



XIV Congresso Nazionale

NAPOLI

**2-4
NOVEMBRE
2023**

PROGRAMMA



**RICERCA E FORMAZIONE
APPLICATE ALLE SCIENZE MOTORIE E SPORTIVE**



UNIVERSITÀ DEGLI STUDI DI NAPOLI
PARTHENOPE



**PER TE
IL 10% DI SCONTO
SU LEGEASHOP.IT**

INSERISCI IL CODICE SCONTO "SISMES10"

*PROMO VALIDA FINO AL 30/11/2023



Comitato Organizzatore

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Con il patrocinio di:



COMITATO ITALIANO PARALIMPICO
ITALIAN PARALYMPIC COMMITTEE



GIOVEDÌ 2 NOVEMBRE

Ore 11.00

Apertura Segreteria Congressuale

AULA AB4

Ore 12.00-13.00

SISMeS incontra SISMeS Young: Conversation Corner

Moderatori: *Cristina Cortis, Gian Pietro Emerenziani,
Elisa Grazioli*

AULA AB1

Ore 14.00-16.00

Presentazione delle migliori Comunicazioni Orali per il Premio Giovane Ricercatore 2023

Commissari: *Antonino Bianco, Giuseppe Calcagno,
Giuliana Gobbi, Stefania Orrù,
Virginia Tancredi*

OPPGR01 Effect of long-term strength training exposure on motor unit discharge properties and estimated neural drive during rapid contractions

A. Casolo, J. Škarabot, T. G. Balshaw, S. Maeo, M. Bahia Lanza, A. Holobar, D. Farina, J.P. Folland, A. Del Vecchio

OPPGR02 Never Too Late to Get a Black-Belt: Psychophysiological Impact of a Judo Grading Examination in Older Adults

S. Ciaccioni, A. Di Credico, F. Guidotti, F. Palumbo, F. Martusciello, A. Di Baldassarre, L. Capranica

OPPGR03 Effects of upper and lower-body muscle fatigue on swimming performance and biomechanics

D. de Lima-Junior, M. Cortesi, G. Caporaso, S. Marcora

OPPGR04 Anaerobic power reserve, glycolytic power reserve and maximal aerobic power to prescribe high-intensity interval training: variability in performance and physiological responses

S. Di Gennaro, L. Filipas, M. Panasci, R. Codella, P. Ruggeri, E. Faelli

OPPGR05 Breathe in, breathe out for acute post-exercise stress management

A. Fusco, F. Di Rocco, M. De Maio, A. De Simone, E. Festino, O. Papale, C. Cortis

OPPGR06 The VO₂ slow component in different exercise intensities and domains: association with markers of metabolic instability and muscle fatigue

A. Maggio, M. Teso, C. Felles, M. Loi, S. Pogliaghi

OPPGR07 Physical education to enhance health related-fitness in adolescents: a mediation analysis from the regional observatory of motor development and health prevention in Apulia

D. Monacis, M. Bibba, G. Pascali, L. Giannotta, D. Colella

OPPGR08 Localized neuromuscular fatigue of postural muscles is efficiently compensated during a force-field motor adaptation task

M. Nardon, J. Kpankpa, E. Albenze, O. Sinha, T. Singh, M. Bertucco

OPPGR09 Assessment of biofeedback during attentional tasks using 3d virtual reality technology in young female elite volleyball players

E. Prandoni, O. Sorato, A. La Torre

OPPGR10 Assessing body posture with artificial intelligence: applicability and reliability in healthy adult population

F. Roggio, B. Trovato, M. Sortino, M. Zanghì, L. Petrigna, A. Amato, G. Musumeci

AULA AB4

Ore 14.00-16.00

Presentazione dei migliori Poster per il Premio Giovane Ricercatore 2023

Commissari: Attilio Carraro, Laura Guidetti,
Elvira Padua, Antonio Paoli,
Antonio Tessitore

PPPGR01 Amplifying Physical Activity in Primary Schools: Unleashing the Potential of Multistation Exercise Approach

F. Abate Daga, L. Sciascia, S. Cazzoli, S. Agostino

PPPGR02 Could bia-derived phase angle be considered as a proxy of health-related musculoskeletal fitness? A cross-sectional study in young adults

G. Ballarin, G. Valerio, P. Alicante, O. Di Vincenzo, F. Monfrecola, L. Scalfi

PPPGR03 Using force or enveloped EMG feedback to modulate motor control output

M. Cogliati, A. Cudicio, C. Orizio

PPPGR04 Motor unit discharge pattern of the hand extrinsic flexor muscles changes between fingers flexion and synergistic finger-thumb flexion tasks

C. Cosentino, H.V. Cabral, A. Rizzardi, C. Orizio, F. Negro

PPPGR05 Compressive garments and local muscle oxygenation kinetics during submaximal cycling exercises

A. Cudicio, M. Cagliati, E. Cadei, F. Negro, C. Orizio

PPPGR06 Anabolic steroid use among adolescent athletes: the SODA survey results

A. Formica, M. Franchini, G. Anastasi, S. Pieroni, F. Denoth, S. Cerrai, S. Molinaro

PPPGR07 In-vivo muscle relaxation rate, but not contraction, differs for sex

G. Giuriato, F. Schena, M. Venturelli

PPPGR08 Evaluation of 4-week of training during post-season period on aerobic fitness, maximal aerobic speed, and sprint endurance in adolescent women soccer players

M. Panascì, V. Ferrando, A. Bisio, C. Castagna, P. Bruzzo, P. Ruggeri, E. Faelli

PPPGR09 Motor competence in sport during childhood: differences between open skills sport and closed skills sport

L. Pontani, V. Biino

PPPGR10 The role of preparticipation screening in detecting silent coronary artery disease in master athletes: a way to prevent exercise-related adverse cardiovascular events

G. Scarfò, A. Rizza, P. Lucattini, G. Sgandurra, L. Besola, A. Colli, F. Franzoni

PPPGR11 Cell free MTDNA analysis and mild traumatic brain injuries in boxers

V. Selleri, M. Malerba, G. Zanini, F. Paone, G. Sinigaglia, G. Savino, R. D'Alisera, C. Seidenari, G. Curia, S. Bartoletti, M. Pinti, A.V. Mattioli, M. Nasi

PPPGR12 Proportionality comparison between young water polo and soccer players, according to the maturity offset

S. Serafini, I. Prestanti, A. Di Credico, J. Cilli, C. Petri, A. Di Blasio, R. D'Anastasio, A. Di Baldassarre, P. Izzicupo

PPPGR13 SAND vs. TRACK. Surface-Based training integration enhances vertical jumping peak power in U-15 track and field female athletes

V. Sorgente, M. Caizzi Marini, G. Panconi, S. Guarducci, R. Bravi, D. Minciachchi

PPPGR14 Technical effects of the combined use of technology and feedback on nordic walking technique of breast cancer survivors and healthy women

G. Viscioni, A. Di Blasio, S. Grosso, T. Morano, F. Lancia, A. Di Marco, P. Izzicupo, S. Grossi, B. Pellegrini, G. Napolitano, A. Di Baldassarre

AREA EXPO

Ore 16.00-17.00 **SISMES in Movimento** (attività ludico-sportive)
Open coffee break

AULA AB2

Ore 17.00-17.30 **Cerimonia Inaugurale XIV Congresso Nazionale SISMES**

Ore 17.30-18.30 **Tavola Rotonda La SISMES agli Stati Generali delle Scienze Motorie e Sportive**
Moderatori: *Angela Di Baldassarre, Attilio Parisi*
Partecipanti: *Pasqualina Buono, Attilio Carraro, Laura Capranica, Stefania Orrù, Federico Schena, Antonio Tessitore*

SALA LETTURA

Ore 18.30-19.30 Welcome Cocktail

VENERDÌ 3 NOVEMBRE

Ore 06.45 Evento Podistico sul Lungomare Caracciolo
(camminata)

Ore 09.00 Apertura Segreteria Congressuale

AULA ABI

Ore 09.30-11.00 **Oral Presentation Biomechanics and Motor Control**
Moderatori: *Elvira Padua, Susanna Rampichini*

OP001 Effects of neuromuscular fatigue on memory consolidation and savings during postural motor adaptation

M. Nardon, F. Piscitelli, T. Singh, M. Bertucco

OP002 Gait variability and fatigability during a simulated 10-km running race in trained runners

J. Padulo, C. Doria, N. Toninelli, M. Borrelli, S. Rampichini, F. Esposito

OP003 Evaluating proprioceptive acuity: exploring the differences between static and dynamic position reproduction

P. Salerno, M. Job, M. Iurato, M. Biggio, M. Testa, A. Bisio, M. Bove

OP004 Changes in landing kinetics following a match-related fatigue protocol in soccer players within 12 months after ACL reconstruction

S. Nuccio, L. Labanca, J. Emanuele Rocchi, P.P. Mariani, P. Sbriccoli, A. Macaluso

OP005 Alterations in magnitude and spatial distribution of erector spinae muscles activity in cyclists with recent history of low back pain

E. Magistrelli, A. Sampieri, F. Gennaro, A. Masarin, A. Paoli, T. Moro, G. Marcolin, A. Casolo

OP006 Achilles tendon stiffness and energy cost of walking in subjects with type 2 diabetes

R. Magris, F. Nardello, M. Trinchi, S. Lavarda, N. Vigolo, A. Monte, C. Negri, P. Moghetti, P. Zamparo

P030 Association between manual dexterity and postural sway orientation in a young population: a cross-sectional study

A. Amato, L. Petrigna, F. Roggio, B. Trovato, M. Zanghì, M. Sortino, G. Musumeci

P033 Kinematical differents between healthy and shoulder-injured softball players

L. Dragonzoni, S. Di Paolo, H. Maxime, A. Minardi, R. Zinno

P035 Motor unit discharge characteristics as neuromarkers for evaluating training interventions in individuals with acute respiratory distress syndrome

M. Benedini

P039 Neuromuscular characteristics of unilateral and bilateral exercise during maximal voluntary isometric contractions following ACL reconstruction

R. Di Giminiani, S. Marinelli, S. La Greca, A. Di Blasio, M. Angelozzi, A. Cacchio

P040 Mechanical energy responses during walking of obese and non-obese children

A. Ivaniski-Mello, H.O. Bianchi, F.G. Martinez, A.H. Dewolf, C.F. Buzzachera, L.A. Peyré-Tartaruga

AULA AB2

Ore 09.30-11.00 **Oral Presentation Adapted Physical Activity**

Moderatori: *Pasqualina Buono, Lucia Cugusi*

OP007 Serving to Win: Exploring Serve Effectiveness in High-Level Sitting Volleyball

V. Cavedon, C. Brugnoli, M. Sandri, C. Milanese

OP008 Calf muscular pump training using an innovative leg-press in patients with chronic venous insufficiency

E. Menegatti, S. Mandini, A. Pagani, S. Zanuso, T. Piva, A. Raisi, V. Zerbini, R. Lordi, P. Zamboni, G. Mazzoni, S. Gianesini

OP009 Taekwondo practice reduces stand-to-sit duration of the timed up and go test in older adults

F. Quinzi, F. Greco, S. Chiodo, K. Folino, C. Mauri, M. Spadafora, G.P. Emerenziani

OP010 Effects of 12 sessions of remote supervised training in paediatric patients affected by haematolymphoid and soft tissue tumors

G. Spinello, A. Sampieri, A. Casolo, T. Moro, D. Massano, R.M. Incardona, C. Cereda E. Pluchinotta, C. Gennai, K. Da Rui, I. Fighera, M. Tonellato, M. Tremolada, A. Martinuzzi, A. Biffi, L. Sainati, A. Paoli

OP011 Implementation of eras pre-habilitation program by exercise prescription in patients undergoing lung resection

A.A. Valenzano, S. Eronia, N. Ardò, D. Mongiello, M. Giglio, A. Di Stasi, E. Abbafati, G. Cibelli, G. Messina, R. Polito, F. Moscatelli

OP012 Effects of twelve-weeks of supervised combined training on left atrial function of patients with recent myocardial infarction. role of the training frequency

G. Caminiti, M. A. Perrone, F. Iellamo, V. D'Antoni, G. Marazzi, A. Gismnodi, S. Vadalà, D. Di Biasio, M. Volterrani

P004 Can animal assisted interventions counteract apathy and improve physical activity levels in psychiatric patients with cognitive disability? A case study

C. Mauri, C. Cerulli, A. Murri, E. Grazioli, E. Tranchita, F. Tinè, C. De Santis Del Tavano, V. Digiocomantonio, M. Nicolini, A. Parisi

P009 "Patients-oncologist" conversation about physical exercise: a cross-sectional study

A. Avancini, L. Belluomini, D. Tregnago, I. Trestini, M. Sposito, J. Insolda, L. Landi, S. Carnio, S. Vallone, V. Longo, D. Bafunno, D. Galetta, S. Ricciardi, M.R. Migliorino, S. Mariotti, M. Milella, S. Novello, S. Pilotto

P019 Comparison of postural training versus physiotherapy treatments in people with low back pain: effects induced by 10 sessions on disability and postural control

G. Belli, P. Maietta Latessa, G. Negrini, M. Mauro, S. Marini, S. Toselli

P028 High-intensity interval training versus usual care during cancer prehabilitation: a systematic review and meta-analysis of the impact on cardiorespiratory fitness

S. Cuomo, A. Mulasso, C. Lupo, A. Rainoldi, P.R. Brustio

P029 Correlation between physical activity and neurological risk factors in patient with parkinson's disease

C. Salimei, M. Alwardat, M. Minnucci, P. Sinibaldi, F. Iellamo

AULA AB4

Ore 09.30-11.00 **Oral Presentation Health, Wellbeing and Physical Activity Promotion**
Moderatori: *Giuseppe Musumeci, Roberto Pippi*

OP013 Designing, implementing and testing a fitness monitoring system to promote health and wellbeing in south tyrol: insights in the first project

A. Carraro, A. Albergoni, A. Colangelo, V. Macchia, B. Niederkofler, R. Roklicer, G. Santi, R. Tschiesner

OP014 Previous sport-specific experience influences the rating of perceived exertion but not the perceived enjoyment, and physiological and physical demands of active young adults during recreational 3x3 basketball matches

D. Conte, I. Lukonaitiene, A. Kriubaite, A. Tessitore, R. Kreivyte, S. Kamandulis

OP015 The association between digital media and health in children

V. Presta, A. Guarnieri, P. Mirandola, M. Vitale, G. Condello, G. Gobbi

OP016 Impact of problematic instagram use on self-esteem and their association with physical activity levels in a sample of university students

E. Gobbi, S. Amatori, F. Perroni, M.B.L. Rocchi, D. Sisti

OP017 Bioelectrical impedance vector analysis and cardiovascular performance in liver-transplanted recipients

G. Mascherini, M. Corsi, E. Falconi, A. Cebrian Ponce, P. Checcucci, A. Pinazzi, D. Russo, S. Gitto, F. Sofi, L. Stefani

OP018 The Erasmus+ Sport Eumove Project: educational strategies to improve healthy lifestyles

A. Masini, A. Ceciliani, S. Marini, G. Russo, G. Longo, G. Zanutto, G. Soldà, A. Salussolia, A. Anastasia, D. Sanchez Oliva, L. Dallolio

P047 The influence of body dissatisfaction, eating disorder symptoms and self-efficacy: a path-analysis and the mediating role of stress in aspiring fashion models, professional models and athletes

D. Di Corrado, M. Coco

P048 The role of socio-demographic characteristics and physical activity patterns in the adoption of health preventive measures and perception of quality in gym customers in Italy

L. Falese, M. Ferrara, T. Di Libero, R. Langiano

P052 The velasco model for the postural instability prevention among young athletes and non-athletes

M. Franchini, F. Denoth, S. Salvadori, S. Pieroni

P056 Stand up university, break sedentary behaviours: unifit study
M. Scoppolini Massini, E. Pinelli, A. Masini, A. Zannoner, L. Dallocchio, L. Dragonzoni

P064 Physical activity, sitting time and motivation-to-change: an Italian survey.

R. Pippi, A. Mortati, D. Fruttini, C. G. Fanelli, M. Vandoni, G. Mascherini, L. Pasqualini

AULA AB

Ore 09.30-11.00 **Oral Presentation Training, Performance and Testing**
Moderatori: *Cristina Cortis, Francesca Vitali*

OP019 Recovery-based autoregulation of training volume does not provide additional benefits to a mixed session periodized resistance training program

S. Bartolomei

OP020 The rate of force development as a determinant of maximal theoretical velocity in the force-velocity relationship

G. Boccia, P.R. Brustio, A. Pintore, L. Grossio, E. Calcagno, A. Rainoldi, P. Samozino

OP021 Can the acute effect of WB-EMS combined with resistance training exercise improve strength and flexibility performance?

A. Buonsenso, M. Centorbi, G. Di Martino, G. Calcagno, A. di Cagno, G. Fiorilli

OP022 Effects of fitlight training on cognitive-motor processes in élite judo athletes

M. Campanella, L. Cardinali, D. Ferrari, L. Falcioni, F. Silvestri, D. Curzi, M. Bertollo, L. Guidetti, C. Baldari, V. Bonavolontà

OP023 Changes in hand grip strength and finger grip strength after the barbell deadlift at different load intensities in powerlifters and weightlifters

V. Giustino, A. Patti, D.S.S. Vicari, F. Figlioli, G. Salvatore Ignazzitto, S. Pajaujiene, P. Drid, M. Bellafiore, G. Battaglia, A. Palma, A. Bianco

OP024 Attentional focus effects on lower limb muscular strength expression in athletes: the superiority of the core component of action in the maximal isometric squat task

D. Pompa, A. S. Caporale, M. Digno, H.J. Carson, S. Di Fronso, L. Bovolone, M. Beato, M. Bertollo

P104 Examining the association between speed and myoelectric activity: time-based differences and muscle group balance
G. Briotti, A. Chiari, C. Filetti, I. Leo, E. Padua, M. Porta, B. Ruscello

P105 Infrared thermography is representative of real-time muscle electrical activity during single-joint exercise to failure

A. Di Credico, D. Perpetuini, G. Gaggi, P. Izzicupo, A. Merla, B. Ghinassi, A. di Baldassarre

P108 Biomechanics and bioenergetics of maximum intensity crawl in swimmers with down syndrome

G. Merati, C. Gandola, P. Castiglioni, L. Casalini, L. Cavaggioni, A. Trecroci, D. Formenti

P134 Association between anthropometric parameters and race time in sprint distance triathlon: the importance of regional body composition assessment

N. Rinaldo, G. Battistella, A. Pasini, L. Caruso, F. Manfredini, N. Lamberti

AREA EXPO

Ore 11.00–11.30 Coffee break

AULA AB2

Ore 11.30–13.00 **Simposio Diabesity, a dangerous liaison**
Moderatori: *Angela Di Baldassarre, Attilio Parisi*

Ore 11.30–11.55 Diabesity: prevention and treatment through lifestyles
Katherine Esposito

Ore 11.55–12.20 Diabesity: prevention should start from childhood
Giuliana Valerio

Ore 12.20–12.40 Exercise and glycemic control in type 2 diabetes:
what to do?
Silvano Zanuso

Ore 12.40–13.00 Exercise and glycemic control in type 2 diabetes:
is there a right time?
Massimo Sacchetti

AULA AB1

Ore 11.30-13.00

Oral Presentation Sport Pedagogy and Physical Education

Moderatori: *Francesco Casolo, Andrea Ceciliani*

OP025 Self-perception of teaching styles of physical education teachers: preliminary results in Apulia region

D. Colella

OP026 Syllabuses analysis of teaching methods of physical and sport activities in education and training courses in Italy

F. D'Elia

OP027 Does the spontaneous play facilitate the acquisition of fundamental motor skills in pre-school age children?

V. Biino, F. Ravenna, N. Piva, M. Bertucco

OP028 How learn to ride a bicycle: a simple method

A. Buglione

OP029 Forest school increases spontaneous physical activity level in primary school children

G. Santi, A. Albergoni, M. Burlon, A. Carraro

OP030 Football academies as educational agencies: an investigation on the educational and inclusive role of internal stakeholders

T. D'Isanto

P083 Innovative Exercise Approach for promoting sports inclusion in youth: expanding emotional and evolutionary intelligence through physical activity

M. Zanghì, F. Roggio, A. Amato, L. Petrigna, B. Trovato, M. Sortino, G. Musumeci

P090 Motor Performance and Self-Perception in Children: Results of SBAM Project in Apulia

G. Pascali, D. Monacis, D. Colella

P094 Differences in Gross Motor Skills Between Children with and without Symptoms of Attention Deficit Hyperactivity Disorder

F. Carlevaro, F. Magno, C. D'Anna, D. Magistro

P095 Effects of physical exercise intervention in motor competence in active and inactive portuguese adolescents

C. Recchiuti, D. Neto, L. Morrone, L. De Matteis, M.G. Vinciguerra, V. Bonavolontà, M.J. Lagoa

Ore 11.30-13.00

Oral Presentation Health, Wellbeing and Physical Activity Promotion

Moderatori: *Donatella Di Corrado, Fabio Trimarchi*

OP031 Differences in physical function and radiology examination in elderly population and people living with HIV (PWH) with sarcopenia

M. Bonato, F. Marmondi, C. Inzaghi, L. Galli, C. Cerizza, A. La Torre, G. Banfi, P. Cinque

OP032 Preliminary results of the Grow Your Muscle (Gym) study on muscle strength, body composition and blood lipids in people with sarcopenia.

F. Marmondi, L. Galli, C. Inzaghi, C. Cerizza, A. La Torre, G. Banfi, P. Cinque, M. Bonato

OP033 A multidisciplinary pilot study in people with HIV who switched from triple to dual therapy: influence on physical capacities, lifestyle and oxidative stress

A. Mulasso, J. Cusato, S. Cuomo, S. Laspia, B. Mercadante, E. Turiano, F. Chiara, J. Mula, A. Palermi, A. Manca, L. Beratto, P.R. Brustio, C. Lupo, A. D'Avolio, A. Rainoldi

OP034 Vestibular system and posture. Effects of proprioceptive exercise training in a group of subjects with benign paroxysmal positional vertigo

A. Nart, I. Lorenzin, E. Brunello, T. Guadagnin

OP035 Comparison between two different exercise training protocols on functional fitness in older adults

G. A. Navarra, A. Scardina, G. Tabacchi, M. Agnese, M. La Cascia, G. Battaglia, E. Thomas, G. Messina, A. Palma, M. Bellafiore

OP036 Leisure-physical activity, actigraphic daytime activity and sleep during a weekly stay in Italian spa

L. Castelli, L. Galasso, A. Ciorciari, A. Mulè, F. Fornasini, A. Montaruli, E. Roveda, F. Esposito

P066 Correlation between visual reaction time and functional mobility in older adults

M. Spadafora, F. Greco, K. Folino, S. Chiodo, A. Murri, G.P. Emerenziani, F. Quinzi

P068 Heart rate and daily physical activity monitoring in healthy middle-aged and older adults

V. Ferrando, P. Salerno, L. Bonzano, M.E. Secchi, W. Aronni, E. Menicocci, A. Bisio, M. Bove

P069 aCTLIFE: is active lifestyle enough for health and wellbeing?

E. Fioraso, A. Pedrinolla, C. Baschirotto, F. Schena, M. Venturelli

P070 Promoting health and Well-being in a maritime community of older adults: A pilot study on the adherence and efficacy of dry-land and water exercise interventions

A. Pagani, T. Piva, V. Zerbini, A. Raisi, S. Masotti, G. Mazzoni, S. Mandini, E. Menegatti

P073 Effects of a six-month functional and postural training protocol on physical fitness in a group of middle-aged adults on the workplace

C. Giovannucci, E. D'Angelo, V. Bonavolontà, M.G. Vinciguerra

AULA AB7

Ore 11.30-13.00 **Oral Presentation Training, Performance and Testing**

Moderatori: *Corrado Lupo, Massimo Venturelli*

OP037 A comparison of strokes distribution among wheelchair paralympic table tennis classes

A. Guarnieri, V. Presta, I. Malagoli Lanzoni, G. Gobbi, G. Condello

OP038 Corrective adjustment procedures to mitigate the relative age effect in track and field

P.R. Brustio, A. La Torre, A. Rainoldi, G. Boccia

OP039 Sex differences and performance equality in long distance cross-country skiing

C. Zoppirolli

OP040 Effect of menstrual cycle phases on perceived exertion and well-being in elite women soccer players

M. Lista, M. Mandorino, M. Lacome, V. Persichetti, F. Greco, L. Di Luigi, P. Sgrò

OP041 Handle with care: 3 km race mean speed in sub-elite middle distance runners with different profiles as estimator of maximal aerobic speed

L. Budel

OP042 When low is too low? Effects of the intensity of low-intensity training sessions in an 8-week training block in well-trained distance runners

L. Filipas, A. Meloni, A. La Torre, R. Codella

P106 Reliability of Load–Velocity Profiling Using the Sprint Resister in Front Crawl Swimming

M. Fassone

P107 Field test batteries to assess physical fitness in Italian school-aged children prior and post covid-19

A. Pirazzi, M. Giuriato, C. Cavallo, L. Farronato, L. Baghetto, F. Gross, E. Peretti V. Maron, M. Del Bianco, N. Lovecchio, M. Vandoni

P118 A preliminary study on double peak in muscle activation in upper limb musculature during right cross punch execution in advance and novice boxers

R. De Donato, N. Toninelli, A. Pellegrini, R. Padovan, S. Rampichini, F. Esposito, E. Cè

P128 Ball Possession Analysis of Paralympic Water Polo Matches

A. Perazzetti, M. Dopsaj, C. Sebastianutti, R. Vernole, A. Tessitore

P135 Effects of a six-month in-season daily undulating periodized resistance training program on performance and body composition in Elite Field Hockey players: a sex comparison

F. Laterza, F. Treno, A. D'Amico, E. Bormida, S. Mignardi, D. Latini, S. Bartolomei

SALA LETTURA

Ore 13.00-14.00 Buffet lunch

AULA ABI

Ore 14.00-15.30 **Oral Presentation** Biomolecular Approaches to Exercise and Sport

Moderatori: *Aurora Daniele, Giuliana Gobbi*

OP043 Whole Body Vibration improves bone and muscle quality by modulating the expression of irisin and NOX4 in a murine model of aging

I. Cariati, R. Bonanni, C. Romagnoli, G. D'Arcangelo, E. Padua, U. Tarantino, G. Annino, V. Tancredi

OP044 Time course of Brain-Derived Neurotrophic Factor Release Following Acute Exercise: a comparative Study in Young and Middle-Aged Adults

L. Marano, E. Tommasini, S. Missaglia, P. Vago, C. Pecci, E. Rampinini, A. Bosio, A. Morelli, D. Tavian

OP045 Physical Activity Impact on Promoter-Specific Methylation of genes Involved in The Redox-status and Disease Progression: A Preliminary Study on Breast Cancer Patients undergoing treatments

E. Grazioli, C. Moulton, C. Fantini, G. Benotti, G. Duranti, R. Ceci, C. Cerulli, A. Murri, E. Tranchita, C. Rossi, C. Maggiore, S. Magno, G.P. Emerenziani, D. Caporossi, I. Dimauro, A. Parisi

OP046 Genetic Influence on Muscle Injuries in Top-Level Football Players: a pilot study

M. Massidda, L. Flore, P. Cugia, F. Piras, M. Scorcu, N. Kikuchi, P. Cięszczyk, A. Maciejewska-Skrendo, F. Tocco, C.M Calò

OP047 The difficult journey from bed to the gym: skeletal muscle anabolic response to activity and inactivity in patient with type 2 diabetes

T. Moro, K.S. Masterova, A. Randolph, E. Volpi

OP048 Beta-endorphin release in healthy males after acute physical exercise and its association with circulating BDNF

E. Tommasini, L. Marano, P. Vago, C. Pecci, E. Rampinini, A. Bosio, A. Morelli, D. Tavian, S. Missaglia

P170 Characterization of gut microbiota in elite soccer players

C. Petri, G. Mascherini, P. Izzicupo, D. Rosati, M. Cerboneschi, S. Smeazzetto, L.S. Arrones

P171 Changes of Brain-Derived Neurotrophic Factor (BDNF) levels after different exercise protocols: preliminary results of a systematic review of clinical studies in parkinson's disease

A. Paterno, G. Polzinelli, B. Federico

P175 Study of the modulation of soccer players' salivary extracellular vesicles in response to a training session: an innovative source of exercise biomarkers?

S. Fondi, D. Curzi, R. Agostini, L. Giacomelli, P. Ceccaroli, E. Polidori, F. Perroni, L. Guidetti, M. Guescini

P176 Effects of C-MIR-1303 expression and lifelong football training on proliferation and invasion of human breast cancer cell lines MCF-7

A. Mancini, D. Vitucci, F.M. Orlandella, G. Ermidis, M.B. Randers, M. Mohr, P. Krstrup, G. Salvatore, S. Orrù, P. Buono

AULA AB2

Ore 14.00-15.30

Oral Presentation Exercise and Sport Psychology

Moderatori: *Marianna Bellafiore, Claudio Robazza,*

OP049 Self-evaluated Performance of Elite Kickboxers in light of the Multi-States Theory

C. Robazza, M. Morrone, L. Ventura, I. Roggio, A. Di Blasio, M.C. Ruiz, F. Deriu, A. Manca, L. Cugusi

OP050 The relation among physical activity, intuitive exercise, and quality of life in women with endometriosis: An exploratory study

S. Cerea, A. Sampieri, G. Spinello, M. Ghisi, M. Rapisarda, A. Valdesalici, T. Moro

OP051 Psychological Characteristics of Martial Arts Practitioners: An Italian Cross-Sectional Study

G. Leuzzi, B. Giardulli, S. Battista, E. Pierantozzi, D. Berghi, M. Testa

OP052 Ethics for Sport: Promoting a positive development in sport through a managerial approach

F. Vitali, N. Di Tullio, S. Conte, F. Schena, L. Chisci

OP053 Exploring mental health perception and physical activity engagement in people with intellectual disabilities: a gender and age analysis

S. Mandini, A. Grande, S. Masotti, V. Zerbini, E. Menegatti, A. Raisi, R. Lordi, G. Mazzoni, G. Grazzi, T. Piva

OP054 Satisfaction of Basic Psychological Needs and Self-Regulatory Modes predict Resilient Recovery in Long Distance Runners

S. Corrado, B. Tosti, T. Di Libero, S. Mancone, P. Diotaiuti

P177 A cross-sectional study on the relationship between aggressive behaviour and sport practice

M. Mazzanti, A. Masini, F. Sanmarchi, L. Dallocchio, G. Mascherini

P179 Dreaming consciously: spotlights on the effects of yoga nidra on mental and physical recovery in two elite karate athletes

S. di Frusco, M. Bertollo, D. Pompa, C. Robazza

P180 The Influence of audience absence on "Sports Performance Share" in the Summer Paralympic Games

I. Leale, A.M. Parroco, M. Gómez-López, G. Pillitteri, V. Giustino, G. Battaglia

P186 Effects of Adapted Physical Activity on psychological condition during rehabilitation. Preliminary data from a follow-up study
S. Tognoli, P. Fumarola, G.M. Gobbi, M. Felisatti, L. Pomidori, I. Casetta, S. Caracciolo

P187 Predictors of choking under pressure in a sample of archers
B. Tosti, S. Corrado, T. Di Libero, S. Mancone, P. Diotaiuti

AULA AB4

Ore 14.00-14.45 **Oral Presentation** Technology, Virtual Reality and e-Games
Moderatori: *Bianco Antonino, Pascal Izzicupo*

OP055 Assessing Upper Limb Dexterity Abilities Using Imu Sensors: Towards Automated Evaluation and Consistency in Motor Performance
T. Di Libero

OP056 Barriers and facilitators to the use of exoskeleton technology in people with spinal cord injury: a systematic review
E. Pinelli, R. Zinno, G. Barone, L. Bragonzoni

P242 Effect of Outdoor Coastal Walking and Virtual Reality Indoor Walking on Psychological and Physiological Parameters: A Crossover RCT
C. Centrone, S. Cataldi, L. Poli, F. Fischetti, G. Greco

P245 Virtual Reality Versus Traditional Training: A 5-Week Study On Balance And Flexibility In Women
L. Poli, M. Gabriele, C. Centrone, F. Fischetti, G. Greco

P250 Physical activity and fitness smartphone apps use in healthy people: an exploratory analysis within the dare project
G. Tabacchi, A. Bianco, G.A. Navarra, A. Scardina, A. Palma, M. Bellafiore

AULA AB4

Ore 14.45-15.30 **Oral Presentation** Sociology, Sport Management and Law
Moderatori: *Francesco Fischetti, Gaetano Raiola*

OP057 Sport Tourism Event Management. The Running Road Race to Boost Tourism: The Naples City Half Marathon
G. Carbonara, D. Tafuri, C. Maulini

OP058 Competencies and skills for career advancement in sports organizations: the New Miracle Project outcomes
F. Guidotti, S. Demarie, S. Ciaccioni, L. Capranica

OP059 The evolution of membership constraint in Italy: implications, contradictions, and prospects for amateur sports system and inclusion of minor foreigners

G. Raiola

AULA AB7

Ore 14.00-15.00 **Workshop** in collaborazione con MATRIX
Resistance exercise for the prevention of osteosarcopenia
Luca Marin

AREA EXPO

Ore 15.30-16.00 Coffee break

Ore 16.00-17.00 **SISMES in Movimento** (attività ludico-sportive)

AULA ABI

Ore 16.00-17.00 **Workshop** in collaborazione con TECHNOGYM
The role of control and assessment on precision training
Luca Zoffoli

AULA AB4

Ore 16.00-17.00 **Workshop** in collaborazione con MICROGATE
Portable solutions for assessing and improving Motor Control
Marco Daprà, Alessandra Scarton

AULA AB7

- Ore 16.00-17.00 **Workshop** in collaborazione con COSMED
New technologies for functional assessment and exercise prescription
Marco Brugnoli

AULA AB2

- Ore 17.00-18.30 **Simposio** Performance monitoring: a new vision in ricordo di Marcello Faina
Moderatori: *Alberto Rainoldi, Federico Schena*
- Ore 17.00-17.25 How Analytics can support a football club
M. Lacome
- Ore 17.25-17.50 A practical example of daily use of machine learning to evaluate players' status
M. Mandorino
- Ore 17.50-18.10 HT01 Validity of commercial wearable sensors measuring respiratory frequency in soccer players
A. Nicolò, L. Innocenti, C. Romano, G. Greco, S. Nuccio, A. Bellini, E. Schena, M. Sacchetti, C. Massaroni
- Ore 18.10-18.30 HT02 Validity of two new Rpe-Scales to assess physical and psychological load of training and competition
F. Nigro, S. Marcora

AULA AB4

- Ore 17.00-18.30 **Oral Presentation Exercise Physiology and Nutrition**
Moderatori: *Giuseppe Calcagno, Annamaria Mancini*
- OP060** Acute passive stretching-induced decrease in joint and arterial stiffness: Does a correlation exist?
E. Cè, N. Toninelli, S. Longo, G. Coratella, R. Padovan, S. Rampichini, E. Limonta, M. Borrelli, C. Doria, A. Scandale, F. Esposito
- OP061** Fiber-type composition and sensitivity of mitochondrial respiration to submaximal [ADP]: two sides of the same coin
L. Zuccarelli, M. De Martino, G. Baldassarre, G. Sirago, E. Monti, M. Narici, M. Isola, G. Lippe, B. Grassi

OP062 Effect of pedaling cadences on the agreement between critical power and respiratory compensation point

L. Micheli, M. Teso, N. A. Guluzade, M. Rizzo, C. Ferri Marini, F. Lucertini, D.A. Keir, S. Pogliaghi

OP063 Cardiorespiratory responses to sinusoidal exercise below and across critical power: energy balance and fatigue

M. Borrelli, S. Shokohyar, S. Rampichini, P. Bruseghini, C. Doria, E.G. Limonta, G. Ferretti, F. Esposito

OP064 – Body Composition and Ultrasound Measurements as Valuable Tools to Maximize the Recruitment of Participants with Relevant Number of Identifiable Motor Units During Submaximal Strength Test

A. Sampieri, A. Masarin, G. Spinello, E. Goldin, M. Franchi, A. Paoli, T. Moro, A. Casolo

OP065 No effects of different doses of l-citrulline supplementation on exercise tolerance and related physiological responses in healthy adults

A.G. Bernardes, R.S.B. Januario, J.M. Gabardo, F.M. Mitamura, A.F. Aguiar, L.R. Altimari, A. De Giorgio, C. Baldari, C.F. Buzzachera

P191 On pulse oximetry, ventilatory function and oxygen delivery at high altitude

P. Prosperi, V. Verratti, D. Bondi, A. Spaccone

P197 Effect of lifelong football training on bone health and body composition in female handball and football players

D. Martone, J. Foged Vigh-Larsen, M.N. Larsen, M. Mohr, M.B. Randers, J.L. Olesen, A. Mancini, P. Buono, P. Krstrup

P202 Physiological responses to short bouts of effort-modulated exercise

G. Greco, A.N. Nicolò, L. Innocenti, M. Sacchetti

AULA AB

Ore 17.00-18.30 **Oral Presentation Adapted Physical Activity**

Moderatori: *Ferdinando Iellamo, Fabio Manfredini*

OP066 Feasibility, educational problems and results of the "MAGO" project: a distance-adapted physical activity for children and adolescents with obesity

M. Lanza, G. Ippolito, D. Rudi, E. Marchiori, V. Venier, G. Mazzuca, A. Maguolo, M. Bertaiola, C. Maffeis

OP067 Sardegna palestra a cielo aperto: a multisport outdoor program for individuals with parkinson's disease

A.Caria, M. Meloni, I. Porco, C. Conca, P. Bandiera, K. Paulus, P. Solla, U. Della Croce, L. Cugusi

OP068 Effect of a multidisciplinary approach on phase angle of breast cancer survivors being treated with chemotherapy

A. Di Blasio, A. D'Eugenio, L. Masini, M. Rinaldi, T. Morano, F. Lancia, A. Di Marco, S. Serafini, P. Izzicupo, S. Grossi, G. Napolitano

OP069 Reactive agility and pitching performance improvement in visually impaired competitive Italian baseball players: an innovative training and evaluation proposal

G. Carretti, R. Bianco, E. Sgambati, M. Manetti, M. Marini

OP070 Cardiorespiratory fitness, energy intake and cardiovascular risk in a sample of paralympic athletes with locomotor impairment

P. Aiello, E. Poggiogalle, I. Peluso, L. Scognamiglio, F. Valentini, M.R. Squeo, E. Guerra, P.E. Adami, A. Rosponi, M. Bernardi

OP071 Does long-term physical activity effectively reduce the consumption of antihypertensive drugs? A randomized controlled trial

C. Della Valle, A. di Cagno, G. Fiorilli, A. Buonsenso, M. Centorbi, G. Di Martino, K. Komici, A. Di Costanzo, G. Calcagno

P138 Preliminary evaluation of cardiorespiratory fitness, functional capacity, quality of life and physical activity level in young dialyzed and kidney transplant patients: an observational study

E. Moretti

P145 Physical exercise as a strategy to counteract the effects of microgravity on the musculoskeletal system

L. Dotta, F.G.G. Scrivano

P147 Structured progressive interval walking improved foot perfusion in patients with peripheral artery disease: a sex-oriented analysis

L. Caruso

P150 Efficacy of a physical activity protocol on adolescent idiopathic scoliosis

A. Muscella

P154 Effect of High-Intensity Exercise and Chocolate with Vitamin-E Supplementation on Body Composition and Strength in Elderly People with Dementia: Preliminary Data from The Chokoage Study

R. Modena, A. Pedrinolla, C. Baschirotto, S. Nave, S. Montagni, V. Cavedon, C. Barbi, G. Giuriato, M. Venturelli, E. Wang

AULA AB1

Ore 17.00-18.00 **Presentazione del Corso SISMES**
Formazione e certificazione in Statistica per le
Scienze Motorie e Sportive (primo livello)

AULA AB2

Ore 18.00-19.00 **Assemblea Generale Soci SISMES**

Ore 20.30 Cena sociale presso Ristorante Zì Teresa

SABATO 4 NOVEMBRE

Ore 08.00 Apertura Segreteria Congressuale

AULA ABI

Ore 08.30-10.00 **Oral Presentation** Health, Wellbeing and Physical Activity Promotion

Moderatori: *Dario Colella, Gian Pietro Emerenziani*

OP072 Breaking the Sedentary: Investigating the Effects of Active Breaks on Physical Activity and Psychosocial Well-Being in Primary School Children

G. Russo, A. Masini, L. Dallolio, A. Ceciliani

OP073 Effects of Active Breaks on Cardiovascular Efficiency, Attentive Skills, And Scholastic Wellbeing: A Middle School Intervention Study

G. Di Martino, M. Centorbi, A. Buonsenso, C. della Valle, G. Fiorilli, E. Iuliano, A. di Cagno, G. Calcagno

OP074 Planned school physical activities are only the first step for improving non-active children's physical performance

C. Lupo, A.N. Ungureanu, P. De Pasquale, G. Boccia, A. Mulasso, P.R. Brustio

OP075 Infrared thermography analysis of the back during prolonged sitting. a proposal of active breaks

M. Sortino, F. Roggio, B. Trovato, L. Petrigna, A. Amato, M. Zanghì, G. Musumeci

OP076 Effects of Different Teaching Approaches on Proxy Measures of Physical Fitness of Italian Kindergarten Children

P. Tortella, A. Quinto, G.F. Fumagalli, M. Lipoma, D. Stodden, F. Sgrò

OP077 Incidence of Lower Back Pain among adolescent Climbers

R. Roklicer, A. Albergoni, R. Bertolo, B. Gilic Skugor, D. Sarto, F. Sarto, A. Carraro

P205 Relationship between motor efficiency and health in sedentary desk-workers: a cross-sectional study

G. Signorini, R. Scurati, E. Callus, M. Iaia, S. Benedini, M. Rigon, P.L. Invernizzi

P206 Smart Vs. On-Site working: correlation between working modality and psycho-physical health

R. Scurati, G. Signorini, E. Callus, M. Iaia, S. Benedini, M. Rigon, P.L. Invernizzi

P215 Are there sex differences in the glucose response to a meal after postprandial exercise?

A. Bellini, A. Nicolò, M. Sacchetti

P216 A proposal to compare the effects of two physical exercise modalities on psycho-physical wellness for overweight people: outdoor-based aerobic vs indoor-based combined training

C. Tuccella, A. Zarelli, C. Rosato, G. Maisto, M.G. Vinciguerra, V. Bonavolontà

P219 Is horseback riding able to preserve physical efficiency and bone health in post-menopausal women? comparison with conventional training

C. Cerulli, E. Moretti, C. Mauri, E. Grazioli, F. Quinzi, C. Minganti, E. Tranchita, A. Parisi

AULA AB2

Ore 08.30-10.00 **Oral Presentation Adapted Physical Activity**

Moderatori: *Laura Capranica, Virginia Tancredi*

OP078 A pilot study in people with multiple sclerosis: frailty in relation to physical functioning, fatigue and quality of life

L. Beratto, S. Cuomo, E. Turiano, S. Truglio, F. Guglierminotti, A. Mulasso

OP079 Physical fitness and quality of life in women with breast cancer: effects of a 12-week combined exercise program

A. Borsati, C. Ciurnelli, E. Baldo, L. Toniolo, I. Trestini, D. Tregnago, E. Fiorio, M. Milella, F. Schena, S. Pilotto, A. Avancini, M. Lanza

OP080 Effect of a 12-week aerobic exercise training program on 24h glycemic control in postmenopausal breast cancer survivor women enrolled in the movis cohort

M. Imperio, E. Gobbi, G. Annibalini, D. Sisti, M. De Santi, R. Wu, D. Minnock, V. Natalucci, C. Ferri Marini, F. Lucertini, L. Vallorani, M.B.L. Rocchi, S. Amatori, G. Baldelli, A. Bartolacci, V. Merlo, S. Donati Zeppa, R. Saltarelli, M. Bocconcelli, P. Benelli, A. Villarini, V. Stocchi, E. Padua; S. Barocci, S. Guarino, A.M. Baldelli, V. Catalano, R. Emili, E. Barbieri

OP081 Sofa, scalpel, or walking shoes? The 5-year fate of the patient with peripheral artery disease receiving walking advice, revascularization or home-based exercise

N. Lamberti, E. Tsolaki, C. Professione, V. Gasbarro, L. Traina, F. Manfredini

OP082 Effects of concurrent, within-session, aerobic and resistance exercise training on functional capacity and muscle performance in patients with chronic heart failure

M.A. Perrone, G. Caminiti, A. Cerrito, A. Franchini, V. Manzi, M. Volterrani, F. Iellamo

OP083 The Effects of Aerobic Training on Physical and Cognitive Functioning in Adolescents With Intellectual Disability

A. Scarton, A. Mansi, A. Guarneri, S. Lucia, M. Dapra, V. Presta, G. Gobbi, G. Condello

P139 Role of Adapted Physical Activity Combined to Plant Dominant Low Protein Diet on Quality of Life and Functional Capacity in Chronic Kidney Disease Patients

A. Murri, E. Grazioli, G. Marrone, M. Di Lauro, S. Urciuoli, C. Cerulli, E. Tranchita, F. Greco, A. Romani, N. Di Daniele, A. Parisi, A. Noce

P140 Effects of a supervised online mat Pilates exercise program on muscular fitness components and body composition in overweight/obese adults: a pilot study

L.F. Cosco, F. Quinzi, F. Greco, K. Folino, M. Spadafora, M. Afzal, C. Segura-Garcia, M.G. Tarsitano, T. Montalcini, A. Puja, P. Buono, G.P. Emerenziani

P141 – Evaluation of lifestyle, physical activity and endocrine disruptors exposure in patients with mutation of BRCA1/2 with/without breast and/or ovary cancer: the study STILVARCA

L. Cardinali, A. Franco, A. Rossi, D.A. Terribile, E. Lucci Cordisco, I. Paris, M. Muratore, E. Fiorio, V. Salutari, F. Pavese, F.F. L'Erario, A. Palazzo, E. Di Guglielmo, E. Giontella, E. Ferretti, D. Giannarelli, C. Baldari, G. Scambia, A. Fabi, S. Migliaccio

P146 Effects of a 6-month adapted functional training program on women with fibromyalgia

A. Schiavone, M. Cialone, E. D'Angelo, R. Di Giminiani, M. G. Vinciguerra, V. Bonavolontà

P153 Multidisciplinary organization model based on adapted physical exercise in primary and secondary prevention for patients with heart disease: new frontiers of territorial medicine with the involvement of the kinesiologist

R. Lordi

AULA AB4

Ore 08.30-10.00 **Oral Presentation Exercise Physiology and Nutrition**

Moderatori: *Emiliano Cé, Antonio Paoli*

OP084 A pilot study on the autonomic control during indoor static skydiving

S. Rampichini, M. Borrelli, E. Cè, N. Toninelli, G. Coratella, C. Doria, S. Longo, C. Mocchi, J. Padulo, E. Limonta, F. Esposito

OP085 Proportionality, somatotype, anthropometrical, and bioelectrical characteristics of elite international soccer referees

P. Izzicupo, C. Petri, S. Serafini, G. Galanti, A. Di Baldassarre, G. Mascherini

OP086 Sedentary behaviors and dietary habits in active and inactive subjects

P. Calella, M. Di Dio, G. Di Giuseppe, F. Gallè, F. Liguori, G. Paduano, C.P. Pelullo, G. Valerio, G. Liguori

OP087 A novel approach to investigate the effect of music tempo on cardiorespiratory and psychological variables during cycling exercise

L. Innocenti, A. Nicolò, M. Sacchetti

OP088 Biophysical, thermo-physiological, and perceptual determinants of cool-seeking behavior during exercise heat-stress in younger and older women

A. Valenza, H. Blount, A. Bianco, A. Paoli, P.R. Worsley, D. Filingeri

OP089 A novel approach to assess metabolic flexibility by indirect calorimetry and related circulating metabolic parameters in humans

F. Tocco, E. Murru, G. Carta, C. Manca, R. Montisci, R. Solinas, M. Ruggiu, S. Banni

P188 Bioenergetics of the VO₂ slow component within and between exercise intensity domains

C. Felles, A. Maggio, M. Loi, M. Teso, S. Pogliaghi

P189 Understanding the Influence of Exercise and Diet on Glycemic Responses in Healthy Cyclists - Insights from a Randomized Crossover Trial

S. Amatori, D. Sisti, R. Radice, E. Gobbi, A. Bertuccioli, M. Sudano, M.B.L. Rocchi, F. Perroni

P190 Neuromuscular perspective of lack of muscle strength in dementia. a failure to communicate!

A. Pedrinolla, R. Modena, S. Nave, C. Baschirotto, S. Montagni, C. Barbi, M. Venturelli

P194 A single moderate-duration bout of dynamic stretching within the warm-up improves running economy and running performance in trained distance runners

E.L. Faelli, M. Panascì, V. Ferrando, A. Bisio, L. Filipas, S. Di Gennaro, L. Puce, P. Ruggeri

AULA AB7

Ore 08.30-10.00 **Oral Presentation Training, Performance and Testing**
Moderatori: *Gennaro Boccia, Giancarlo Condello*

OP090 Performing swimming tests on pentathletes to estimate their performance

S. Demarie, F. Guidotti, V. Billat

OP091 Comparison of the acute effects of foam rolling, foam rolling with dynamic movement and static stretching on the properties of ankle plantar flexors

A. Scardina, G. Pinto, S. Serafini, M. Nakamura, A. Konrad, F. Campa, M. Bellafiore, A. Bianco, E. Thomas

OP092 The effects of a static or dynamic stretching warm-up in preparing the knee for a change of direction exercise: a pre-post observational study

B. Trovato, F. Roggio, M. Sortino, M. Zanghì, A. Amato, L. Petrigna, G. Musumeci

OP093 Application of video analysis integrated with artificial intelligence for performance assessment in artistic roller skating: a pilot study

C. Romagnoli, A. Zanella, I. Cariati, R. Bonanni, G. Messina, V. Tancredi, V. Bonaiuto, E. Padua, G. Annino

OP094 Get Ahead of The Game: The Benefits of Specific Tennis Training with Flywheel Device in Over 40 Adults

G. Fiorilli, A. Buonsenso, M. Centorbi, G. Di Martino, G. Di Claudio, N. Vendemmiati, G. Medri, G. Calcagno, A. di Cagno

OP095 Listening to pre-task music enhance reaction time and affective states in elite taekwondo athletes

F. Greco, F. Quinzi, M. Spadafora, S. Chiodo, M. Bertollo, GP. Emerenziani

P255 Effect of sports practice on gross motor coordination in Italian children

M.C. Gallotta, V. Biino, V. Giustino, M. Bellafiore, G. Battaglia, M. Lanza, F. Figlioli, C. Baldari, L. Guidetti, F. Schena

P260 Differences between individual and generalized regression models using first and second-degree polynomials on back squat in males and females

E. Dello Stritto, R. Romagnoli, C. Minganti, M.F. Piacentini

P262 Reactive strength, anthropometric and body composition features in young female volleyball players: implications for training

V. Staiano, G. Ballarin, G. Cerullo, F. Gallè, G. Valerio, L. Scalfi, G. Liguori

P268 Relationship between ventilatory threshold-based approach and submaximal exercise in exercise prescription: preliminary results

S. Pitingolo, C. Galvani, P. Bruseghini

P269 Energetic and neuromuscular impact of running on even and uneven surfaces in standardized laboratory condition

S. Bettega, L. Bortolan, F. Stella, B. Pellegrini, F. Schena, C. Zoppirolli

AREA EXPO

Ore 10.00-10.30 Coffee break

AULA AB2

Ore 10.30-12.00 **Simposio Sport and Sustainability**

Moderatori: *Attilio Carraro, Laura Guidetti*

Ore 10.30-10.40 Sustainability in and through Sport: an overview

Andrea Albergoni

Ore 10.40-10.55 What is the role of (physical and sport) education for sustainable development?

Julia Lohman

Ore 10.55-11.10 How can outdoor sports protect against health risks from climate change? - Results of a transdisciplinary expert Delphi study

*Luisa Bade**

Ore 11.10-11.25 Information sources of recreationist and why they share recommendations which contradict nature conservation concerns

*Arne Schwiering**

Ore 11.25-12.00 Promoting research on Sport & Sustainability (Discussion)

*in collegamento da remoto

AULA AB1

Ore 10.30-12.00 **Oral Presentation Health, Wellbeing and Physical Activity Promotion**
Moderatori: *Andreina Alfieri, Matteo Bonato*

OP096 Prediction equation for estimating isometric knee extension strength using handgrip test in obesity

F. Greco, F. Quinzi, L.F. Cosco, M. Spadafora, K. Folino, M.G. Tarsitano, S. Maurotti, A. Pujia, G.P. Emerenziani

OP097 Exists an estimate point from which physical activity has a moderator effect on the relationship between sleep and BMI in obese adults?

L. Galasso, R. De Amicis, L. Castelli, A. Ciorciari, A. Mulè, A. Battezzati, S. Bertoli, F. Esposito, A. Montaruli, E. Roveda

OP098 Analysis of intrinsic and extrinsic barriers to physical activity practice in people with type ii diabetes: preliminary results from a survey conducted in hospital by kinesiologists

S. Marini, S. Toselli, G. Senesi, M. Mauro, G. Belli, P. Maietta Latessa, P. Mazzuca

OP099 Effects of physical exercise on depression and anxiety following mastectomy

C. Mannucci

OP100 Dose-response effects on low back pain, sleep disturbances and depression of an online prenatal, and post-partum pilates-based program during the covid-19 lockdown

M. Meloni, A. Manca, L. Ventura, G. Consoli, S. Fenu, G. Mura, F. Deriu, L. Cugusi

OP101 Association between fitness, fatness, and all-cause mortality in outpatients with cardiovascular disease: a prospective cohort study

A. Raisi, T. Piva, V. Zerbini, S. Masotti, E. Menegatti, G. Mazzoni, G. Grazzi, S. Mandini

P203 Adherence to the Mediterranean Diet in young Italian university students: is it still an attractive model?

E. Tranchita, E. Grazioli, C. Cerulli, V. Calabrini, C. Minganti, A. Murri, E. Moretti, C. Mauri, A. Parisi

P204 A Regional Survey to Assess Levels of Physical Activity in Adolescents: Preliminary Results

M. Bibba, D. Colella, D. Monacis

P217 Influence of physical activity on cardiovascular risk in childhood obesity

C. Mennitti, A. Ranieri, E. Nigro, L. Tripodi, A. Gentile, M. Calvanese, F. Perna, A. Imperatore, G. De Fonzo, F. Fimiani, A. Cesaro, G. D'Alicandro, G. Limongelli, A. Daniele, R. Pero, G. Friso, P. Calabro, L. Pastore, M.R. Licenziati, O. Scudiero, B. Lombardo

P218 Lifestyle intervention based on mediterranean diet and resistance training in the treatment of benign prostatic hypertrophy and tumorigenic control in prostate cancer cells: a case study

A. Bartolacci, V. Natalucci, M. De Santi, A. Sabatini, D. Schembri, M. Imperio, R. Saltarelli, G. Annibalini, D. Agostini, V. Pazienza, S. Donati Zeppa, R. Emili, E. Barbieri

P220 Active mobility and mental health in Italy: the PASSI surveillance data

L. Scrivano, D. N. Manners, A. Masini, L. Dallolio

AULA AB4

Ore 10.30-12.00 **Oral Presentation Biomechanics and Motor Control**
Moderatori: *Matteo Bertucco, Maria Francesca Piacentini*

OP102 The influence of maturation on jump performance and dynamic postural control in youth female volleyball players

F. Bertozi, F. Camuncolia, M. Gallia, M. Tarabini

OP103 Throwing and catching in real and virtual environments: a novel approach for studying complex motor behavior and motor skills

A. Maselli

OP104 Are rate of force development and force complexity the two sides of the same coin? Concurrent effects of fatigue after repeated explosive contractions of dorsiflexor muscles

S. D'Emanuele, G. Boccia, L. Angius, O. Hayman, S. Goodall, F. Schena, C. Tarperi

OP105 Gait variability reduction during rhythmic acoustic stimulation in elderly subjects: a network-based approach

R. Minino, A. Romano, E. Troisi Lopez, M. Liparoti, P. Sorrentino, G. Sorrentino

OP106 Kinematic analysis of the barbell trajectory during the deadlift exercise

L. Rosa-Brusin, A. Ferrero, M. Romanazzi

OP107 Effect of a four-week training with unstable boards on postural control mechanisms

A. Rizzato, A. Paoli, N. Schiavo, S. Faggian, M. Bozzato, G. Marcolin

P159 Muscle shape changes affect the transmission efficiency during in-vivo human contraction

A. Monte, P. Zamparo

P160 Soccer and volleyball players do not land differently: a kinematic analysis of injury-related movement patterns

C. Brunetti, R. Rabello, N. Poletti, L. Silva Zandonato, F. Bertozzi, C. Sforza

P161 Single-leg stance stability assessment: an alternative perspective for sports

L. Russo, P. Bartolucci

P162 Postural control and muscle co-contraction during unexpected perturbations of the support base in a group of young healthy subjects

M. Bozzato, A. Rizzato, M. Sinigaglia, A. Paoli, G. Marcolin

P164 The acute effects of wobble board performance on hand tremor: how much is it functional?

F. Di Rocco, A. Fusco, M. De Maio, D. Natale, V. Gammino, E. Festino, O. Papale, C. Cortis

AULA AB7

Ore 10.30-12.00

Oral Presentation Training, Performance and Testing

Moderatori: Alessandra Di Cagno, Barbara Pellegrini

OP108 Sprinting on different surfaces: performance decrements in young soccer players

I. Sannicandro, A. Piccinno, R. D'Onofrio, G. Cofano

OP109 The Role of Normoxic Ventilation and Peak Blood Lactate for the Prediction of Acute Mountain Sickness.

G. Dorelli, A. Fornasiero, A. Callovini, G. Fasoli, A. Savoldelli, B. Pellegrini, F. Schena, M. Venturelli, L.G. Dalle Carbonare

OP110 Athletic bioimpedance-based equations underestimate fat free mass components in elite soccer players: development and validation of new soccer-specific predictive models

G. Cerullo, F. Campa, T. Bongiovanni, A. Rossi, A. Casolo, G. Marteria, A. Trecroci, T. Moro, A. Paoli

OP111 The peak and the distribution of maximal demands during official match in U19 elite soccer players

D. Conte, E. Rossi, S. Muratore, L. Boldrini, S. Mazzoni, A. Riboli

OP112 Predictive power of VO_{2max} and %VO_{2max} at ventilatory thresholds in determining trail-running performance of different distances

A. Callovini, F. Fornasiero, M. Mattivi, A. Savoldelli, M. Decet, B. Pellegrini, F. Schena

OP113 Self-regulated learning assessment in young football players: beyond competitive levels

A. Trecroci, D. Formenti, T. Bongiovanni, L. Cavaggioni, P.L. Invernizzi, S. Longo

P266 Acute effects of wbv on isometric knee extensors peak torque and rate of torque development in adult males

K. Folino, F. Greco, L.F. Cosco, M. Spadafora, P. Sgrò, E. Moretti, G.P. Emerenziani, F. Quinzi

P270 Perception-awareness in heuristic learning for jump development in volleyball: testing a teaching model

R. Ceruso, G. Raiola

P271 Comparison of physical and technical abilities of young soccer athletes belonging to different age categories

L. Marcelli, F. Silvestri, L. Guidetti, D. Curzi

P274 Effects of training status on autonomic nervous system recovery influenced by different maximal tests

J.L. Storniolo, S.M. Marchese, L.A. Peyré-Tartaruga, R. Esposti, P. Cavallari

P275 A comparison between flat-back and arched-back bench press techniques on the load-velocity profile and muscle activation in strength and power athletes

D. Latini, G. Coratella, E. Caroli, V. Coloretti, F. Laterza, S. Bartolomei

AULA AB2

Ore 12.00-13.00 **Main Lecture**

Moderatori: *Stefania Orrù, Antonio Tessitore*

How elite sport can make Wearable Technology happen

Yannis Pitsiladis

Ore 13.00-14.00 **Premiazioni e Cerimonia di Chiusura**

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INFORMAZIONI GENERALI

SEDE

Palazzo Pacanowski
Via Generale Parisi, 13

PIANO A: Sala Lettura per Area catering del Cocktail di Benvenuto e Lunch

PIANO B: Aule, Segreteria, Area Expo, Area Poster, Area Coffee break

Palazzo Pacanowski è raggiungibile sia da Via Monte di Dio che da Via Morelli (proseguimento di Via Chiatamone - angolo Via Arcoleo) dove un servizio ascensori dell' "Università Parthenope" è a disposizione di tutti i partecipanti, dalle ore 7.30 alle ore 20.00.

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QUOTE D'ISCRIZIONE (iva 22% inclusa)

Soci SISMES Ordinario e Professionista*	€ 290,00
Soci SISMES Junior*	€ 100,00
Non soci	€ 400,00
Studenti non soci / Dottorandi	€ 150,00

*in regola con la quota associativa 2023

Le suddette quote comprendono:

- Accesso all'area congressuale ed espositiva per le 3 giornate
- Kit congressuale
- Attestato di partecipazione
- Cocktail di benvenuto del 2 novembre
- Lunch del 3 novembre
- Coffee break per le 3 giornate
- IVA 22%

COFFEE BREAK E LUNCH

I coffee break previsti come da programma si svolgeranno nell'Area Expo mentre il cocktail di benvenuto ed il lunch presso la Sala Lettura del piano A.

CENA SOCIALE

La cena sociale si terrà venerdì 3 novembre, alle ore 20.30, presso il Ristorante Zì Teresa (Passaggio Castel dell'Ovo, 1).

Previa disponibilità di posti rimasti, sarà possibile acquistare i tickets direttamente in sede.

Costo: € 40,00 per persona.



La SISMeS (Società Italiana delle Scienze Motorie e Sportive) è una organizzazione fondata nel 2007 per promuovere la ricerca e la formazione nel campo dell'esercizio fisico e dello sport.

Una prerogativa della SISMeS è la presenza tra i soci di numerosi giovani dottorandi e post-doc che le conferisce la caratteristica di società giovane non solo dal punto di vista temporale.

Come tutte le società scientifiche ha come compito principale quello di favorire la condivisione e divulgazione dell'attività scientifica dei suoi soci sia con iniziative periodiche di tipo congressuale, sia mediante l'attivazione di gruppi di studio focalizzati su temi di specifico interesse. Tale iniziativa ha anche il compito di valorizzare al meglio il lavoro dei giovani e di aiutarli a crescere nel panorama scientifico.

La SISMeS, attraverso il suo Direttivo, interagisce con la Conferenza dei presidenti dei Consigli di Corso di Studio in Scienze Motorie e Sportive e con il Collegio dei Professori Ordinari delle Scienze Motorie e Sportive per discutere sui contenuti scientifici e didattici delle Scienze Motorie e Sportive nei corsi di Laurea.

Dal 2015 SISMeS è anche accreditata presso l'ANVUR come Società Scientifica di riferimento.

La SISMeS è anche dotata di un organo ufficiale di comunicazione scientifica, la rivista *Sport Sciences for Health* edita da Springer.

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XIV Congresso Nazionale

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APPLICATE ALLE SCIENZE MOTORIE E SPORTIVE



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2023

POSTER



UNIVERSITÀ DEGLI STUDI DI NAPOLI
PARTHENOPE

P001 Effectiveness of an audio-guided protocol training to improve motor function in people with severe visual impairments: preliminary findings

L. Correale, M. Schmid, F. Decortes, G. Corrocher, O. Pecchi, B. Minghetti, L. Bandirali, G. Cusella, C. Montomoli

P002 Prevention of falls by prescription of adapted physical activity (APA) supported by ICT in sedentary patients

G. Iaccarino

P003 Physical activity and aminoacids in mci: their role in progression towards dementia

V. Acchiappati

P005 "We wheel dance" at the University of Pavia: effects of an ampa program of wheelchair dance and functional exercises on the conditional skills of a female student with myelomeningocele. case report

P. Patanè, A. Romelli, I. Piazzoni, S. Consoli, A. Vigo, S. Semenzato, G. Le Caldare, L. Marin

P007 Effects of a 10-week multi-component outdoor exercise program on physical fitness and quality of life in cardiovascular disease patients

L. Poli, S. Cataldi, C. Centrone, G. Greco, F. Fischetti

P008 Is it real perception? Self-reported versus measured physical fitness in children with obesity before and after 3-months of supervised online training

V. Carnevale Pellino, M.V. Puci, D. Lucini, V. Calcaterra, S. Balconi, G. Asaro, N. Lovecchio, M. Vandoni

P010 Adherence level and efficacy of a one-year exercise-based intervention program in patients with myocardial infarction

V. Zerbini, A. Raisi, T. Piva, C. Ronzani, L. Nascimben, R. Lordi, S. Masotti, E. Menegatti, G. Mazzoni, G. Grazzi, S. Mandini

P011 Physical activity levels and fitness perception in adolescents with inflammatory bowel disease: implications for health promotion and intervention strategies

A. Gatti, M. Giuriato, V. Calcaterra, M. Bongiovanni, A. Bonomi, S. Rey, M. Vandoni

P012 Effects of eccentric exercise in patients with rheumatoid arthritis: a feasibility study

A. Righetto, A. Rizzato, A. Sampieri, G. Spinello, M. Bozzato, A. Paoli, G. Marcolin, T. Moro

P013 From Europe to local contests: impact of an adapted karate training protocol on locomotor skills and physical activity level in people with intellectual disability (ID)

A. Ciccarelli, M.F. Piacentini, V. Camomilla, F. Quinzi, G. Vannozzi, F. Verdone, P. Sbriccoli

P015 Case series investigating exercise as prehabilitation in patients with lung cancer scheduled for surgical resection

E. Baldo, A. Borsati, C. Ciurnelli, L. Toniolo, L. Belluomini, I. Trestini, D. Tregnago, M. Milella, M. Lanza, F. Schena, S. Pilotto, M.V. Infante, A. Avancini

P016 Exercise and nutrition intervention for improving lean body mass in patients with cancer: a systematic review

L. Toniolo

P018 BIOCIRCUIT®: Artificial Intelligence for personalized fitness. research methods in a cardiovascular secondary prevention program

S. Masotti, S. Mandini, T. Piva, A. Raisi, V. Zerbini, G. Mazzoni, G. Grazzi

P020 Nordic Walking training improves functional status and perceived fatigue in persons with Multiple Sclerosis

G. Liberali, L. Martinis, L. Correale, S. Dell'Anna, A. Filosa, F. A. Machado, E. Tavazzi, R. Bergamaschi, L. A. Peyré-Tartaruga, C. F. Buzzachera, C. Montomoli

P021 Monitoring functional, motor and body composition effects of a fencing-based exercise program on breast cancer survivors

A. Caria, M. Meloni, M. Fuccaro, G. Masia, P. Bandiera, L. Cugusi

P022 Effects of exercise-based interventions on health-related quality of life of patients and survivors affected by hematological malignancies

A. Borsati, A. Murri, A. Avancini, C. Cerulli, E. Barbieri, F. Lucertini, M. Lanza, A. Parisi, C. Galvani, P. Buono, F. Fischetti, L. Poli, E. Grazioli, A. Di Blasio, V. Natalucci, C.M Ferri Marini

P023 Exploring the effect of structured exercise intervention in patients affected by metastatic cancer

C. Ciurnelli, A. Borsati, L. Toniolo, E. Baldo, L. Belluomini, I. Trestini, D. Tregnago, M. Milella, M. Lanza, F. Schena, S. Pilotto, A. Avancini

P024 The use of whole-body vibration as an alternative exercise in a person with scleroderma: a six-month intervention

S. Marinelli, S. La Greca, V. Sette, M.G. Vincuguerre, R. Di Gimignani

P025 Relationship between cognitive functions and motor skills in athletes with intellectual disabilities

C. Biasiolo, V. Cavedon, A. Bagnato, A. Cerrone, C. Zancanaro, C. Milanese

P026 Effects of exercise intervention on physical fitness outcomes in individuals diagnosed with lung cancer: preliminary results of a systematic review

S. Ficarra, R.L. Wilson, P. Gonzalo-Encabo, D. Kang, A.J. Normann, C.N. Christopher, P. Lopez, E. Thomas, A. Bianco, C.M. Dieli-Conwright

P027 Feasibility and effect of an exercise therapy program on physical activity level, self-esteem and quality of life in breast cancer survivors: a 3-month intervention

C. Galvani, C.S. Vatovec, S. Lucchetta, F. Rovera, A. Grande, D. Bosetto, A. Corazza

P031 What makes a karateka élite? Kinematic analysis of kicking techniques

N. Poletti, C. Brunetti, R. Rabello, M. Bittoni, C. Sforza

P032 Kinematic network variations before and after the levodopa intake in Parkinson's disease

A. Romano, E. Troisi Lopez, R. Minino, M. Liparoti, G. Sorrentino

P034 Total ankle replacement in-vivo kinematic evaluation: a prospective radiostereometric analysis

L. Bragonzoni, S. Caravelli, E. Pinelli, E. Vocale, S. Di Paolo, S. Zaffagnini, M. Mosca, R. Zinno

P036 Mechanism of hamstring injuries in élite female football players

A. Pellegrini, M. Zago, S. Lucarno, C. Agutoli, M. Nitri, F. Della Villa, F. Esposito

P037 Exploring neural mechanisms underlying short-term skill acquisition: insights from alpha band oscillations estimated using motor unit spike trains and bipolar surface EMG

H. V. Cabral, A. Cudicio, A. Bonardi, C. Orizio, F. Negro

P038 Kinematic analysis of the barbell trajectory during the bench press

A. Ferrero, L. Rosa-Brusin, M. Romanazzi

P041 Is rhythmic gymnast a healthy or deleterious sport for athletes?

An exploratory study on eating disorders in the south of Italy

L. Petrigna, S. Alongi, M. Sortino, B. Trovato, M. Zanghi, F. Roggio, A. Amato, G. Musumeci

P042 Changes in hydration/body cell mass ratio through a rugby season

Á. Cebrián-Ponce, C. Petri, P. Izzicupo, M. Levi Micheli, M. Carrasco-Marginet, G. Mascherini

P043 Non-invasive brain stimulation and coordination performances in volleyball players

F. Moscatelli, S. Eronia, G. Cibelli, P. Limone, N. Mancini, E. Abbatati, M. Giglio, A. Stasi, G. Marsala, G. Messina, R. Polito, A. Valenzano

P044 Running Economy in young athletes: early specialization vs multiple disciplines

N. Merante, L. Budel, S. Bettega, F. Schena, C. Tarperi

P045 Combined weekly training program of high-intensity interval training and moderate intensity continuous training: effects on cardiorespiratory, metabolic and performance parameters in adolescents-trained rowers' athletes

M. Panascì, V. Ferrando, S. Di Gennaro, L. Filipas, A. Bisio, P. Ruggeri, E. Faelli

P046 Jump performance of female volleyball players: a potential link with Bioelectrical Impedance Analysis?

V. Staiano, G. Cerullo, G. Ballarin, P. Calella, F. Gallè, G. Liguori, L. Scalfi, G. Valerio

P049 What is the effect of a home-based combined training in obese adults?

L. Galasso, L. Castelli, A. Ciorciari, A. Mulè, F. Esposito, L. Cavaggioni, S. Bertoli, A. Montaruli, E. Roveda

P050 Physical activity moderates the association between chronotype and sleep quality in highly active Italian university students

L. Castelli, L. Galasso, A. Mulè, A. Ciorciari, F. Esposito, E. Roveda, A. Montaruli

P051 Accessibility and sustainable mobility: preliminary results of a perceived quality study of the Rubicon Community House

S. Arduini, A. Ceccarelli, A. Minotti, M. Senni, L. Pellegrini, G. Benati, P. Ceccarelli, A. Federici, S. Mazzini, C. Reali, F. Sintoni, D. Gori, M. Montalti

P053 Effectiveness of a telecoaching and exercise training combined program on physical performance in elderly people: preliminary outcomes from the "Walking Leaders" model

I. Leale, J. Brusa, V. Giustino, F. Figlioli, M. Barcellona, O. Mingrino, A. Renda, A. Coglitore, F. Tagliaferri, V. Nocera, F. Ingrassia, S.M. Baio, V. Gammino, A. Patti, M. Barbagallo, A. Palma, G. Messina, L.J. Dominguez, G. Battaglia

P054 Regular exercise prevents endothelial dysfunction by improving antioxidant activity in the cutaneous microcirculation of master athletes: a focus on epigenetic regulation

G. Scarfò, S. Daniele, P. Lucattini, J. Fusi, M. Rossi, F. Franzoni

P055 Relationship between affective response to exercise and physical activity practice in 144 cardiac patients: findings from an observational study

T. Piva, M. Belvederi, V. Zerbini, A. Raisi, F. Bergamini, S. Masotti, E. Menegatti, G. Mazzoni, G. Grazzi, S. Mandini

P057 Barriers and facilitators in implementing active breaks interventions during work: a systematic review

M. Scopolini Massini, E. Pinelli, A. Masini, G. Barone, R. Zinno, L. Dallolio, L. Bragonzoni

P058 Correlation between thyroid hormones, skeletal muscle mass and muscular fitness in overweight/obese individuals

F. Greco, S. Iuliano, G. Seminara, V. Tocci, L. Sicilia, A. Brunetti, L. Di Luigi, A. Aversa, P. Sgrò

P059 Effect of physical activity on cognitive performance and motor fitness in primary school children

D. Formenti, A. Trecroci, L. Cavaggioni, D. Perpetuini, P.L. Invernizzi, G. Merati, S. Longo

P060 Hiking above the threshold to maximize Post-Exercise Hypotension
O. Papale, E. Festino, F. Di Rocco, C. Cortis, A. Fusco

P061 Effects of a single session of static and dynamic stretching on joint range of motion and single-leg stability
L. Russo, P. Bartolucci

P063 A behavioral intervention for the adoption of a healthier lifestyle in people with diabetes mellitus

R. Pippi, C.G. Fanelli, G. Rinonapoli, S. Bellucci, D. Fruttini, F. Porcellati, E. Torlone, M.T. Sulpizi, I. Dozzani, L. Cisternino, V. Leone, S. Rucco, V. Scianaro, E. Bianchini, M.L. Pellegrino, E. Puxeddu

P065 Age-it: ageing well in an aging society. a novel public-private alliance to generate socioeconomic, biomedical and technological solutions for an inclusive Italian ageing society

A. Masini, A. Conti, I. Pighini, N. Cherasco, F. Barone-Adesi, M. Panella

P067 Comparison of the hr-ve relation during indoor and outdoor cycling

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P071 How athletic pursuits shape body image in young adults

E. Festino, O. Papale, M. Carlino, C. Cortis, A. Fusco

P072 Physical performance in Masters' students in sport sciences related to the learning approach

F. Di Domenico, G. Raiola

P074 A 3-month exercise program performed in a green-blue space: preliminary results from the "Parco del Mare" Study

G. Senesi, S. Marini, M. Mauro, A. Grigoletto, M. Botteghi, A. Sabattini, S. Toselli, P. Maietta Latessa

P075 Active breaks in the context of a systemic and ecological approach to promote physical activity in the school setting: the Whole Active Health Promoting Schools Project (WAHPS)

E. D'Angelo, F. Laurenti, J. Di Fabio, E. Di Meo, G. Angelini, D. Bachetti, F. Candia, M.G. Vinciguerra, M. Scatigna

P076 Improvement of health-related quality of life variables in elders living in residential care facilities: the role of a physical activity program

M. De Santi, G. Baldelli, A. Masini, E. Ridolfi, A. Parenti, E. Gobbi, F. De Felice, L. Dallolio, G. Brandi

P077 Effects of Long-Term Structured Exercise Training Programme (SEXT) in chronic obstructive lung disease (COPD): a case-series study
L. Pomidori, S. Nadal, L. Innella, P. Fumarola, M. Contoli, N. Lamberti, M. Felisatti

P078 Single and combined effects of classroom-based active breaks and standing desk on health-related fitness in adolescents

M. Privitera, L. Correale, G. Liberali, L. Martinis, S. Dell'Anna, A. G. Bernardes, A. De Giorgio, A. Ivaniski-Mello, L. A. Peyré-Tartaruga, C. Montomoli, C. F. Buzzachera

P079 Lifestyle educational intervention on supervised walking groups: two years experience in Ferrara

L. Innella, P. Fumarola, M. Felisatti, N. Lamberti, G. Ghidoni, P. Rizzo, L. Pomidori

P080 Active breaks in high school: students' perspectives

L. Scrivano, A. Ceciliani, A. Masini, I. Concari, L. Dallolio

P081 Effects of benzodiazepine use on physical performance in healthy participants in sport: a systematic review

F. Mazzeo, G. Maggi, C. Giacobbe, T.P. Arabia, F. Iannotta, P. Montesano, G. Santangelo, C. Vitale

P082 Exploring parkour's impact on trials cycling skill development

D. Albano

P084 Does better gross-motor development promote learning sport-specific skills?

E. Pugliese, P. Forte, A. Vivona, A. Ambretti

P085 Exploring the dynamic dimensions of physical literacy: definitions, assessments, and educational interventions

B. Romano

P086 UNESCO: Baku outcome document and fit for life alliance and status PE of quality of policies and practices

S. Cazzoli

P087 A description of the perceived well-being related to regular physical activity practice in preservice primary school teachers population

S. Cazzoli, F. Abate Daga

P088 MOBAK-3 for the assessment of basic motor competencies in primary school children: results from Italy
C. d'Arando

P089 The Physical Snack Project: enhance high-intensity physical activity levels in adolescents
S. Annoscia, D. Monacis, F. Ruggero

P091 Implementation of developmental motor/artistic teaching practices from a praxeological and grapho-motor perspective
R. Perrone, L. Pallonetto, C. Palumbo

P096 Epidemiological analysis of pain and discomfort among Italian recreational cyclists
O. Gatti, A. Rovelli, L. Davini, P. Gaffurini

P097 The influence of anthropometric parameters in track & field curve sprint
M. Bonato, S. Bizzozero, L. Filipas, A. La Torre

P098 Rhythmic Gymnastics and Aesthetic Group Gymnastics
A. Tinto, M. Dotta, B. Bolla

P099 The role of the hormonal profile of constitutional biotypes in the training process
J. Caralone

P100 Evaluations of biva in body builders
C. Petri, M. Levi Micheli, P. Izzicupo, N. Timperanza, T. Lastrucci, D. Vanni, M. Gulisano, G. Mascherini

P101 Left heart adaptations in Male and Female judo elite athletes
C. Rossi, R. Roklicer, P. Drid , A. Milovancev, T. Trivic, A. Carraro, A.Bianco

P102 High velocity during large sided games in professional soccer players
G. Cofano, A. Andrea, I. Sannicandro

P103 Menstrual cycle & performance: the effects of an integrated health intervention strategy combining counseling, nutritional education and preventive-adapted physical activity on performance among competitive university students during their period
F. Strassoldo di Villanova, M. Quarantelli

P109 Evaluation of metabolic and mechanical parameters in different phases of the menstrual cycle in young female cyclist. a pilot study
B. Todesco, A. Savoldelli, A. Fornasiero, M. Decet, B. Pellegrini, F. Schena

P110 Statistical survey of service characteristics in modern tennis among top 10 and 90-100 atp singles players
L. Caprioli, F. Campoli, S. Edriss, E. Panichi, C. Romagnoli, V. Bonaiuto, G. Annino, E. Padua

P111 Cardiac biomarker alterations in response to rapid weight loss and high-intensity training in judo athletes
N. Maksimović, C. Rossi, A. Milovančev, R. Roklicer, T. Trivic, M. Manojlović, A. Bianco, P. Drid

P112 Horizontally versus vertically oriented exercises for the lower body performance and muscle architecture: a training study.
G. Giannoccaro, A. Plazzi, M. Minin, G. Rosaci, S. Bartolomei

P113 Analysis of short and long intermittent training during a small-sided-game in u17 women football players
R. Fatiguso

P114 Static and dynamic baropodometric tests in high-level professional soccer players. a pilot study
G. Malizia

P115 Performance analysis of barracuda techniques in artistic swimming
S. Edriss, L. Caprioli, E. Panichi, F. Campoli, C. Romagnoli, N. Esmaeili, E. Padua, V. Bonaiuto, G. Annino

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XIV Congresso Nazionale

RICERCA E FORMAZIONE APPLICATE ALLE SCIENZE MOTORIE E SPORTIVE



NAPOLI
2-4 NOVEMBRE
2023



Attività fisica adattata nelle patologie oncologiche: evidenze ed applicazioni

Napoli, 2 Novembre 2023

Palazzo Paganowski
Via Generale Parisi, 13 Napoli
Piano B Aula AB1



Italian Group On Exercise Oncology
“Gruppo italiano attività fisica adattata per le patologie oncologiche”

Evento pre-congressuale con il patrocinio e la collaborazione della SISMeS e del Comitato organizzatore del congresso

Università aderenti ad IGEO: Verona, Roma “Foro Italico”, Urbino “Carlo Bo”, Chieti-Pescara “G. D’Annunzio”, Napoli “Parthenope”, Bari “Aldo Moro”, Milano Cattolica e Cassino.

Durante l’evento, i gruppi di ricerca aderenti ad IGEO presenteranno lo stato dell’arte sul ruolo dell’attività fisica adattata nelle patologie oncologiche in Italia.

Il convegno si propone come momento di confronto tra ricerca, società scientifiche, istituzioni, Enti del terzo settore e realtà territoriali italiane impegnate sui temi dell’attività fisica rivolta a persone che hanno ricevuto una diagnosi di tumore.

Obiettivo dell’evento, oltre alla promozione della ricerca scientifica sul tema, è diffondere le conoscenze ormai consolidate sull’attività fisica adattata in oncologia affinché possano essere sempre più fruibili dai pazienti.

Promotori scientifici dell’evento: prof. Massimo Lanza, coordinatore pro-tempore IGEO; prof. Attilio Parisi, MR Università Foro Italico, Roma e componente IGEO; prof. ssa Pasqualina Buono, Prorettore allo sport e stili di vita attivi, DiSMMeB, Università Parthenope, CEINGE-Biotecnologie avanzate Franco Salvatore e componente IGEO; SISMeS, Società Italiana delle Scienze Motorie e Sportive.

Programma

- **Ore 10.00 – 10.30** Iscrizioni e registrazioni
 - **Ore 10.30** – Saluti Istituzionali
Prof.ssa Stefania Orrù, Direttivo SISMES
Introduzione al convegno
- **Ore 10.35** – Prof.ssa Pasqualina Buono, Prorettore allo sport e stili di vita attivi DiSMMeB, Università Parthenope, e componente IGEO
Evidenze scientifiche su esercizio fisico e cancro
- **Ore 10.45** – Prof. Massimo Lanza, coordinatore pro-tempore IGEO
Presentazione di IGEO e delle ricerche dei gruppi aderenti
- **Ore 11.15** – Tavola rotonda: “*Attività fisica adattata nelle patologie oncologiche: l'integrazione necessaria tra istituzioni, ricercatori, clinici, chinesiologi, Enti associativi, Enti del terzo settore*”
Modera il giornalista Pier Paolo Petino

Intervengono

Prof. Pietro Forestieri, Presidente CEINGE-Biotecnologie avanzate Franco Salvatore, Napoli

Prof. Francesco Salvatore, Professore Emerito Biochimica Umana, Università Federico II e P.I. CEINGE

Prof. Attilio Parisi, MR Università Foro Italico, Roma e componente IGEO

Dott.ssa Daniela Galeone, Direttore Uff. 8 - *Promozione della salute e prevenzione e controllo delle malattie cronico-degenerative* - Ministero della Salute

Dott.ssa Maria Teresa Menzano, Dirigente medico, Direzione Generale della Prevenzione Sanitaria - Ministero della Salute

Dott. Alfredo Budillon, Direttore scientifico Istituto Nazionale Tumori Fondazione Pascale, Napoli

Dott.ssa Raffaela Errico, Dirigente Medico Asl CE - Direzione Generale per la *Tutela della Salute ed il Coordinamento del Sistema Sanitario Regionale*

Dott. Vincenzo Giordano, Responsabile U.O.D.02 - *Prevenzione ed igiene e sanità pubblica* - Regione Campania

Prof. Giorgio Liguori, Ordinario di Igiene, DiSMMeB, Università Parthenope, coordinatore del Tavolo Regione Campania *Rete AFA per la Salute*

Dott.ssa Valeria Rotoli, Presidente Associazione Italiana contro le Leucemie Linfomi Mieloma, AIL - Sezione "Bruno Rotoli" di Napoli

Dott.ssa Francesca Zannelli, Consigliere AIL Sezione "Bruno Rotoli" di Napoli, Responsabile attività fisica e tecniche olistiche

Dott.ssa Anna Licia Mozzillo, Il Cielo oltre Venere, Rete Oncologica Pazienti Italia – ROPI SC Melanoma Immunoterapia e Terapie Innovative; IRCCS Istituto Nazionale Tumori "Fondazione G. Pascale" Napoli

Dott. Pasquale Contaldi, Presidente CONCORDIA MAGNA RES CRESCUNT ONLUS - Ente del terzo settore

Prof.ssa Laura Guidetti, Consiglio direttivo SISMES

- **Ore 13.15** – Riflessioni conclusive a cura della Prof.ssa Giuliana Salvatore, Ordinario di Patologia Generale, DiSMMeB, Università Parthenope, Napoli e CEINGE-Biotecnologie avanzate Franco Salvatore, Napoli

Ore 13.30 –Termine dei lavori

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