

**CeBiSM**

Centro Interuniversitario di Ricerca  
in Bioingegneria e Scienze Motorie  
Rovereto



AGENZIA PER LA PROMOZIONE DELLO  
SPORT DELLA VALLAGARINA

# 2nd Mountain, Sport & Health

Updating Study and Research  
from Laboratory to Field



University  
of Brescia



UNIVERSITY  
OF TRENTO



University  
of Udine



University  
of Verona



Comune di Rovereto  
Assessorato all'Università



## International congress

18<sup>th</sup>-20<sup>th</sup> October 2007

Mart, Corso Bettini 43, Rovereto (TN) - Italy

## Introduction

Mountains are the natural environment for implementing sports and physical activities in the promotion of health and well being. Mountains are also an intriguing laboratory for developing the best strategy of health increase through appropriate exercise program and sport.

Sport sciences, medicine, education and leisure time are the main topics involved in the building of an active life perspective.

This congress aims at offering an update landscape, from laboratory experimental studies to the application on daily regular practice, on different topics related to mountain sports activities and their impact on health.

# programme

## Thursday 18<sup>th</sup> October

### auditorium

17.00 **Registration**

17.30 **Welcome**

17.45 **Lecture**

**Chairman: G. Ferretti (Brescia)**

P. Bartsch (Heidelberg) *Update on acute mountain sickness*

19.30 **Welcome party**

20.30 **Special event**

**Mountain & human limits** (open to non registered guests)

From Trento Film Festival "Aux limites du corps - Histoire d'oxygène" by Charlie Buffet . The projection will be followed by a round table discussion with invited speakers and the presence of Sergio Martini, Himalayan climber



## Friday 19<sup>th</sup> October

8.45 Thematic sessions (I) + (II)

### auditorium

**CROSS COUNTRY SKIING**

**Chairman: A. Minetti (Milano)**

H.C. Holmberg (Stockholm) *Upper body in cross-country skiing*

G. Smith (Oslo) *Biomechanics principles in cross country skiing*

A. Rouard (Chambery) *EMG Time frequency fatigue analysis during a cross country skiing KO sprint*

B. Pellegrini (Rovereto) *Analysis of poling force contribution in cross country skiers*

### conference hall

**DISEASE & MOUNTAIN**

**Chairman: A. Ponchia (Padova))**

A. Cogo (Ferrara) *The mountains: rehabilitation environment for chronic respiratory diseases*

E. Donegani (Novara) *Post-operative cardiac surgical patient and mountain sports*

S. Carpineta (Trento) *Psychiatric rehabilitation and mountain*

M. Burtsher (Innsbruck) *Effects of intermittent hypoxia in COPD patient*

G. Faggian (Verona) *Active rewarming after accidental hypothermia*

10.45 Coffee break

#### auditorium

11.00 **Free oral communication**  
**Chairman: W. Nachbauer**

12.00 **Lecture**  
**Chairman: C. Capelli (Verona)**  
P. E. Di Prampero (Udine) *Altitude and best performances in human locomotion*

13.00 Lunch

13.30 **Poster session**

14.30 **Lecture**  
**Chairman: P.E. di Prampero (Udine)**  
I.B. Mekjavic (Ljubljana) *Simulated high altitude training*

15.30 Thematic Sessions (III) + (IV)

#### MARATHON AT ALTITUDE

**Chairman: G. Ferretti (Brescia)**  
C. Capelli (Verona) *Running economy at altitude*  
H. Rossi (Brescia) *Training for marathon at altitude*  
G. S. Roi (Bologna) *Marathon performance at altitude*  
P Trabucchi (Verona) *Psychological aspects of altitude endurance events*

#### conference hall

#### OXIDATIVE & HYPOXIC STRESS

**Chairman: G. Fanò (Chieti)**  
F. Amicarelli (L'Aquila) *Role of antioxidant systems in the adaptive response to hypoxic*  
D. Caporossi (Roma) *Free radicals and hypoxia: cell damage inducers or mediators of tissue adaptation?*  
C. Doria (Chieti) *Effects of physical activity on strength and transcriptional profile in the elderly*  
S. Beccafico (Chieti) *Role in muscle regeneration of the catalytic free radical removal activity and oxidative stress*

17.30 Coffee break

#### auditorium

18.00 **Special event**

#### *The project Rovereto - Vancouver 2010*

*Presentation of the initiatives and the programme of Italian Winter Sports toward next Olympic Games*



20.00 Social dinner

## Saturday 20<sup>th</sup> October

8.45 Thematic Sessions (V) + (VI)

#### auditorium

#### ENVIRONMENT ADAPTATIONS

**Chairman: G. Antonutto (Udine)**  
G. Antonutto (Udine) *Effect of high altitude on the haemopoietic system: a study on neocytolysis*  
C. Di Giulio (Chieti) *Carotid body as a model for aging studies: the link between oxygen supply, hypoxia, exercise and aging*  
G. Lippi (Verona) *Renal function in endurance athletes*  
G. Miserocchi (Monza) *Pulmonary mechanics adaptation at altitude*  
A. Cevese (Verona) *Neurovegetative cardiovascular adaptations to altitude*

#### conference hall

#### UNIVERSITY & SPORT

**Chairman: G. Fumagalli (Verona)**  
P. Radmilovic (Maribor) *The model of university sport and ECTS at the University of Maribor*  
P. Bouquet (Trento) *The project "University & Sport in Trento"*  
U. Ranzetti (Brescia) *Technical experience and academic teaching*  
B. Hotter (Innsbruck) *Health - a motivation for participating in university sports?*

10.45 Coffee break

## auditorium

### 11.00 Lecture

#### Chairman: P Bouquet (Trento)

U. Martini (Trento) *Physical activities in the mountain tourism: marketing and economic relations*

### 12.00 Special event

#### **Mountain & Education: Trentino School Award**

*Secondary Schools of Trentino explain their projects to integrate the mountain environment in the school programmes*



PROVINCIA AUTONOMA DI TRENTO  
Assessorato all'Istruzione

### 13.00 Lunch

### 13.30 Poster session & practical workshop

### 14.30 Lecture

#### Chairman: M. Faina (Roma)

F. Schena (Rovereto) *Prescription of exercise for mountain physical and sport activities*

### 15.30 Special event

#### **Mountain for all**

*Disability has not to be a limit for living the mountain experience: suggestion and proposal*

Gaiarin Gianpaolo (Predazzo) *SportAbili: integrated project for the development of mountain physical activity among disabled people*



### 16.00 Thematic session (VII)

#### **TECHNOLOGY & ASSESSMENT**

##### Chairman: P.Tosi (Trento)

K. Schindelwing (Innsbruck) *Model for the determination of the optimal flight angle during ski jumping*

N. Maffioletti (Zurich) *Isokinetic assessment of muscle performance in alpine skiers. Does it make sense?*

A. Concu (Cagliari) *Impedance cardiography: a non invasive technique to test cardiodynamic changes at rest and during exercise*

S. Pogliaghi (Verona) *Near-infrared Spectroscopy (NIRS): a non-invasive technique for the functional evaluation of muscle oxidative metabolism*

B. Nardelli (Trento) *e-Rescue: a prototype for an integrated GPS-based GIS system for organized mountain rescue operation*

### 17.30 Closing remarks

## Congress language

The official languages of the congress are English and Italian.

It will be available a service of simultaneous translation Italian-English and English-Italian.

## Registration

Congress participants must register on the congress web site:

[www.unitn.it/events/icms07/index.htm](http://www.unitn.it/events/icms07/index.htm)

## Payment

### Till October 1<sup>st</sup>, 2007

Congress participant: 130,00 /70,00 euro (for only 1 day)

Student participant\*: 60 euro

### After October 2<sup>nd</sup>, 2007

Congress participant: 170,00 /70,00 euro (for only 1 day)

Student participant\*: 90 euro

\* Registration is free for professors and students of the universities of Brescia, Trento, Udine and Verona. Students are requested to prove their status by sending a letter signed by a representative of their institution.

## Accommodation

Please see in the congress web site: [www.unitn.it/events/icms07/index.htm](http://www.unitn.it/events/icms07/index.htm)

## Sponsorship



## Technical partnership



**SISMeS**



## Organizing committee

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