D.
PO56	Sport participation in Europe in individuals with down syndrome: Data from the IKONS study	Piacentini, M.
PO57	New insight of therapeutic horseback riding in Down Syndrome.	Portaro, S.
PO58	Down Syndrome. Effects of psychomotor training on the structuring process of the body scheme.	Nart, A.
PO49	Effects of stroboscopic visual training on balance and gait in subjects with incomplete spinal cord injury. A randomized pilot study.	Sicher, M.

10.00 **POSTER SESSION**

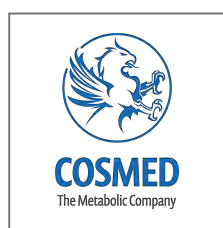
ID	TOPIC	AUTHOR
P059	The Effects of Four-Weeks Injury Prevention Training Program on "High-Risk" on-field movements Biomechanics in Amateur Male Futsal Players.	Zattoni, L
P060	EMG analysis of planche and specific special strengthening exercises.	Rosaci, G
P061	Markerless Pose Estimation of DeepLabCut for Shoulder Motion Assessment in Patients with Cervical Spinal Cord Injury.	Grasso, S
P062	Mechanical power in semi-tethered swimming is affected by propelling efficiency.	Cortesi, M
P063	Longitudinal functional assessment of a transfemoral amputee patient treated with osseointegration surgery.	Bragonzoni, L
P064	Free Fall Test to evaluate push-up landing in aerobic gymnastics: a preliminary study.	Albano, D
P065	Evaluation of postural stability and proprioception in subjects with severe ankle osteoarthritis.	Barone, G
P066	Acute effects induced by verbal instructions in the biomechanics of the drop vertical jump performed from different drop heights.	Antonacci, G
P067	Kinetic and kinematic analysis of the freestyle flip turn in a national level swimmer: a case report.	Di Giminiani, R
P011	Effect of Probiotics supplementation on physical performance and immunological response to overreaching: a pilot study.	Moro, T
P02	Monitoring training load in soccer: the romei model.	Montini, M
P03	Changes in sleep architecture in response to a late evening competition in team sport athletes.	Vitale, J
P04	Two vs. one resistance workouts in one day: acute effects on recovery and performance.	Bartolomei, S
P05	May a cross-post activation performance enhancement (PAPE) exist between upper and lower body in trained men?	Bartolomei, S
P06	Power-load relationship of bench press, ballistic bench press, and prone bench pull in Italian international canoeist and kayakers.	Fortunati, M
P07	An updated methodology to estimate Critical Velocity in Front Crawl Swimming: a scoping review.	Petrigna, L
P08	Low back pain prevalence and risk factors in Italian adolescent male soccer players: results from an online survey.	Gobbo, S
P09	Comparison of power and repeated-sprint characteristics in female ultimate frisbee players of different levels and playing roles.	Galli, I
P0167	Self-efficacy correlates with perceived but not objective physical ability in football players.	Ballini, F

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