

Program at a glance

| SUNDAY | MONDAY | TUESDAY | WEDNESDAY | THURSDAY | FRIDAY | SATURDAY |
|-------------------------------|---|--|--|--|---|--|
| February-05 ARRIVAL | February-06 09:30 Lectures 15:00 Cultural Programme | February-07 9:30 Lectures 15:00 Group work | February-08 9:30 Lectures 15:00 Student Presentations | February-09 9:30 Lectures 15:00 Lectures and Round Table | February-10 9:30 Lectures 15:00 Group Presentations | February-11 10:00 Student Presentation and Round Table 13:00 SPALC Lunch |
| February-12 FREE | February-13 Cultural Programme | February-14 9:30 Lectures 15:00 Student Presentations and Sport Activities | February-15 9:30 Lectures 15:00 Student Presentations and Workshop | February-16 9:30 Lectures 15:00 Student Presentations and Workshop | February-17 9:30 Student Presentations 15:00 Round Table and Workshop | February-18 10:00 Final considerations and evaluations 13:00 SPALC Lunch |
| February-19 DEPARTURES | | | | | | |

MONDAY FEBRUARY 6 2012

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| 9:30-10:00 | Welcome from the Institution | |
| <i>Time (h)</i> | <i>Speaker</i> | <i>Presentations</i> |
| 10:00-10:30 | Laura Capranica <i>University of Rome "Foro Italico", Italy</i> | Practical guide to the IP SPALC: How to survive an Intensive Program |
| 10:30-11:00 | Coffee break | |
| Session | New frontiers in sport sciences | |
| Chair | Laura Capranica | |
| <i>Time (h)</i> | <i>Speaker</i> | <i>Presentations</i> |
| 11:00-11:50 | Tibor Kozsla <i>European Athlete as Student European Network</i> | EU actions in the sport area |
| 11:50-13:00 | Sasa Cecic Erpic and Mojca Doupona <i>University of Ljubljana, Slovenia</i> | Athletic career |
| 13:00-15:00 | Lunch | |
| 15:00-19:00 | Cultural Programme | Tour of Rome |
| Dinner at Pallotta | | |

TUESDAY FEBRUARY 7 2012

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|-----------------|---|--|
| Session | Historical, philosophical, and social aspects of sport performance | |
| Chair | Giovanni Capelli | |
| <i>Time (h)</i> | <i>Speaker</i> | <i>Presentations</i> |
| 9:30-10:20 | Giovanni Capelli <i>University of Cassino, Italy</i> | The white paper on sport |
| 10:20-11:10 | Nicola Porro <i>University of Cassino, Italy</i> | Differences and similarities between competitive sport and sport for all |
| 11:10-11:30 | Coffee Break | |
| Session | Meeting the research demands at European level | |
| Chair | Carl Foster | |
| 11:30-12:20 | Antonio Mussino <i>University of Rome "La Sapienza", Italy</i> | Measuring sport participation in Europe |
| 12:20-13:20 | Carl Foster <i>University of Wisconsin-Lacrosse, USA</i> | Preparing and reviewing the scientific report: The ups and downs of peer reviews |
| 13:20-15:00 | Lunch | |
| Session | Group work | |
| Chair | Carl Foster - Mary Smith - Cristina Cortis | |
| 15:00-16:30 | Manuscript reviews | |
| 16:30-17:00 | Coffee break | |
| 17:00-18:30 | Manuscript reviews | |
| FREE | | |

WEDNESDAY FEBRUARY 8 2012

| Session | Neuromuscular function of human performance: From laboratory to field research | |
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| Chair | Jan Cabri | |
| Time (h) | Speaker | Presentations |
| 9:30-10:20 | Jan Cabri <i>Norwegian School of Sports Sciences, Norway</i> | Kinesiological electromyography: Applications and challenges |
| 10:20-11:10 | Giuseppe De Vito <i>University College Dublin, Ireland</i> | Neuromechanics of human performance across the lifespan |
| 11:10-11:30 | Coffee break | |
| 11:30-12:20 | Rade Durbaba <i>Northumbria University, United Kingdom</i> | Tremor & reflexes: Science, sport and medicine |
| 12:20-13:10 | Massimo Sacchetti <i>University of Rome "Foro Italico", Italy</i> | Neuromuscular function and diabetes |
| 13:10-15:00 | Lunch | |
| Session | Student presentations | |
| Chair | Jan Cabri - Giuseppe De Vito - Giovanni Capelli | |
| Time (h) | Speaker | Presentations |
| 15:00-15:15 | Simone Falbo <i>University of Rome "Foro Italico", Italy</i> | Alzheimer's Disease (AD): relationship between postural/gait and attentional/cognitive deficits and effects of an integrated physical-cognitive training |
| 15:15-15:30 | Alessandro Scotto di Palumbo <i>University of Rome "Foro Italico", Italy</i> | The antioxidant alpha-lipoic acid to contrast metabolic and neuromuscular abnormalities induced by type 2 diabetes |
| 15:30-15:45 | Jonida Haxhi <i>University of Rome "Foro Italico", Italy</i> | Exercising for metabolic control: is timing important? |
| 15:45-16:00 | Valentina D'Adamo <i>University of Rome "Foro Italico", Italy</i> | Eating disorders in older athletes |
| 16:00-16:30 | Coffee break | |
| 16:30-16:45 | Angelo Montaruli <i>University of Rome "Foro Italico", Italy</i> | Neurophysiologic and neurocognitive approach in agonistic performance of combat sports |
| 16:45-17:00 | Andrea Nicolò <i>University of Rome "Foro Italico", Italy</i> | Physiological responses during two supramaximal high intensity intermittent training protocols to exhaustion in competitive cyclists |
| FREE | | |

THURSDAY FEBRUARY 9 2012

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| Session | Advances in paediatric exercise research: Exercise and cognition | |
| Chair | Caterina Pesce | |
| Time (h) | Speaker | Presentations |
| 9:30-10:20 | Caterina Pesce <i>University of Rome "Foro Italico", Italy</i> | Cognitively challenging quality PA for children: A relevant issue for applied developmental research |
| 10:20-11:10 | Terry McMorris <i>University of Chichester, United Kingdom</i> | What is the evidence for physical activity aiding children's cognition? |
| 11:10-11:30 | Coffee break | |
| Session | Research issues for successful aging | |
| Chair | Caterina Pesce | |
| 11:30-12:20 | Jean-Jacques Temprado, <i>University of the Mediterranean, France</i> | Coupling of cognitive and motor function during aging: A dynamic systems approach to complexity changes in brain and behaviour |
| 12:20-13:10 | Michel Audiffren <i>University of Poitiers, France</i> | Possible links between chronic exercise and cognition during aging |
| 13:10-15:00 | Lunch | |
| 15:00-15:50 | John Shea <i>Indiana University, USA</i> | Stability ball settings as an intervention in peripheral neuropathy |
| 15:50-16:40 | Roberta Forte <i>University of Rome "Foro Italico", Italy</i> | Locomotor functional ability in the elderly: Combining physical and cognitive factors in prediction and training |
| 16:40-17:00 | Coffee break | |
| Session | Round Table | |
| Chair | Caterina Pesce | |
| 17:00-18:30 | Fishing for new ideas: Exercise and mental health | |
| FREE | | |

FRIDAY FEBRUARY 10 2012

| Session | Designing and implementing sport interventions | |
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| Chair | Romain Meeusen | |
| Time (h) | Speaker | Presentations |
| 9:30-10:20 | Carl Foster <i>University of Wisconsin-La Crosse, USA</i> | Monitoring exercise training |
| 10:20-11:10 | Stephen Sau-Shing Cheung <i>Brock University, Canada</i> | Thermal stress (heat and cold) on performance |
| 11:10-11:30 | Coffee break | |
| 11:30-12:20 | Romain Meeusen <i>Vrije University of Brussels, Belgium</i> | Physiological aspects of training distress |
| 12:20-13:10 | Maria Francesca Piacentini <i>University of Rome "Foro Italico", Italy</i> | Prevention and detection of training distress |
| 13:10-15:00 | Lunch | |
| Session | Work group | |
| Chair | Carl Foster - Mary Smith - Laura Capranica | |
| Time (h) | Speaker | Presentations |
| 15:00-16:30 | Manuscript reviews | |
| 16:30-17:00 | Coffee break | |
| 17:00-18:30 | Manuscript reviews | |
| FREE | | |

SATURDAY FEBRUARY 11 2012

| Session | Student presentations | |
|-------------|---|---|
| Chair | Laura Capranica - Cristina Cortis | |
| Time (h) | Speaker | Presentations |
| 10:00-10:15 | Daniel Medina Rebollo <i>University of Huelva, Spain</i> | Perception of the objectives and demonstration of educational values in a sports school football in the province of Huelva in the categories of children and cadets |
| 10:15-10:30 | Vitor Severino <i>University of Coimbra, Portugal</i> | Maximal oxygen uptake in 11-year-old male soccer players in relation to body size and biological maturation |
| 10:30-10:45 | João Pedro Duarte <i>University of Coimbra, Portugal</i> | Portugal assessment of repeated dribbling ability in young soccer players |
| 10:45-11:00 | Juan Bautista Castilla Arroyo <i>University of Huelva, Spain</i> | Junior players´ ball control. Analysis and study in a real situation |
| 11:30-11:30 | Coffee break | |
| Session | Round Table | |
| Chair | Laura Capranica - Cristina Cortis | |
| 11:30-13:00 | General Discussion | |
| 13:00-15:00 | SPALC Lunch | |
| FREE | | |

MONDAY FEBRUARY 13 2012

| Session | Research issues for talent detection | |
|-------------|--|--|
| Chair | Antonio Figueiredo | |
| Time (h) | Speaker | Presentations |
| 09:00-15:00 | Cultural Programme | Capranica (Viterbo, Italy) |
| 15:40-16:50 | Daniel Berdejo del Fresno <i>Strength & conditioning coach of England National Futsal Team and Manchester Futsal Club</i> | Periodization & training load control in futsal |
| 16:50-18:00 | Antonio Figueiredo <i>University of Coimbra, Portugal</i> | Growth, maturation, performance and technical skills: Implication to talent identification |
| 18:00-19:20 | Fulvio Casadei <i>Technical director of youth soccer academy "Atletico Manè" (Rome, Italy).</i> | A practical method for rhythmic training in young soccer players |
| 19.00 | Cultural Programme | Departure from Capranica (Viterbo, Italy) |

TUESDAY FEBRUARY 14 2012

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|-----------------|---|---|
| Session | Age-related aspects of sport performance: From the young to the senior athlete | |
| Chair | Carlos Goncalves | |
| <i>Time (h)</i> | <i>Speaker</i> | <i>Presentations</i> |
| 9:30-10:20 | Carlos Goncalves <i>University of Coimbra, Portugal</i> | Young people experiences in sport: A path to expertise? |
| 10:20-11:10 | Maria Francesca Piacentini <i>University of Rome "Foro Italico", Italy</i> | Master endurance athletes: A benchmark for successful ageing? |
| 11:10-11:30 | Coffee break | |
| Session | Gender-related aspects of sport | |
| Chair | Stefania Lella | |
| <i>Time (h)</i> | <i>Speaker</i> | <i>Presentations</i> |
| 11:30-12:20 | Stefania Lella <i>Scuola dello Sport Lazio, Italy</i> | Women's international leadership development (WILD) |
| 12:20-13:10 | Laura Capranica <i>University of Rome "Foro Italico", Italy</i> | Missing in action: The female athlete and the media |
| 12:45-15:00 | Lunch | |
| Session | Student presentations | |
| Chair | Antonio Figueiredo - Carlos Goncalves - Angelo Rodio | |
| <i>Time (h)</i> | <i>Speaker</i> | <i>Presentations</i> |
| 15:00-15:15 | Fabio Massimo Francioni <i>University of Rome "Foro Italico", Italy</i> | Distribution of chronological age in "Serie A" soccer season 2009/2010 |
| 15:15-15:30 | Daniele Conte <i>University of Rome "Foro Italico", Italy</i> | Time motion analysis of elite female basketball players during competition, with particular reference to repeated sprint ability |
| 15:30-15:45 | Alessandro Lucciola <i>University of Cassino, Italy</i> | Evaluation of changes in the metabolic, ventilatory and kinematic parameters with and without a maternity support for the treatment of low back pain in pregnancy |
| 15:45-16:00 | Christian Helland <i>Norwegian School of Sports Sciences, Norway</i> | Mechanical and structural properties in the extensor apparatus in elite volleyball players with and without patellar tendinopathy |
| 16:00-16:30 | Coffee break | |
| Session | Sport activities | |
| 16:30-18:30 | Sport activities | |
| FREE | | |

WEDNESDAY FEBRUARY 15 2012

| | | |
|-----------------|---|--|
| Session | Amateur and elite sport performance | |
| Chair | Clara Pazo | |
| <i>Time (h)</i> | <i>Speaker</i> | <i>Presentations</i> |
| 9:30-10:20 | Clara Pazo <i>University of Huelva, Spain</i> | Differences between training football and basketball players |
| 10:20-11:10 | Jesus Tejada <i>University of Huelva, Spain</i> | The evaluation of the main contents in the physical education |
| 11:10-11:30 | Coffee break | |
| Session | Advances in geriatric exercise research | |
| Chair | Andrea Macaluso | |
| 11:30-12:20 | Francesco Felici <i>University of Rome "Foro Italico", Italy</i> | Sensory motor interaction: The basis of muscular coordination during voluntary movement in man |
| 12:20-15:00 | Lunch | |
| Session | Student presentations | |
| Chair | Clara Pazo - Jesus Tejada - Caterina Pesce | |
| <i>Time (h)</i> | <i>Speaker</i> | <i>Presentations</i> |
| 15:00-15:15 | Inge Bogaert <i>Vrije University of Brussels, Belgium</i> | The Physical active lifestyle of Flemish Secondary School teachers |
| 15:15-15:30 | Andrea Piccinno <i>University of Rome "Foro Italico", Italy</i> | Assessment of physical activity level, motor development, psychological and affective factors in Italian adolescents |
| 15:30-15:45 | Manuel J. Arrayás Grajera <i>University of Huelva, Spain</i> | Relationship between body image and physical activity in adolescents of two populations of Spain and Portugal |
| 15:45-16:30 | Coffee break | |
| Session | Workshop | |
| 16:30-18:30 | Microgate | Field measurements in sport |
| FREE | | |

THURSDAY FEBRUARY 16 2012

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|-----------------|--|--|
| Session | Prevention of eating disorders: Implication for sport | |
| Chair | Giuseppe Cibelli | |
| <i>Time (h)</i> | <i>Speaker</i> | <i>Presentations</i> |
| 9:30-10:20 | Milena Morano <i>University of Foggia, Italy</i> | Exercise, performance and body image in children |
| 10:20-11:10 | Cristina Segura <i>University of Catanzaro Magna Graecia, Italy</i> | Eating disorders in sport |
| 11:10-11:30 | Coffee break | |
| 11:30-12:20 | Giuseppe Cibelli <i>University of Foggia, Italy</i> | Attention brain processing of food and body stimuli in combat sport athletes |
| 12:20-15:00 | Lunch | |
| Session | Student presentations | |
| Chair | Cristina Cortis - Milena Morano - Angelo Rodio | |
| <i>Time (h)</i> | <i>Speaker</i> | <i>Presentations</i> |
| 15:00-15:15 | Rui António Fernandes <i>University of Coimbra, Portugal</i> | The anthropometric characteristics of young paddlers, associated with the dimensions of the equipment set-up |
| 15:15-15:30 | Carlo Varalda <i>University of Rome "Foro Italico", Italy</i> | Development of an evaluation test for the classification of athletes with intellectual disabilities in the sport of rowing |
| 15:30-15:45 | Chiara Clemente <i>University of Cassino, Italy</i> | Blunt eye trauma during sporting activities |
| 16:00-16:30 | Coffee break | |
| Session | Workshop | |
| 16:30-18:30 | Sensorize | Field measurements in sport |
| FREE | | |

FRIDAY FEBRUARY 17 2012

| Session | Student presentations | |
|-------------|--|---|
| Chair | Clara Pazo - Jesus Tejada - Cristina Cortis | |
| Time (h) | Speaker | Presentations |
| 9:30-9:45 | Flavia Guidotti <i>University of Rome "Foro Italico", Italy</i> | Validity and Reliability of the Italian SAMSAQ |
| 9:45-10:00 | Flavio Negri <i>University of Rome "Foro Italico", Italy</i> | The harmonized SAMSAQ for the Italian population |
| 10:00-10:15 | Liliana Leone <i>University of Rome "Foro Italico", Italy</i> | Evaluating and synthesising evidence of physical activity interventions and integrated strategies (ESEPAIS) |
| 10:15-10:30 | Rosalba Marchetti <i>University of Rome "Foro Italico", Italy</i> | Life skills measures in life skills sport intervention to study the effects of life skill training and multi-sports sampling on self-efficacy and sport performance |
| 10:30-11:00 | Coffee break | |
| 11:00-11:15 | Claudia Crova <i>University of Rome "Foro Italico", Italy</i> | Physical Education specialist in Primary School? Yes thank you! |
| 11:15-11:30 | Marco Montini <i>University of Rome "Foro Italico", Italy</i> | Turnover soccer drills: Effects of type and duration |
| 11:30-11:45 | Kalc Miloš <i>University of Ljubljana, Slovenia</i> | Acute effects of whole-body vibration with different interval durations on neuromuscular system |
| 11:45-12:00 | Hans Kristian Stadheim <i>Norwegian School of Sports Sciences, Norway</i> | Caffeine and double-poling performance in cross-country skiing |
| 12:00-12:15 | Aljaž Šegula <i>University of Ljubljana, Slovenia</i> | Endurance and high altitude |
| 12:15-15:00 | Lunch | |
| Session | Round Table | |
| Chair | Clara Pazo - Jesus Tejada - Cristina Cortis | |
| 16:30-18:30 | General Discussion | |
| 16:00-16:30 | Coffee break | |
| Session | Workshop | |
| 16:30-18:30 | VISA Sport | Field measurements in sport |
| FREE | | |