



ESNS

European Sport Nutrition Society

1st INTERNATIONAL CONFERENCE - Sport Nutrition on the Edge of the New Era -

Milan, november 25th 2017

SALA BUZZATI 

- Sport Nutrition on the Edge of the New Era -

TENTATIVE PROGRAM

- 08:30** Participants registration
- 09:15** Welcome by the Official Media Partner 
Paolo Bellino - General Manager - RCS Sport
- 09:30** Welcome by the chairs
Founders of ESNS
- 10:00** Between National Serie A Championship and Uefa Champions League: nutrition and supplementation into elite football players
Matteo Pincella - Sport Nutritionist Juventus FC – Torino (Italy); Italian Football National Team
- 10:30** Sports Nutrition strategies to optimize injury rehabilitation and return to play
Fabrizio Forchino - Sports Dietitian, Orthopaedic and Sports Medicine Hospital – Aspetar - Doha (Qatar)
- 11:00** Triathlon Nutrition and Supplementation
Nicola Sponsiello – General Secretary of ESNS - Padova (Italy)
- 11:30** **BREAK**
- 12:00** Intolerance Test and dysbiosis: a new insight
Pete Pompei - Unit of Pharmacology and Pharmacotherapy - University of Camerino - Camerino (Italy)
- 12:20** Timing and quality of protein supplementation
Truls Raastad - Oslo School of Sport Science - Oslo (Norway)
- 12:40** Hydration: the edge of the new era
Ian Rollo Principal Scientist, (GSSI) Gatorade Sports Science Institute - London (UK)
- 13:10** **DISCUSSION**
- 13:30** **LIGHT LUNCH**



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TENTATIVE PROGRAM

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- 14:30** Vitamin D and its role in adaptation to exercise
Ewa Ziemann Academy of Physical Education and Sport - Gdansk (PL)
- 15:00** Intermittent fast and sports: does it work?
Antonio Paoli - University of Padova - Padova (Italy)
- 15:30** Lipidomic and Performance
Giovanni Scapagnini University of Molise - Campobasso (Italy); Institute of Human Virology – Baltimore (MARYLAND, USA)
- 16:10** Ketone ester a new magical bullet for endurance sports?
Kierane Clarke - Cardiac Metabolism Research Group Department of Physiology, Anatomy & Genetics University of Oxford - Oxford (UK)
- 16:40** Doping, Supplementation and sport: what is the border?
Yannis P. PITSILADIS Board Medical Chief IOC University of Brighton - Brighton (UK)
- 17:10** Protein metabolism: how can we measure?
Elena Volpi Sealy Center on Aging, UTMB - Galveston (TEXAS, USA)
- 17:30** **DISCUSSION**
- 18:00** **CME QUESTIONARY**




GENERAL INFORMATIONS


CONFERENCE VENUE

Sala Buzzati 
Via Eugenio Balzan, 3
20121 Milano – ITALY

PROVIDER AND ORGANIZING SECRETARIAT



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REGISTRATION FEE

Registration fee is € 80.00 including VAT.

Registration fee includes:

- CONGRESSIONAL KIT,
- CERTIFICATE OF ATTENDANCE,
- ECM CERTIFICATE,
- LIGHT LUNCH

CME CREDITS

Akesios Group Provider Standard no. 403 assigned no. 5 CME credits to all health professionals.

The course is closed (maximum 200 participants).

Certificates showing CME credits, after attentive checking of participation and learning, will be sent within 90 days after the closing of the event.

REGISTRATION

You can sign up by filling out the online registration form on the site www.esns.academy

