

# 4<sup>th</sup> INTERNATIONAL CONGRESS **Mountain, Sport & Health**

UPDATING STUDY AND RESEARCH  
FROM LABORATORY TO FIELD

10-12 November 2011

MART, corso Bettini, 43 Rovereto (TN) - Italy



Università degli Studi di Verona



Comune di Rovereto

MAIN SPONSOR

 **COSMED** S.r.l.



[www.msh2011.it](http://www.msh2011.it)

## Introduction

**Mountain** is an exciting natural environment for the implementation of a number of sports and physical activities, ranging from the top high-level performance to the promotion of health and wellbeing.

**Mountain** is also an intriguing laboratory for a better understanding of the responses to physical effort in order to address the correct approach for increasing fitness through appropriate exercise programs and sports.

**Sport** Sciences, Physiology, Biomechanics, Medicine, Health Sciences and Education are the main scientific fields which will be considered from an active life perspective.

**Mountain, Sport, & Health** aims at offering 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.

It is a great satisfaction for CeRiSM to announce the fourth edition of this international congress that will turn out to be a traditional appointment for scientists, trainers, mountain experts, students for sharing knowledge and experiences on sport and mountain studies.

# PROGRAMME

## Thursday 10<sup>th</sup> November

20.30 **Special Opening Event**  
*Mountain in the history*

## Friday 11<sup>th</sup> November

8.30 **REGISTRATION**

9.00 **Symposium ADAPTATION TO EXTREME ENVIROMENT**

**Chairman: G. Fanò (Chieti)**

C. Reggiani (Padova)

*Adaptation to chronic hypoxia: an integrative view*

L. Zerbini (Rovereto)

*Effects of acute hypoxia on the  $VO_{2p}$  kinetics of older adults during cycling exercise*

C. Di Giulio (Chieti)

*The role of chemoreceptors in the ventilatory response*

10.00 **LECTURE - Chairman: F. Impellizzeri (Rovereto)**

Stephens Brian (Gavirate)

*20 years of altitude training camps: perspectives from a cycling coach*

10.45 **OFFICIAL OPENING**

11.10 coffee break

11.30 **Symposium ULTRA TRAIL RUNNING**

**Chairman: C. Capelli (Verona)**

G.Y. Millet (Saint Etienne)

*Neuromuscular fatigue induced by ultra-endurance running*

G.P. Millet (Lausanne)

*Acute response induced by ultra trail*

P. Trabucchi (Verona)

*Save the mind and finish the race*

F. Schena (Rovereto)

*Energetics of trail running*

13.00 lunch

13.30 **POSTER SESSION**

13.30 **PRACTICAL WORKSHOP sponsored by COSMED**

*Physical activity in natural environment: assessment and prescription*

15.00 **LECTURE - Chairman: C. Morandi (Verona)**

S. Marcora (Kent)

*Perception performance in adverse environment*

16.00 **Symposium HEALTH RISK, PERCEPTION AND DECISION IN  
EXTREME ENVIRONMENT**

**Chairman: N. Bonini (Trento)**

E. Rettore (Padova)

*Should we believe the avalanche risk score? An empirical validation of  
the score delivered by MeteoTrentino*

S. Pighin (Trento)

*Deciding under hypoxia: Increased risk seeking at simulated high altitude*

A. Cogo (Ferrara)

*Respiratory risks in cold exposure*

G. Faggian (Verona)

*Treatments after extreme cold exposure*

17.30 coffee break

17.50 **Symposium EMERGING MOUNTAIN SPORTS: CLIMBING**

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

X. Sanchez (Groningen)

*Psychological aspects of sport climbing*

M. Fanchini (Verona)

*Muscle strength and fatigue as determinant of climbing performance*

A. Rosponi (Rovereto)

*Energetic and assessment of rock climbing*

P.V. Gigliotti (Torino)

*Sport climbing towards the Olympic Games*

20.30 **SOCIAL DINNER**

## Saturday 12<sup>th</sup> November

- 8.30     **Symposium DEVELOPMENT OF PERFORMANCE IN JUNIOR SKIERS**  
          **Chairman: A. Veicsteinas (Milano)**  
          M. Faulhaber (Innsbruck)  
          *Intermittent hypoxia at different altitude*  
          R. Manno (Roma)  
          *Strength training in junior athletes*  
          R. Campaci (Trento)  
          *The age of maximum performances in cross country skiing*
- 9.30     **LECTURE - Chairman: F. Schena (Rovereto)**  
          H.C. Holmberg (Ostersund)  
          *Development of young cross-country skiers*
- 10.30    coffee break
- 10.50    **Special Event SCHOOL AWARD**  
          *Schools of Trentino explain their projects to integrate the mountain environment in their programmes - Third edition*
- 12.00    **Symposium HOW TO WALK IN THE MOUNTAIN**  
          **Chairman: W. Nachbauer (Innsbruck)**  
          A. Minetti (Milano)  
          Mechanical characteristics of mountain walking  
          B. Pellegrini (Rovereto)  
          *Equipment for mountain walking*
- 12.50    **BEST POSTER AWARDS**
- 13.30    **CLOSING REMARKS**

## Poster awards

The Organizing committee will assign an award to the best posters selected in each of the two categories **basic research** and **applied research**. The selection will be done on the basis of originality, quality and applicability of the work.

The two posters which will be adjudged to be the best shall be awarded a prize of 500,00 euro each.

Please refer to the congress web site: <http://www.msh2011.it>

## Registration

Congress participants must register on the congress web site:  
<http://www.msh2011.it>

## Payment

### Till October 21<sup>st</sup> 2011:

- Congress participant: 150,00 euro
- Congress students (\*): 50,00 euro

### After October 21<sup>st</sup> 2011:

- Congress participant: 200,00 euro
- Congress students (\*): 50,00 euro

(\*) Students are requested to prove their status by sending an appropriate attestation

## 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

## Accommodation

Please refer to the congress web site: <http://www.msh2011.it>



## **RESEARCH AREAS**

**sport** - Performance models, Training evaluation, Young talented athletes

**hypoxia** - Decision process, Physiological responses

**locomotion** - Nordic skiing, Climbing, Nordic Walking

**health** - Elderly, Cardiac patients, Fitness

**materials** - Clothing, Shoes interaction

**environment** - Community, Health interaction

## **LABORATORIES**

*Biomechanics of human locomotion*

*Extreme environment physiology*

*Exercise and sport physiology*

*Strength and muscular function testing*

*Development of equipment for the research*

## **STAFF**

6 sport scientists, 3 medical doctors, 2 researchers, 3 bioengineers, 3 administration

## **COLLABORATION**

National and International Universities, Sport Federation

## **TARGET GROUPS**

Top athletes, Industries, Recreational activities

## **LOCATION**

via Matteo del Ben, 5/b - 38068 Rovereto (TN)

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[www.cerism.it](http://www.cerism.it) - [cerism@univr.it](mailto:cerism@univr.it)

#### ORGANIZING COMMITTEE

Federico Schena, CeRiSM - Rovereto  
Paolo Tosi, University of Trento  
Carlo Capelli, University of Verona  
Franco Impellizzeri, CeRiSM - Rovereto

#### ORGANIZING SECRETARIAT

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