

Masterclass

**SPORT NUTRITION  
NUTRACEUTICALS TRAINING AND  
SPORT MEDICINE IN  
ENDURANCE ATHLETES**

**ROME**

**2023**

**May 13<sup>th</sup>**

**Hotel Royal Santina**

**Via Marsala, 22**

**PATRONAGE**



**INFO**

<https://www.sinseb.it/>

**EVE-LAB Formazione s.r.l.**

Viale dei Mille, 137 Florence

Tel. 055 0671000

email: [costanza.calamai@eve-lab.it](mailto:costanza.calamai@eve-lab.it)

[www.eve-lab.com](http://www.eve-lab.com)

**REQUESTED PATRONAGE**

**FNOB - Federazione Nazionale degli Ordini dei Biologi**

## **CHAIR MASTERCLASS**

Fabrizio Angelini

## **SCIENTIFIC CHAIRMEN**

Fabrizio Angelini  
Arrigo F. G. Cicero  
Luca Stefanini

## **SCIENTIFIC SECRETARIAT**

Luca Belli

## **FACULTY MEMBERS**

**Fabrizio Angelini**

**Luca Belli**

**Alessandro Bonuccelli**

**Louise Burke**

**Roberto Cannataro**

**Paolo Cavallo**

**Paolo Cigni**

**Alessandro Colletti**

**Michele Di Stefano**

**Federica Fogacci**

**Matteo Gallo**

**Luca Gatteschi**

**Alberto Ghidella**

**Annalisa Maghetti**

**Fulvio Massini**

**Domenico Meleleo**

**Inigo Mujika**

**Carmine Orlandi**

**Antonio Parri**

**Pierluigi Pompei**

**Stefano Righetti**

**Jacopo Talluri**

**Daniele Vecchioni**

# Saturday, May 13<sup>th</sup>

- 09.15 am Introduction**  
Fabrizio Angelini, Alessandro Colletti  
**FIRST SESSION**  
Chairmen: Fabrizio Angelini, Domenico Meleleo
- 09.30 am Assessment Techniques of body composition and Hydratation Status**  
Alessandro Bonuccelli
- 10.00 am Bioelectrical impedance analysis**  
Jacopo Talluri
- 10.30 am Functional tests for the endurance athlete**  
Matteo Gallo, Paolo Cigni
- 11.00 am Coffee Break**  
**SECOND SESSION**  
Chairmen: Fulvio Massini, Antonio Parri
- 11.30 am Endurance success for the modern humans: the essential steps**  
Daniele Vecchioni
- 12.00 am Carbohydrates**  
Stefano Righetti
- 12.30 am Proteins and Amino Acids**  
Luca Belli
- 01.00 pm Lunch**  
**THIRD SESSION**  
Chairmen: Luca Gatteschi, Pierluigi Pompei
- 02.00 pm Low Carbs Diet and The role of Nutraceuticals and Supplements**  
Fabrizio Angelini
- 03.00 pm Hydration**  
Carmine Orlandi
- 03.30 pm Hypercholesterolemia and cardiovascular risk in Endurance Athletes**  
Federica Fogacci
- 04.00 am Break**  
**FOURTH SESSION**  
Chairmen: Carmine Orlandi, Fabrizio Angelini
- 04.30 pm Injuries Tendons, Joints and Muscles Injuries: nutraceutical Approach**  
Alessandro Colletti
- 05.00 pm Functional recovery in endurance athletes: innovative techniques and strategies**  
Pierluigi Pompei
- 05.30 pm Final Round Table**

The following lectures will be available online to all the Masterclass attendees as pre-recorded lectures on our **FAD**:

**Endurance Training in Elite Athletes**

Inigo Mujika

**Gender Nutrition**

Louise Burke

**Epidemiology and management of the most frequent injuries**

Paolo Cavallo

**The WADA Prohibited List**

Alberto Ghidella

**Eating disorder**

Annalisa Maghetti

**Endurance: Gastrointestinal Distress**

Michele Di Stefano

**Strenght training in Endurance Athletes**

Roberto Cannataro

ROME  
May 13<sup>th</sup> 2023

**SINSeB**  
NUTRIZIONE SPORT BENESSERE

## General Information

### Masterclass Venue

#### Hotel Royal Santina

Via Marsala, 22  
00185 Rome IT

### Registration

In order to register to the event please go to:

<https://eve-lab.com/iscrizioni/evento/masterclass-sport-nutrition-nutraceuticals-training-and-sport-medicine-in-endurance-athletes-2nd-edition/>

Once completed the registration process, a confirmation email will be sent to the address indicated. For any question or problem, please contact Costanza Calamai: [costanza.calamai@eve-lab.it](mailto:costanza.calamai@eve-lab.it)

### Registration Fees (22% VAT included)

Subscription fee	before 2023, March 31 <sup>st</sup>	after 2023, March 31 <sup>st</sup>
SINSeB and SINut Members	€ 120,00	€ 140,00
Standard Fee	€ 230,00	€ 250,00
AFEN, ANSISA, ASAND, ENPAB, FNOB Members	€ 140,00	€ 160,00
Students	€ 70,00	€ 90,00

### Continuing Medical Education (CME)

EVE-LAB s.r.l.s. is a CME provider - identification code no. 382075

Credits: 7

Please be aware that for the acquisition of credits it is mandatory to have attended the 90% of the whole duration of the Congress and selected at least the 75% of correct answers of the CME questionnaire.

### Language

The official language will be Italian.

## Major Sponsor



## Sponsor









## Organizing Secretariat CME Provider



**EVE-LAB s.r.l.s.**

Viale dei Mille, 137 Florence IT  
Tel. 055 0671000  
email: [costanza.calamai@eve-lab.it](mailto:costanza.calamai@eve-lab.it)  
[www.eve-lab.com](http://www.eve-lab.com)