



MASTER

SPORT NUTRITION AND WELLNESS

ENDORSEMENT



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Luca Semperboni

Luca Stefanini

PROGRAMME

08:45 Opening Session
Prof. F. Angelini

Sarcopenia: Nutrition, Supplementation, Prescription of Exercise
Chairmen: F. Angelini, L. Belli

09:00 Sedentary Lifestyles as a Risk Factor: the Risk to Health
L. Belli

09:30 Sarcopenia: Definition and Diagnosis
M. Caprio

10:15 Anti-Inflammatory Nutrition in Sarcopenia
S. Righetti

10:45 Break

11:00 Supplementation for Sarcopenia Patients
F. Angelini

11:30 Prescription of Exercise in Sarcopenia Patients
L. Gatteschi

12:00 Prescription of Exercise Sarcopenia: "J medical Approach"
M. Gallo

12:45 Discussion

13:00 Break

Evaluation of Athletes
Chairmen: A. Parri, L. Gatteschi

14:00 Nutritional Evaluation of Athletes
F. Angelini

14:45 Body Composition in Athletes
M. Silva

15:30 Break

15:45 Evaluation of Athletes: Integrated DXA-BIVA
A. Bonuccelli

16:15 Autonomic Nervous System: Health and Performance Management
M. Massarini

16:45 Evaluation of Strength in Athletes
P. Cigni

17:15 Food Intolerance, Gluten and Celiac Disease
M. Di Stefano

17:45 Discussion

18:00 End

PROGRAMME

Nutraceuticals and Supplements in Sports

Chairmen: A. Colletti, A. Fratter

- 09:00** Omega 3 and Vitamine D in Sports
F. Angelini
- 09:45** Proteins and Amino Acids in Sports
T. Ziegenfuss
- 10:30** Break
- 10:45** Creatine and Sport: Efficacy, Myths, Side Effects
D. Candow
- 11:30** Sports Drinks and Hydration for Athletes
L. Gatteschi
- 12:15** Carnitine and Supplements in Sports
A. Colletti
- 12:45** Discussion
- 13:00** Break

Nutraceuticals and Supplements in Sports

Chairmen: F. Angelini, L. Belli

- 14:00** Nutraceutical Formulation and Sport
A. Fratter
- 14:30** Inflammation, Microbiota, Nutraceuticals and Sports
D. Agnoletti
- 15:00** Break
- 15:15** Nutraceuticals, Joint Protection and Sports
A. Cicero
- 15:45** Nutraceuticals, Sport and Aging
G. Scapagnini
- 16:15** Nutraceuticals for Athletes with Migraine
C. Di Lorenzo
- 16:45** Doping Prevention
A. Marchini
- 17:15** Discussion
- 18:00** End

PROGRAMME

Nutrition and Supplementation in Endurance Sports

Chairmen: **L. Belli, F. Massini**

- 09:00** Integrated Periodization for Endurance Performance
I. Mujika
- 09:45** Evaluation of Endurance Athletes
From Lactate Threshold to Vo2 MAX
M. Massarini
- 10:15** Training in Endurance Athletes: from Amateur to Elite
F. Massini
- 10:45** Break
- 11:00** Nutrition and Supplementation in Endurance Sports
C. Orlandi
- 11:30** Nutritional Strategies for Female Athletes
L. Bergami
- 12:00** Endurance Gut Disorder: Evaluation and Management
M. Di Stefano
- 12:30** Discussion
- 13:00** Break

Nutrition and Supplementation in Strength Sports

Chairmen: **F. Angelini, L. Gatteschi**

- 14:00** Food Management in Strength Sports: Losing Fat or Weight Gain?
A. Vincenzi
- 14:30** Supplements Management in Strength Sports: Losing Fat or Weight Gain?
T. Ziegenfuss
- 15:15** Beyond Creatine: Supplementation for Strength Development
D. Candow
- 16:00** Break
- 16:15** Nutrition and Protein Supplements: Anabolic and Anti-Catabolic Function
M. Rapetti
- 16:45** Nutrition and Supplements in Crossfit and HIIT
E. Benelli
- 17:15** Women and Strength Sports: Nutrition and Supplementation
A. Bonuccelli
- 17:45** Discussion
- 18:00** End

PROGRAMME

Nutrition and Supplementation for Team Sports

Chairmen: N. Tourosidis, L. Gatteschi

- 09:00** Nutritional Evaluation for Elite Soccer Players
F. Angelini
- 09:45** Anthropometry and Body Composition
A. Bonuccelli
- 10:15** Critical Blood Values for Vegetarian/Vegan Athletes
M. Postacchini
- 10:45** Break
- 11:00** Practical Management of Nutrition and Supplementation in Male Team Sports
A. Goddi
- 11:30** Practical Management of Nutrition and Supplementation in Female Team Sports
M. Purotti
- 12:00** Practical Approach to Nutrition and Supplementation in Youth
S. Beschi
- 12:30** Discussion
- 13:00** Break

Management of Injured Athletes

Chairmen: L. Stefanini, C. Vignati

- 14:00** Injury and Diagnostic Evaluation
L. Semperboni
- 14:30** Injury Prevention: Training or Lifestyle?
L. Gatteschi
- 15:00** Anthropometric Evaluation in Injured Athletes
A. Bonuccelli
- 15:30** Break
- 16:00** Nutrition and Supplementation in Injured Athletes
F. Angelini
- 16:45** Injury: Rehabilitation and Nutritional Management, Collaboration between Medical and Nutritional Staff
M. Freschi
- 17:15** Injury: Psychological Approach
G. Vercelli
- 17:45** Discussion
- 18:00** Closing Presentation
- 18:30** End

FACULTY

Agnoletti Davide

MD, Internal Medicine at IRCCS Sacro Cuore Don Calabria Negrar

Angelini Fabrizio

MD Endocrinologist.
Head of Nutrition Department, J medical – FC Juventus - Vr46 Riders Academy, President of Italian Society of Sport Nutrition and Wellness (SINSeB)

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Bergami Lorenzo

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Bonuccelli Alessandro

Dietician – Staff Coordinator of Nutrition J medical – Vr46 Riders Academy Member of the Executive Board of SINSeB

Candow Darren

Professor Musculoskeletal Aging and Creatine Supplementation University of Regina. Regina, SK, Canada

Caprio Massimiliano

Full Professor of Endocrinology at San Raffaele, University of Rome

Cicero Arrigo Francesco

President of SINut, Department of Medical and Surgical Sciences, University of Bologna

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Physiotherapist

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Macroregional Responsible of SINut, Secretary of SIFNut, Department of Drug Science and Technology, University of Torino. Member of the Executive Board of SINSeB

Di Lorenzo Cherubino

Specialist in Neurology, Professor at the Department of Medical and Surgical Sciences and Biotechnologies, Sapienza University of Rome

Di Stefano Michele

Specialist in Gastroenterology, Medical Director at Operational Unit of Internal Medicine 1, IRCCS Foundation General Hospital San Matteo, Pavia

Fratter Andrea

President of SIFNut

Freschi Marco

Sports Medicine Doctor, First Team FC Juventus

Gallo Matteo

Trainer Physiotherapist J medical

Gatteschi Luca

Sports Medicine Doctor and Chief Medical Officer of Women's National Team, Medical Officer of Empoli F.C. Member of the Executive Board of SINSeB

FACULTY

Goddi Andrea	Nutritional Biologist FC Juventus
Marchini Andrea	Head of Medical Department of Youth Teams – FC Juventus
Massarini Massimo	Specialist in Sports Medicine, Medical Director Centro Vitalia Torino
Massini Fulvio	Coach. Member of the Executive Board of SINSeB
Mujika Iñigo	Biology of Muscular Exercise - Physical Activity and Sport Sciences, Associate Professor at the University of the Basque Country
Orlandi Carmine	Nutritional Biologist, Member of the Executive Board of SINSeB
Parri Antonio	Sports Medicine Doctor, Head of the Sports Medicine Center of Empoli
Postacchini Marco	Nutritional Biologist, Member of the Executive Board of SINSeB
Purotti Micol	Nutritional Biologist FC Juventus
Rapetti Massimo	Nutritional Biologist and Member of the Executive Board of SINSeB
Righetti Stefano	Specialist in Cardiovascular Diseases, Medical Director of Interventional Cardiology at San Gerardo Hospital of Monza (MB)
Scapagnini Giovanni	Full Professor of Human Nutrition at the Department of Medicine and Health Sciences, University of Molise
Semperboni Luca	Health Director J medical and Sports Medicine Physician
Silva Analiza Monica	Full Professor of Sports Science; Body Composition; Energy Metabolism, Faculty of Human Kinetics, University of Lisbon
Stefanini Luca	Medical Surgeon Specialising in Sports Medicine, Head of Medical Department Juventus and J medical
Tourosidis Nikos	Sports Medicine Doctor First Team FC Juventus
Vercelli Giuseppe	Sport Psychologist, FC Juventus University of Torino
Vignati Chiara	Sports Medicine Doctor of Women's First Team FC Juventus
Vincenzi Alberto	Nutritional Biologist, Member of the Executive Board of SINSeB
Ziegenfuss Tim	CEO - The Center for Applied Health Sciences; Past President - The International Society of Sports Nutrition

GENERAL INFORMATION

The event FAD – Live Webinar has been accredited by the “Programma Nazionale di Educazione Continua in Medicina”

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The course is accredited as a single module of 4 dates valid for 50 CME credits.

*Please be aware that for the acquisition of credits it is mandatory to have attended the 90% of the whole duration of the Congress and selected at least the 75% of correct answers of the CME questionnaire.

Registration Fees (22% VAT included)

- € 150.00 SINSeB MEMBERS AS OF 30 JUNE 2021
- € 170.00 SINUT – SIFNUT – EUPRAXIA – ENPAB – ASAND MEMBERS EARLY BOOKING UNTIL 31 JULY 2021
- € 200.00 EARLY BOOKING UNTIL 31 JULY 2021
- € 230.00 SINUT – SIFNUT – EUPRAXIA – ENPAB – ASAND MEMBERS GENERAL RELEASE FROM 31 JULY 2021
- € 250.00 GENERAL RELEASE FROM 31 JULY 2021

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