



UNIVERSITÀ
DEGLI STUDI
DI PALERMO



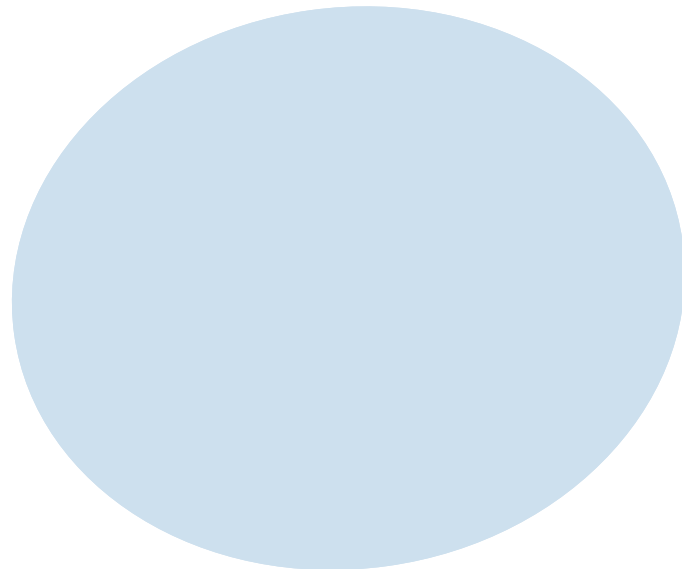
**Ricerca & Formazione applicate
alle Scienze Motorie e Sportive**

IV CONGRESSO NAZIONALE

**Palermo 5 - 7 ottobre 2012
Palazzo Chiaramonte - Steri**



PROGRAMMA | PROGRAMME



10.00 - 14.00

PALAZZO CHIARAMONTE STERI | PIAZZA MARINA, 61 | PALERMO

REGISTRAZIONE DEI PARTECIPANTI

11.00 - 13.00

CHIESA S. ANTONIO ABATE - Complesso Steri

Conferenza dei Presidi e dei Presidenti di Corsi di Laurea in Scienze Motorie

VENERDÌ 5 OTTOBRE

14.30 - 16.30

SALA MAGNA (**Chair Prof. C. ROBAZZA**)
Session 1: *Motor Learning and Development*

Dario Colella (FOGGIA)

Motor development and physical self-perception of overweight and obese children. Assessment of motor intervention.

Laura Bortoli (CHIETI)

The psychobiosocial state inventory: preliminary evidence of factorial validity

Gabriele Semprini (BOLOGNA)

Physical activity levels and motor performance in the middle school.

Valentina Moiso (VERONA)

Effect of an ecological school-based physical activity program on different factors of health and fitness in children aged 9-12 years.

Marta Rodorigo (L'AQUILA)

A priori evaluation in physical activity promotion. A Delphi technique to design a workbook for primary school children.

Alessandra Casagrande (ROMA)

Preventive use of physical activity education trial.

Marianna Alesi (PALERMO)

Physical activity and self-esteem in childhood.

Alessandra Di Cagno (CAMPOBASSO)

Time of day – effects on motor coordination and reactive strength in elite athletes and untrained adolescents.

SALA DELLE CAPRIATE (**Chair Prof. M. TRAINA**)
Session 2: *Functional Adaptation to Exercise*

Filomena D'Aliesio (CASSINO)

Assessment of static and dynamic balance, spatio-temporal and kinematics parameters, strength and power of lower limb muscle in a sample of elderly.

Daniele Zangla (PALERMO)

Effects of rowing training on airway responsiveness in asthmatics.

Andreina Alfieri (NAPOLI)

Effect of a long-term football training program on the expression of biomarkers related to oxidative metabolism in muscle biopsies.

Emiliano Cè (MILANO)

Combined effects of temperature manipulation and fatigue on skeletal muscle electrical and mechanical characteristics.

Alfredo Brighenti (VERONA)

Analysis of skeletal age's differences and the relative age effect between two levels of selection (national and regional) of young athletes.

Marco Meucci (ROMA)

Effect of 4 and 8 weeks of play-based physical activity on metabolomic signatures in overweight adolescents.

Stefania Fulle (CHIETI-PESCARA)

Neuromuscular electrical stimulation is able to counteract Sarcopenia? A case report.

Marco Montini (ROMA)

Neuromuscular activation profile of vastuslateralis in soccer players during a competitive match.

16.30 - 17.00

COFFEE BREAK

VENERDÌ 5 OTTOBRE

17.00 - 18.30

SALA MAGNA

Round Table: Lessons from London: *what sport science can learn from the XXX Olympic Games*

Chair Prof. M. FAINA

18.30 - 18.45

Official Opening of the Congress

18.45 - 19.30

Plenary Lecture I: **Prof. SAMUELE MARCORA** Center for Sport Studies, Univ. of Kent, UK

Psychobiological aspect of endurance performance

19.30

Social Event e Welcome Cocktail



SABATO 6 OTTOBRE

8.30 - 11.00

SALA MAGNA (**Chair Prof. L. CAPRANICA**)

Session 3: *Training & performance*

Simona Nicolosi (ENNA)

Decision making in handball players: situational probabilities and contextual information in complex problem solving.

Giancarlo Condello (ROMA)

Evaluation of a shuttle running test in young soccer players.

Barbara Pellegrini (ROVERETO)

Differences in adaptations to slope in classical cross-country skiing techniques.

Jacopo Vitale (MILANO)

Can the knowledge of chronotype be useful for the motivation and the training plans?

Massimo Omeri (ROMA)

Performance characteristics of a high-level fencer, competing proposals for the training, analysis of workout activities.

SALA DELLE CAPRIATE (**Chair Prof. A. VEICSTEINAS**)

Session 4: *Physical Activity & Health*

Pascal Izzicupo (CHIETI)

Walking training effects on DHEA-S and TNF- α , in post-menopause: role of ACE I/D polymorphism.

Anna Rita Calavalle (URBINO)

Core strength synergy and its influence in non chronic LBP.

Elisabetta Bacchi (VERONA)

Aerobic and resistance exercise have different short-term effects on glucose levels in type 2 diabetes subjects.

Tatiana Moro (PADOVA)

Heart rate alteration during a constant load exercise in the different menstrual phases.

Maria Teresa Inzitari (CATANZARO)

Successful treatment of muscle tone in facialparalysis: a multidisciplinary study.

Luca Di Angelo (L'AQUILA)

Validation of a method for symmetry line detection: the analysis of posture by means of a geometric method for the determination of the simmetry line in the vertebral column.

SABATO 6 OTTOBRE

8.30 - 11.00

SALA MAGNA (Chair Prof. L. CAPRANICA)

Session 3: *Training & performance*

Giuseppe Coratella (VERONA)

Repeated bout effect induced by eccentric isoinertial device.

Daniela Tursi (SALERNO)

The incidence of ball handling on swimming times in women waterpolo.

Johnny Padulo (ROMA)

The effect of the step frequency manipulation on the step length in marathon runners.

Pietro Mango (ENNA)

The Performance analysis in volleyball: study on the usefulness of the libero.

Damiano Nonis (MILANO)

Central and peripheral contribution in neuromuscular fatigue during ultra-endurance road cycling: a case study.

SALA DELLE CAPRIATE (Chair Prof. A. VEICSTEINAS)

Session 4: *Physical Activity & Health*

Matteo Bonato (MILANO)

Increases of bone density in cART-treated persons after 12 weeks of brisk walking.

Alessandro Quirino Lucciola (CASSINO)

Evaluation spatio-temporal gait parameters with and without a maternity support for the treatment of low back pain in pregnancy.

Amalia Tinto (TORINO)

Survey on the eating habits of high-level gymnasts practicing rhythmic gymnastics.

Marta Rinaldi (URBINO)

Effectiveness of exercise training in increasing ultrasound-mediated improvements in body composition – preliminary results.

11.00

COFFEE BREAK

11.30 - 14.00

5.1 - **Functional Adaptation to Exercise**

Chairs
Antonio Paoli
Antonino Bianco

SALA MAGNA (5.1) – SALA DELLE CAPRIATE (5.2) – CHIESA S. ANTONIO ABATE (5.3)

Session 5: *Short Oral Presentation (1-2-3)* 3 minutes to talk about the topic and 2 minutes of discussion

INFLUENCE OF SKELETAL AGE ON ANTHROPOMETRIC CHARACTERISTICS AND PERFORMANCE IN YOUNG SOCCER PLAYERS

R. Modena¹, A. Brighenti¹, A. Savoldelli¹, B. Pellegrini^{1,2}, F. Schena^{1,2}

¹CeRiSM, Research Center of Sport Mountain and Health, University of Verona, Rovereto, Italy

²Department of Neurological, Neuropsychological, Morphological and Movement Sciences, University of Verona, Italy

EFFECT OF DIFFERENT IMPACT LOADING SPORTS ON BONE QUALITY AND BODY COMPOSITION IN PRE-PUBERTAL GIRLS

C. Milanese^{1,2}, F. Piscitelli^{1,2}, V. Cavedon^{1,2}, C. Zancanaro^{1,2}

¹Dip di Scienze Neurologiche, Neuropsicologiche, Morfologiche e Motorie, Univ. of Verona, Italy

²Faculty of Motor Sciences, University of Verona, Italy

11.30 - 14.00

SALA MAGNA (5.1) – SALA DELLE CAPRIATE (5.2) – CHIESA S. ANTONIO ABATE (5.3)

Session 5: *Short Oral Presentation (1-2-3)* 3 minutes to talk about the topic and 2 minutes of discussion

SALA MAGNA

**5.1 - Functional
Adaptation
to Exercise**

Chairs
**Antonio Paoli
Antonino Bianco**

CARDIORESPIRATORY FITNESS IMPAIRMENT IN POLYCYSTIC OVARY SYNDROME

E. Bacchi¹, C. Negri¹, D. Di Sarra¹, F. Zambotti¹, M. Dall'Alda¹, F. Tosi¹, F. Schena², P. Moghetti¹

¹Section of Endocrinology and Metabolism, Department of Medicine, Azienda Ospedaliera Integrata Universitaria and University of Verona;

²School of Sports and Exercise Sciences, Department of Neurological, Neuropsychological, Morphological and Movement Sciences, University of Verona

RELATIONSHIP BETWEEN DYNAMIC BALANCE, AS MEASURED BY THE EIGHT BALANCE TEST, BMI AND AGE, IN THE MIDDLE CHILDHOOD

F. Magno¹, G. Bardaglio¹, D. Marasso¹, G. Musella¹, E. Rabaglietti^{1,2}, S. Ciairano^{1,2}

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DIFFERENCES IN PHYSICAL ACTIVITY LEVEL IN ITALIAN HIGH-SCHOOL ADOLESCENTS ACCORDING TO SEX AND AGE

A. Piccinno^{1,2}, D. Colella²

¹University of Rome "Foro Italico"

²Department of Clinical and Experimental medicine, University of Foggia

EFFECTS OF AN INTENSIVE WEEK TRAINING PROGRAM ON ELDERLY PEOPLE

E. Padua¹⁻²⁻⁵, M. Panzarino²⁻³, P. Lebone²⁻³, R. Manno²⁻⁶, S. D'Ottavio², G. Melchiorri²⁻⁴, M. Lombardo¹⁻², A. Bellia¹⁻², B. Ruscello², V. Tancredi², G. Annino²

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³Accademia Nazionale di Cultura Sportiva, Rome; Italy

⁴Fondazione Don Carlo Gnocchi IRCCS, Rome, Italy

⁵Scuola dello Sport, Coni-Sicilia

⁶Istituto di Medicina e Scienza dello Sport del CONI Coni, Rome, Italy

HAND GRIP STRENGTH IN ELDERLY LIVING IN RESIDENTIAL CARE FACILITIES: THE EFFECTS OF EXERCISE.

D. Magistro, M. Davanzo, F. Novero, M. Roppolo, A. Mulasso, M. Liubicich

Motor Science Research Centre, Research Unit Motor Skills and Development, SUISM, University of Torino, Italy

SALA MAGNA

5.1 - Functional Adaptation to Exercise

Chairs
Antonio Paoli
Antonino Bianco



ANALYSIS OF HEART RATE VARIABILITY IN HEART RATE RECOVERY TO EXERCISE IN YOUNG ATHLETES

A. Montaruli¹, S. Villani¹, A. I. Triggiani¹, A. Valenzano¹, M. De Rosas¹, M. I. Roselli¹, L. Capranica², G. Cibelli¹

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²Department of Human Movement and Sport Sciences, University ForItalico, Rome, Italy

THE ACUTE EFFECTS OF ISOCAPNICHYPERPNEA ON SPINAL COLUMN FLEXIBILITY

M. Gollin, L. Beratto, C. Scagliotti, M. Roppolo

Motor Science Research Center, School of Exercise & Sport Sciences, University of Turin, Italy

HANDGRIP STRENGTH AND 1RM BENCH PRESS PERFORMANCE: A NOVEL APPROACH TO EVALUATE UPPER BODY MAXIMAL STRENGTH

D. Filingeri¹, E. Thomas², M. Raccuglia², A. Paoli³, A. Bianco^{2,4}, A. Palma^{2,4}

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²University of Palermo, Department of Sport and Exercise Sciences (DISMOT), IT

³University of Padua, Department of Biomedical Science, IT

⁴Scuola dello Sport, CONI Sicilia, IT

SYNAPTIC PLASTICITY IN HIPPOCAMPAL MICE SLICES AFTER EXERCISE TRAINING

G. D'Arcangelo¹, E. Padua², T. Triossi¹, L. Dal Toè¹, G. Melchiorri¹, C. Frank³, V. Tancredi¹

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³Centro Nazionale per le Malattie Rare, ISS, Roma, Italia

DOES A SPECIFIC GENETIC BACKGROUND INFLUENCE ENDURANCE OR POWER-ORIENTATED PHENOTYPES?

P. Proia^{1,3}, V. Contrò¹, A. Bianco¹, G. Schiera², P. Saladino², M. Traina¹, A. Palma¹

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³Department of Oncology and Diagnostic Sciences, University of Maryland, Baltimore, MD, USA

KINETICS OF CARDIOVASCULAR RESPONSES TO APNEA DURING LIGHT-INTENSITY EXERCISE

A. Sivieri¹, M. Capogrosso¹, R. Perini¹, G. Ferretti¹

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SALA MAGNA

5.1 - Motor learning and development

Chairs
Antonio Paoli
Antonino Bianco

THE RELATIONSHIP BETWEEN GROSS MOTOR SKILLS AND MATH ACHIEVEMENT DURING CHILDHOOD: MEDIATION EFFECT OF ADHD SYMPTOMS

G. Bardaglio¹, D. Marasso¹, F. Magno¹, E. Rabaglietti^{1,2}, G. Zucchetti², S. Ciairano^{1,2}

¹Motor Science Research Centre, Research Unit Motor Skills and Development, SUIISM, University of Torino, Italy

²Department of Psychology, University of Torino, Italy

CONDUCTIVE PEDAGOGY AS EDUCATIONAL ACTION FOR YOUNG PEOPLE AND ADULTS WITH MOTOR DISABILITY

D. Costantino^{1,2}

¹University of Palermo

²School of Sports Science CONI Sicily (Italy)

STUDY OF GROSS MOTOR SKILL PERFORMANCE IN KINDERGARTEN CHILDREN

G. Battaglia^{1,2}, A. Bianco^{1,2}, M.A.Gallà³, R. Palma³, M. Bellafore^{1,2}, A. Palma^{1,2}

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³Faculty of Sports Science, University of Palermo, Italy

PEER EDUCATION AND MANAGEMENT OF SPORT TEAMS: PEDAGOGICAL PROPOSAL AND EDUCATIONAL PRAXIS

D. Costantino^{1,2}

¹University of Palermo

²School of Sports Science

EVOLVING ROLE OF PHYSICAL EDUCATION ON PSYCHO-MOTOR DEVELOPMENT IN CHILDREN WITH DISABILITIES

D. Testa¹, M. Alesi¹, G. Battaglia², L. Parisi¹, M. Roccella¹

¹Department of Psychology, Univ of Palermo, Italy

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MOTOR CONTROL AND MOTOR LEARNING PARADIGMS IN EXERGAME DESIGN

P.A. Di Tore, G. Raiola

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INTELLECTUAL DISABILITIES AND PHYSICAL EDUCATION

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SALA MAGNA

5.1 - Motor learning and development

Chairs
Antonio Paoli
Antonino Bianco

Coaching and mental Training



DAILY PHYSICAL ACTIVITY ASSESSMENT IN SCHOOL CHILDREN: 'MOVIMENTIAMOCI DIARY' VALIDATION STUDY"

G. Rossi¹, M. G. Vinciguerra¹, P. Izzicupo², R. D'Egidio², V. Carnicelli¹, M. Scatigna¹

¹University of L'Aquila

²University of Chieti-Pescara

MÁRIAHÁRI AND HER CONDUCTIVE PEDAGOGY

S. Costantino

Dip. Scienze pedagogiche e psicologiche "G. Catalfamo"

BALANCE AND CYCLIC RAPIDITY ADAPTATIONS IN CHILDREN AGED FROM 6 TO 11 AFTER PROPRIOCEPTIVE OR COORDINATIVE TRAINING.

F.M. Botti^{1,2}, A. Brunetti³, M. Procenesi², A. Biscarini², O. Brunetti^{1,2}

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²LAMS, Perugia, Italy

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SELF-ESTEEM, BODY IMAGE AND B.M.I. IN PEOPLE ATTENDING FITNESS CLASSES

M. Alesi¹, A. Bianco², S. Spina³, M. Raccuglia³, A. Palma², A. Pepi¹

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ASPECTS OF COACH-ATHLETE RELATIONSHIP: SUCCESSFUL VERSUS UNSUCCESSFUL OUTCOME IN YOUNG SOCCER PLAYERS

R. Schembri, S. Pignato, S. Di Stefano, G. La Delfa, S. Nicolosi

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LEVELS OF ANXIETY AND SELF-ESTEEM ASSOCIATED TO SPORT ACTIVITY IN UNIVERSITY STUDENTS: A PILOT STUDY.

G. Rappo¹, M. Alesi¹, A. Pepi¹

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ACTIVE BREAKS AND ATTENTION IN PRIMARY SCHOOL PUPILS: METHODOLOGICAL CONCERNS

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SALA MAGNA

5.1 - Adapted Physical Activity

Chairs
Antonio Paoli
Antonino Bianco

PHYSICAL FITNESS IN PSYCHIATRIC PATIENTS ADMITTED TO A RESIDENTIAL TREATMENT

A. Carraro^{1,2}, I. Ferri^{1,2}, E. Gobbi¹, A. Galardini², I. Mondelli², A. Fiorellini²

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EXERCISE ENGAGEMENT OF PEOPLE WITH MENTAL HEALTH PROBLEMS: MOTIVATIONAL ASPECTS

A. Carraro, I. Ferri, E. Gobbi

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A TRAINING PROTOCOLS OF TRANSTIBIAL AMPUTEE SPRINTING ATHLETE: A PILOT STUDY

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SALA DELLE CAPRIATE

5.2 - Training and performance

Chairs
Cristina Cortis
Attilio Carraro

DEVELOPMENT OF CORE STABILITY IN YOUNG FEMALE ATHLETES OF SYNCHRONIZED SWIMMING

A. Tinto¹, C. Carello¹, M. Fasano^{1,2}

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²Italian Swimming Federation

ACUTE EFFECTS OF STATIC AND DYNAMIC STRETCHING ON EXPLOSIVE STRENGTH PERFORMANCE IN BASKETBALL PLAYERS

G. Annino¹, F. Palazzo¹, L. Verdecchia¹, S. D'Ottavio¹, M. Lombardo^{1,2}, R. La Torre¹, V. Tancredi¹, E. Padua^{1,2,3}

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ANALYSIS OF THE CORRELATION BETWEEN CORE STABILITY AND PERFORMANCE

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THE EFFECT OF THE STEP FREQUENCY MANIPULATION ON THE STEP LENGTH IN RACE WALKERS

S. Vando¹, J. Padulo^{1,2}

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ANAEROBIC TESTS ON ROWING ERGOMETER IN YOUNG ROWERS

A. Cataldo, D. Cerasola, D. Bellavia, G. Russo, D. Zangla, M. Traina

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INCIDENCE OF BODILY COMMUNICATION IN VOLLEYBALL

P. A. Di Tore, G. Raiola

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BODY COMPOSITION PREDICTORS OF BALL-THROWING VELOCITY IN HANDBALL

F. Piscitelli^{1,2,3}, C. Milanese^{1,2}, V. Cavedon^{1,2,3}, C. Zancanaro^{1,2}

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³Doctoral program in Multimodal Imaging in Biomedicine, University of Verona, Italy

RHYTHMICGYMNASTICS: AN ANTHROPOMETRICAPPROACH

M. Micheletti Cremasco^{1,2}, A. Tinto^{1,5}, O. Friard², M. Piazza^{3,5}, A. Di Cagno⁴

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³Department of Anatomy, Histology and Forensic Medicine, University of Florence

⁴I.U.S.M.- University Institute of Motor Sciences - Rome

⁵Italian Gymnastics Federation

**MATCH ANALYSIS OF BASKETBALL FAST BREAK ACTIONS:
ITALIAN VS SPANISH NATIONAL TEAM DURING EUROBASKET 2011**

L. Russo, F. Cairo

Human Movement and Sport Science Faculty, L'Aquila, Italy

**RELATIONSHIPS BETWEEN COOPER TEST AND COMPETITION DISTANCES (1000 M)
AMONG YOUNG TRACK AND FIELD ATHLETES**

G. Russo, P. Trevisson, F.A. Faure Rolland

Scuola Universitaria Interfacoltà in Scienze Motorie, University of Turin, Italy

**SALA DELLE
CAPRIATE**

**5.2 - Training
and
performance**

Chairs
**Cristina Cortis
Attilio Carraro**

CIRCADIAN VARIATIONS OF PHYSICAL CAPACITY IN GREEK ROMAN WRESTLERS

M. Gollin, A. Guerra

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BODY COMPOSITION IN PROFESSIONAL AND AMATEURS RUGBY PLAYERS

F. Spiga, P. Brasili, S. Toselli

Dipartimento di Biologia Evoluzionistica e Sperimentale, Università di Bologna. Via Selmi, 3

KARATE VS. KARATE: DIFFERENCES BETWEEN KATA AND KUMITE IN WORD CHAMPIONS KARATEKA

F. Quinzi, V. Camomilla, P. Sbriccoli

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Università di Roma " Foro Italico"

EXERCISE INTENSITY AND INFLAMMATION MARKERS DURING AN ULTRA-CYCLING EVENT: A CASE STUDY

D. Nonis¹, A.La Torre¹, M. Bonato¹ and M. Gerzevic².

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²Institute of Kinesiology Research, Science and Research Centre of Koper, University of Primorska, Slovenia

TACTICAL COMPARISON IN WOMEN WATERPOLO THROUGH VIDEO ANALYSIS

S. Napolitano¹, P.A Di Tore¹, G. Raiola¹

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POSTURAL ANALYSIS SCREENING ON 14 WOMEN WATER POLO PLAYERS

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RUGBY SEVENS: A SCIENTIFIC ROAD MAP TO RIO 2016

G. Granatelli¹, B. Ruscello¹, S. D'Ottavio¹

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CORRELATION BETWEEN BALLISTIC STRETCHING AND CONDITIONAL CAPACITY: EXPLOSIVE STRENGTH TRAINING IN YOUNG ATHLETES PRACTICING KARATE.

A. Tinto¹, S. Martini², C. Carello¹, P. Nichino², S. Loria²

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**SALA DELLE
CAPRIATE**

**5.2 - Training
and
performance**

Chairs
**Cristina Cortis
Attilio Carraro**

EXPERIMENTAL STUDY: PLYOMETRIC TRAINING IN RHYTHMIC GYMNASTIC

C. Carello^{1,2}, A. Tinto^{1,2}, M. Pilloni¹

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BIOMECHANICAL ASPECTS OF RUNNING ANALYSIS: TECHNICAL SHOES VS BAREFOOT CONDITIONS

L. Russo, G. Petrollini, M. Mondonico, E. Guerra

ELAV Institute, Città di Castello, Italy

“SELLARONDA SKI-MARATHON”: EXERCISE INTENSITY AND PHYSIOLOGICAL DEMANDS

A. Savoldelli¹, A. Brighenti¹, R. Modena¹, B. Pellegrini^{1,2}, L. Bortolan^{1,2}, F. Schena^{1,2}

¹CeRiSM, Research Center Sport Mountain & Health, University of Verona, Rovereto, Trento, Italy

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OVERLOAD AND NEOVASCULARIZATION OF SHOULDER TENDONS IN VOLLEYBALL PLAYERS

A. Notarnicola^{1,2}, F. Fischetti¹, D. Gallone¹, L. Moretti², S. Tafuri³, B. Moretti^{1,2}

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**5.2 - Sport
Technology
and materials**

Chairs
**Cristina Cortis
Attilio Carraro**

THE REPEATABILITY OF JUMP TESTS MEASURED WITH THE OPTO JUMP

M. Gollin, E. Scarafiotti

Motor Science Research Center, University School of Exercise & Sport Sciences, University of Turin, Italy

**STABILOMETRIC AND ELECTROENCEPHALOGRAPHIC MONITORING
OF SEA WAVE- MOTION EFFECTS DURING A SEALING BOAT TRIP**

L. Pizzigalli¹, D. Formicola¹, M. Ivaldi¹, A. Rainoldi¹

¹Centro Ricerche Scienze Motorie, Scuola Universitaria Interfacoltà in Scienze Motorie, Università degli Studi di Torino, Italia

**AGRISÙ: A PATENT PROJECT TO HIGHLIGHT HOW PHYSICAL ACTIVITIES
AFFECT THE RATE OF ABSORPTION OF AIR POLLUTANTS**

M. Ivaldi¹, M. Turturici², L. Ferreri³, L. Feletti¹, M. Giacobini³, A. Rainoldi¹

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5.2 - Sport Technology and materials

Chairs
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ANALYSIS OF SKINFOLD THICKNESS: A COMPARISON AMONG SKINFOLD CALIPER, ULTRASOUND SCANNER AND ULTRASOUND BASED CALIPER

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POSTURAL INTERVENTIONS AS INSTRUMENTS TO IMPROVE THE PHYSICAL WELLNESS: A RESEARCH-INTERVENTION IN A SICILIAN SOCCER SCHOOL

C. Francavilla, F. Sgrò, P. Mango, S. Pignato, G. La Delfa

Engineering, Architecture and Physical Activities Faculty, Univ. of Enna, Italia

CONTRIBUTION TO THE DEFINITION OF THE PERFORMANCE MODEL OF TRIATHLON USING NOTATIONAL ANALYSIS

P. Mango, F. Sgrò, S. Di Martino, S. Pignato, M. Lipoma

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CHIESA S. ANTONIO ABATE

5.3 - Testing and performance evaluation

Chairs
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Eloisa Limonta

FRACTAL DIMENSION AND SWAY ELLIPSE AREA COMPARISON FOR POSTURAL STABILITY ASSESSMENT

F. Masedu¹, R. Di Giminiani¹, A. Di Giulio¹, J. Tihanyi², M. Valenti¹

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²Faculty of Physical Education and Sport Science, Semmelweis University, Budapest, Hungary

THE 3 MINUTES OPTOJUMP® STEP TEST (3M-OST): REPEATABILITY OF A NEW PROTOCOL TO MEASURE PHYSICAL FUNCTIONS IN ELDERLY

M. Roppolo, D. Magistro, A. Mulasso, P. Brustio, M. E.Liubicich

Motor Science Research Center – S.U.I.S.M. - University of Turin

ASSESSMENT AND COMPARISON OF THE MOTOR ABILITIES OF YOUNG PEOPLE NORMAL WEIGHT AND OVERWEIGHT/OBESE WITH THE FITNESSGRAM PROTOCOL

D. Colella¹, M. Morano¹

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SYMPTOMATIC AND ASYMPTOMATIC OVERUSE INJURIES IN RECREATIONAL GOLF PLAYERS

S. Bellagamba¹, F. Lucertini², A. Federici², K. Quagliani¹, M. Rinaldi², C. Bartolucci¹

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**BMI, TOTAL HOURS OF PHYSICAL ACTIVITY (CPM) AND TESTING OF BOYS AND GIRLS
FROM THE METROPOLITAN AREA OF CAGLIARI**

M. Frau¹, A. Loddo¹, G. Cao¹, P. Pillosu¹, F. Marcello¹

¹CONI Provincial Committee of Cagliari

THE SHINTAIDO TRAINING EFFECTS ON PHYSICAL AND PSYCHOLOGICAL HEALTH OF ELDERLY

A. Mulasso¹, M. Roppolo¹, D. Magistro¹, A. Roggero², P. Andreoli¹, M. E. Liubicich¹

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WHOLE BODY VIBRATION TRAINING: A FUNCTIONAL PROCEDURE FOR WEIGHT MANAGEMENT

M. Lombardo¹, E. Padua¹, A. Bellia², M. Salli³, V. Manzi⁴, G. Annino⁴, F. Iellamo⁴, C. Foti³, P. Sbraccia¹

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EVALUATION OF THE LEVEL OF YOUNG PHYSICAL ACTIVITY IN FITNESS CENTER.

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GROUP FITNESS ACTIVITIES ON ELDERLY: AN USEFUL APPROACH TO PREVENT INJURIES AND DROPPING OUT

A. Patti¹, M. Raccuglia¹, M.C. Cataldo², M. Bellafore¹, G. Battaglia¹, C. Mammìna³, A. Bianco^{1,4}, A. Palma^{1,4}

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CHIESA
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A SPECIFIC TRAINING PROTOCOL FOR THE ELDERLY

S. Pignato, R. Schembri, V. Patania, P. Mango, M. Lipoma

Facoltà di Ingegneria, Architettura e Scienze motorie, Università di Enna Kore, Italia

A WEB-BASED SURVEY ABOUT PROTEIN SUPPLEMENTATION AMONGST NET-SURFERS. AN INNOVATIVE APPROACH USING PROTEIN PROJECT GOOGLE APP®.

M. Raccuglia¹, G. Caramazza³, C. Mammina², M. Bellafore^{1,3}, G. Battaglia^{1,3}, R. Palma¹, A. Bianco^{1,3}, A. Palma^{1,3}

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THE EFFECTS OF THREE DIFFERENT TRAINING PROTOCOLS ON BEGINNERS IN EIGHT WEEKS

P. Proia¹, A. Aprile¹, F. Lo Curcio¹, A. Bianco¹, A. Palma¹

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THE EVALUATION OF MOTOR SKILLS ON YOUNG SOCCER PLAYERS: AN INNOVATIVE APPROACH.

M. Petrucci^{1,3}, P. Siragusa¹, S. Messina¹, F. Pomara^{2,3}, M. Bellafore¹, G. Battaglia¹, A. Bianco^{1,3}, A. Palma^{1,3}

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LOWER LIMB PERFORMANCE EVALUATION OF PROFESSIONAL AND YOUNG SOCCER PLAYERS.

G. Coratella¹, F. De Vita², G. Brignardello², L. Bortolan^{1,3}, M. Beato¹, G. Corradini², N. Rinaldo¹, F. Schena^{1,3}

¹Department of Neuroscience and Kinesiology, University of Verona, Verona

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ACCURACY OF SENSEWEAR ARMBAND® IN ESTIMATING FLAT VS. INCLINED POLE WALKING ENERGY EXPENDITURE

G. Vernillo^{1,4}, A. Leonardi¹, A. Grainer², C. Doria³, A. Savoldelli¹, C. Reggiani², G. Fanò-Illic³, V. Verratti³, F. Schena^{1,4}

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THE ROLE OF PHYSICAL EDUCATION IN THE CHOICE OF THE LIFESTYLE IN STUDENT AT THE END OF SECONDARY SCHOOL: PRELIMINARY INTERPRETATION.

M. Lanza, I. Salvadori

Department of Neurological, Neuropsychological, Morphological and Movement Sciences. University of Verona, Italy.

RELATIONSHIP BETWEEN PERFORMANCE AND HEART RATE VARIABILITY IN AMATEUR BASKETBALL PLAYERS DURING PLAYOFFS.

S. Di Fronso^{1,3}, G. Delia¹, C. Robazza^{1,2}, L. Bortoli^{1,2}, M. Bertollo^{1,2}

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PHYSIOLOGICAL RESPONSE ON 1 RM BENCH PRESS PERFORMANCE.

E. Thomas¹, D. Filingeri², S. Vasile Simone¹, T. Moro³, E. Mancuso¹, A. Palma^{1,4}

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A WEB-BASED SURVEILLANCE SYSTEM ON ADOLESCENTS' LIFESTYLES AND OBESITY PREVENTION: ASSO-FTB PRELIMINARY FINDINGS. THE ASSO PROJECT.

M. Raccuglia^{1,2}, G. Tabacchi^{2,3}, E. Thomas¹, D. Filingeri^{2,5}, C. Mammìna^{2,3}, M. Jemni², A. Bianco^{1,2,4}, A. Palma^{1,4}

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NUTRITIONAL STATUS AND PHYSICAL ACTIVITY IN THE SCHOOL-AGE POPULATION OF A SICILIAN TOWN.

G. Napoli², C. Mammìna¹, E. Amodio¹, R. Asciutto², C. Costantino², M. Di Pasquale³, G. Maringhini², M. Morici³, A. Palmeri², S. Parisi², G. Tabacchi¹, B. Trobia², G. Calamusa¹

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S. ANTONIO ABATE
5.3 - Physical
Activity&Health

Chairs
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IMPROVED MENTAL REPRESENTATION OF SPACE IN BEGINNER ORIENTEERS

F. Fischetti¹, A. Notarnicola¹, G. Vicenti¹, L. Laricchia¹, R. Guastamacchia¹, S. Tafuri², B. Moretti¹

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POST-CHEMOTHERAPY PHYSICAL FITNESS LEVEL ON CHILDREN WITH DIAGNOSIS OF LEUKEMIA: RESULTS OF A PILOT STUDY

A. Patti¹, S. Di Trapani², P. Guadagna^{3,4}, M.C. Maggio⁴, G. Corsello⁴, P. D'angelo³, G. Caramazza², A. Bianco^{1,2}, A. Palma^{1,2}

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ACTIVE LIFESTYLE PROMOTION IN COPD: PRELIMINARY DATA ABOUT RECRUITMENT AND EFFICACY OF DIFFERENT MODELS OF PHYSICAL ACTIVITY

N. Rinaldo¹, G. Coratella¹, A. Rossi², F. Schena¹, M. Lanza¹

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²Cardiovascular and Thoracic Department, Pneumology, ULSS 20

5.3 - Law,
Economic
and Social
Aspects
of Sport
and Fitness
Activities

Chairs
Chiara Milanese
Eloisa Limonta

REFLEXIVITY AND FOOTBALL FANDOM. THE IMPACT OF SOCIAL REFLEXIVITY ON THE BEHAVIOUR OF FANS

L. Tallarita

Facoltà di Scienze Umane e Sociali Università di Enna

LIFELONG LEARNING STRATEGY FOR SPORT AND ACTIVE LEISURE

S. Digennaro

University of Cassino and Southern Lazio Department of Human and Social Sciences and Health Epidemiology, Physical Activity, and Life Styles Section. European Observatory of Sport and Employment, France.

SPORT AS A TOOL FOR EDUCATION, TRAINING CHILDREN AND ADULTS: A RESOURCE FOR THE SCHOOL AND THE STRATEGY TO WORK

F. Perrotta, A. Pannelli

Dipartimento di Scienze dell'Educazione, Università di Macerata

CHIESA
S. ANTONIO ABATE

**5.3 - Law,
Economic
and Social
Aspects
of Sport
and Fitness
Activities**

Chairs
Chiara Milanese
Eloisa Limonta

SPORT AND WELFARE POLICIES IN EUROPE

N. Porro

Dip. Scienze umane, sociali e della salute, Univ. di Cassino e del Lazio meridionale, Italia

A REALIST EVALUATION OF AN ANTI-DOPING PROGRAMME: REGULATORY MEASURES AND CHANGE OF GYM MANAGERS ATTITUDES TOWARD PERFORMANCE-ENHANCING-SUBSTANCES SALE

L. Leone¹, C. Pesce²

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INSIDE A NEW EMERGING SOCIAL CONFIGURATION: TV AUDIENCES AND GREAT SPORTING EVENTS (2000-2010)

S. Martelli

Facoltà di Scienze Motorie, Università di Bologna "Alma Mater Studiorum"

IMPLICIT AND EXPLICIT ANTI-FAT BIAS AMONG UNIVERSITY STUDENTS

E. Gobbi, I. Ferri, A. Carraro

FISPPA Department, University of Padua

SPORT FOR THE FORMATION OF THE PERSON: "SPORTS AS A TOOL FOR EDUCATION, TRAINING OF ADULTS AND CHILDREN: A RESOURCE FOR SCHOOL AND STRATEGY FOR THE JOB"

F. Perrotta, A. Pannelli

Dipartimento di Scienze della Formazione, Università di Macerata, Italy



14.00 - 15.00

PRANZO

SABATO 6 OTTOBRE

<p>SALA MAGNA 15.15 - 16.00</p>	<p>PLENARY LECTURE II: Prof. GEORGE HAVENITH Environmental Ergonomics Research Centre, Loughborough University, UK <i>Thermal aspect of (sports) clothing</i></p>	
<p>16.00 - 17.30</p>	<p>SALA MAGNA (Chair Prof. G. HAVENITH) [sessione in lingua inglese] Sessione 6: <i>Sport Technology and Materials</i> <i>Functional Adaptation to Exercise</i></p> <p>Marco Bernardi (ROMA) Upper body high intensity interval training: effects on different components of physical fitness.</p> <p>Michael J. Landram (BOONE, USA) Differential effects of continuous vs discontinuous aerobic exercise on oxygen uptake and vascular health.</p> <p>Davide Filingeri (LOUGHBOROUGH, UK) Female skin conductance and regional differences in thermal sudomotor activity at rest and during exercise in different environments.</p> <p>Cristina Cortis (CASSINO) Flight time is not enough when evaluating countermovement jump in old women.</p> <p>Anna Baraldo (VERONA) Aerobic versus resistance exercise, cardiovascular adaptations in young and elderly female subjects.</p> <p>Giuseppe Giglia (PALERMO) Can Wii modulate visuospatial attention lateralization?</p>	<p>CHIESA S. ANTONIO ABATE (Chair Prof. G. LIOTTA) Sessione 7: <i>Law, Economic and Social aspects of sport and fitness activities</i></p> <p>Laura Santoro (PALERMO) Sports law and minors' participation.</p> <p>Salvatore Cincimino (PALERMO) Related party transactions in Italian professional football clubs: an empirical study</p> <p>Felice Blando (PALERMO) Pluralism of the professional sport figures.</p> <p>Flavia Guidotti (ROMA) The "leaky pipeline" in academic careers of Italian movement science faculties.</p> <p>Antonio La Spina (PALERMO) Subnational policies for sports and motor activities: a comparison between Sicily and Emilia Romagna.</p> <p>Antonio Borgogni (CASSINO) The quality of the educators as a key factor of the organizational success: the case of the "Masi" Sport Club.</p>
<p>17.30</p>	<p>COFFEE BREAK</p>	
<p>17.45 - 19.00</p>	<p>ASSEMBLEA SOCI SISMES</p>	
<p>20.30</p>	<p>CENA SOCIALE</p>	

DOMENICA 7 OTTOBRE

8.30 - 11.00

SALA MAGNA (**Chair Prof. A RAINOLDI**)
Sessione 8: *Sport Technology and Materials*

Gennaro Boccia (TORINO)
sEMG assessment of upper limb muscles during dynamical contractions in different instability conditions.

Eloisa Limonta (MILANO)
Neuromuscular activation during isometric contraction in the absence of a visual feedback.

Lorenzo Bortolan (VERONA)
Kinematic and elettromyographic differences between front and back load in a double poling ski ergometer.

Francesco Sgrò (ENNA)
A study of the position's effect on the three-points 'shooting biomechanical posture in basketball players.

Andrea Ciuffarella (L'AQUILA)
A proposal of a match-analysis evaluation method for the offensive game construction in youth soccer.

Valentina Cavedon (VERONA)
Multimodal imaging techniques in sport.

Stefano Vando (ROMA)
Reliability and validity of the MarkWiiRTM for kinematic analysis.

Claudio Scotton (TORINO)
Comparison of two heart rate monitors during an outdoor training session.

Alessandra Nart (URBINO)
Postural Experience: photographic image in the observation of posture in young hockey players.

SALA DELLE CAPRIATE (**Chair Prof. P. BUONO**)
Sessione 9: *Testing and Performance Evaluation*
Sport Nutrition - Adapted Physical Activity

Giovanni Innocenti (FIRENZE)
Predictive monitor screen of overtraining by analysis of salivary Cortisol, IGA and testosterone and their association with genetic polymorphisms in gymnastics.

Marco Beato (VERONA)
Monitoring of the training load in a professional football team.

Stefania Comotto (ROMA)
Reliability of direct and indirect measurements of one repetition maximum.

Francesco Sgrò (ENNA)
A time-space distribution analysis of action in foil athletes: a preliminary study on 2011 World Championship

Chiara Zoppirolli (ROVERETO)
CoM displacement influences the energetic cost of locomotion during the double poling technique.

Erica Gobbi (PADOVA)
A contribution to the Italian validation of the Physical Activity Questionnaire for Older Children (PAQ-C).

Caterina Pesce (ROMA)
Performance enhancing substances and supplements consumptions among Italian gym users: prevalence and effects of a knowledge-based intervention.

Ester Imperlini (NAPOLI)
Effects of suprphysiological doses of single or combined doping agents in human peripheral blood lymphocytes.



DOMENICA 7 OTTOBRE

8.30 - 11.00

SALA MAGNA (**Chair Prof. A RAINOLDI**)
Sessione 8: *Sport Technology and Materials*

Fabio Rastelli (L'AQUILA)
Active videogames: valid alternative to sedentary lifestyle?

SALA DELLE CAPRIATE (**Chair Prof. P. BUONO**)
Sessione 9: *Testing and Performance Evaluation*
Sport Nutrition - Adapted Physical Activity

Enzo Iuliano (CAMPOBASSO)
Psychological well-being and social participation assessment in visually impaired subjects playing Torball: a controlled study.

Giuseppe Battaglia (PALERMO)
Soccer practice as vehicle to improve sporting performance and psychophysical health in psychotic subjects.

11.00 - 11.30

COFFEE BREAK

11.30 - 13.00

SALA MAGNA (**Chair Prof. F. FIGURA**)
Sessione 10: *Functional Adaptation to Exercise*
Adapted Physical Activity - Mental Training

York Olaf Schumacher (FRIBURGO)
Physiological demands in mountain biking: a new concept of assessment.

Lorenzo Pugliese (MILANO)
High-volume and high-intensity training in masters swimmers.

Giovanna Aquino (CAMPOBASSO)
Combined pulmonary fibrosis and emphysema syndrome (CPFE); case report of role of aerobic physical retraining.

Massimiliano Gollin (TORINO)
Pilates method and multiple sclerosis disease: a pilot study.

Attilio Carraro (PADOVA)
Exercise dependence: a study among nonclinical population.

SALA DELLE CAPRIATE (**Chair Prof. M. FAINA**)
Sessione 11: *Physical Activity & Health*
Training & Performance

Marianna Bellafore (PALERMO)
Analysis of weight status and back pain in public employees

Marco Valenti (L'AQUILA)
Sports practice and personality assessment in adolescents exposed to the 2009 earthquake in L'Aquila, Italy: a longitudinal study.

Franco Merni (BOLOGNA)
Reliability and validity of dexterity circuits in the "Alfabetizzazione Motoria" project.

Francesco Tornello (ROMA)
Specific performance models evidenced in elite taekwondo athletes based on different body protector systems.

Maurizio Bertollo (CHIETI)
Stress-recovery balance in roadcyclists during the "Girobio-Giro d'Italia Elite & Under23".

11.30 - 13.00

SALA MAGNA (**Chair Prof. F. FIGURA**)

Sessione 10: *Functional Adaptation to Exercise
Adapted Physical Activity - Mental Training*

Danilo Marasso (TORINO)

Movement and cognition:
age differences and relations among
decision making, motor skills and abilities in childhood.

SALA DELLE CAPRIATE (**Chair Prof. M. FAINA**)

Sessione 11: *Physical Activity & Health - Training & Performance*

Luisa Pizzigalli (TORINO)

Putting in golf: a comparison between professional and amateur
players based on stabilometric analysis.

13.00 **CONSEGNA ATTESTATI**

13.30 **CHIUSURA CONVEGNO**





Congress President
FEDERICO SCHENA

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