

5th

INTERNATIONAL CONGRESS

Mountain Sport & Health

UPDATING STUDY AND RESEARCH
FROM LABORATORY TO FIELD

9-10 December 2013
Rovereto (TN) - Italy



Università degli Studi di Verona



Comune di Rovereto

organised by



Second Announcement

Programme

Monday 9 December

08:30 - 09.30	Registration
09.30 - 10.00	Welcome from Institutional guests
10:00 - 10:15	Introduction to WU conference & MSH 2013
10.15 - 11.00	Plenary Session WU + MSH: SPORT & EDUCATION
11.00 - 11.30	Coffee break
11.30 - 12.00	Plenary Session WU + MSH: SPORT & RESEARCH
12.00 - 13.00	Thematic Session MSH ULTRA ENDURANCE PERFORMANCE
13.00 - 14.00	LUNCH + Poster Session WU + MSH
14.00 - 14.45	Visit to MART Museum/CeRiSM Laboratory
14.45 - 15.30	Plenary Session WU + MSH: SPORT & MOUNTAIN
15.30 - 16.30	Thematic Session MSH TECHNOLOGY AND MATERIAL FOR SPORT
16.30 - 17.00	Coffee break
17.00 - 18:00	Thematic Session MSH FUNCTIONAL RESPONSE TO HYPOXIA AND AGEING
18.00 -	Cocktail + Social Dinner

Tuesday 10 December

09.15 - 10.00	Plenary Session WU + MSH: CAREERS & MARKET
10.00 - 11.00	Thematic Session MSH RISK AND DAMAGE IN MOUNTAIN ACTIVITIES
11.00 - 11.30	Coffee break
11.30 - 12.30	Thematic Session MSH WALKING FOR HEALTH: WHY, WHEN, HOW
12.30 - 13.15	Plenary Session WU + MSH
13.15 - 14.15	LUNCH
14.15 - 15.15	Plenary Session WU + MSH: SPORT & TECHNOLOGY
15.15 - 17.00	Plenary Session WU + MSH University & Sport: a vision for the future
17:00 - 17:45	CLOSING REMARKS

MSH congress program has shared with:



The participants will have free access to all the sessions of the two conferences

Overview

Mountain, Sport, & Health will offer an updated panorama, from laboratory experimental studies to the application on day to day practice, on different topics related to mountain sport activities and their impact on human performance and health

MSH 2013 Topics

Ultra Endurance Performance
Technology and material for sport
Functional responses to hypoxia and ageing
Risks and damage in mountain activities
Walking for health: why, when, how

Organizing committee

Federico Schena	CeRiSM - Rovereto
Carlo Capelli	University of Verona
Barbara Pellegrini	CeRiSM - Rovereto
Paolo Bouquet	University of Trento

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Call for abstract

Abstract for **oral and poster presentations** on the congress topics or other topics related to mountain sport and health are welcome. The **deadline** for abstract submission is November 10th 2013. Additional information and **submission: www.cerism.it**

Young researcher awards

Young researcher awards will be assigned to researchers under 40 years of age for the best presentation selected on the basis of originality, quality and applicability of the work

Congress fees

The registration will give access to both MSH 2013 and WU conferences

	Before November 20	After November 20	On site
Full registration (Gala Dinner included)	150 Euro	200 Euro	250 Euro
Students (Gala Dinner not included)	0 Euro	50 Euro	60 Euro
Gala Dinner (for accompanying persons)	50 Euro	60 Euro	75 Euro

Important dates

Deadline for abstract: November 10, 2013
Notification of acceptance: November 15, 2013
Early Registration: October 1, 2013 - November 20, 2013
Late/on site Registration: November 20, 2013 - December 9, 2013

Information

Congress venue MSH and WU congresses will take place in the Auditorium of MART, Museum of Modern Art, and Facoltà di Scienze Cognitive, both located in the city centre, just five minutes walking from the train station.

Congress language The official language of all lectures and all written material is English

Travel information Located in the northern of Italy, between the Garda Lake and the Dolomites, Rovereto can be reached by train (www.trenitalia.it) or by car (A22 Highway). The airports nearest to Rovereto are Verona (90 km), Venezia (125 km) and Milano (245 km).

Scientific Secretariat : CeRiSM phone: +39 0464 483511 - fax: +39 0464 483520. <http://www.cerism.it>
For registration and accomodation visit WU website: <http://events.unitn.it/en/wu-conference2013>