

# TECHNOLOGY IN SPORT AND HUMAN MOVEMENT

## BLENDING INTENSIVE PROGRAMME GEMONA DEL FRIULI

### 16.06 TUESDAY, 12-13

*The history of Sport Science within the context of the University of Udine (on-line meeting)*

#### **Teresa Gagliano**

Prof. of Experimental Biology - Department of Medicine - University of Udine, Italy

### 29.06 MONDAY, 10.30-12

#### **Welcome & Kick-off Cocktails**

#### **Teresa Gagliano**

Prof. of Experimental Biology - Department of Medicine - University of Udine, Italy

#### **Opening remarks by authorities**

#### **12-14 Lunch**

#### **14-18**

*Performance and movement analysis in sport: What we can quantify in human movement*

#### **Paolo Taboga**

Prof. of Biomechanics - Department of Kinesiology - California State University, Sacramento, USA

### 30.06 TUESDAY, 9 - 12

*The energy cost of accelerated running on flat terrain: from velocity to metabolic power*

#### **Pietro E. di Prampero**

Prof. Emeritus of Human Physiology - Department of Medicine - University of Udine, Italy

*Metabolic power assessment using GPS data: from theoretical models to field application*

#### **Alberto Botter**

Sport Scientist and Data Analyst, Benetton Rugby, Treviso, Italy

#### **Marco Maniera**

Sport Scientist and Data Analyst, Benetton Rugby, Treviso, Italy

#### **Francesco Tonizzo**

Sport Scientist, Udinese Calcio, Udine, Italy

#### **12.30-14 Lunch**

#### **14 - 18**

*The external work of accelerated running on flat terrain: from velocity to mechanical power*

#### **Cristian Osgnach**

Sport Scientist, Exelio srl, Udine, Italy

*Mechanical power assessment using GPS data: from theoretical models to field application*

#### **Alberto Botter**

Sport Scientist and Data Analyst, Benetton Rugby, Treviso, Italy

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Sport Scientist and Data Analyst, Benetton Rugby, Treviso, Italy

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Sport Scientist, Udinese Calcio, Udine, Italy

#### **19 Visit Gemona!**

Gemona del Friuli is a charming historic town nestled at the foothills of the Julian Alps in northeastern Italy, known for its rich cultural heritage and stunning natural surroundings. During the visit, participants will have the opportunity to explore its medieval center, enjoy panoramic views, and experience the unique blend of history, landscape, and local traditions that characterize the region.

### 01.07 WEDNESDAY, 9 - 12

*Modern diagnostic systems in individual sports: cycling*

#### **Samo Rauter**

Prof. of Kinesiology and Exercise Science - University of Ljubljana, Ljubljana, Slovenia

#### **12-14 Lunch**

#### **14 Visit Udine!**

Udine is a vibrant city in north-eastern Italy, known for its elegant Venetian architecture and rich cultural atmosphere. During the visit, participants will access the historic library housed in Palazzo Florio and experience a traditional *aperitivo* in a typical Friulian osteria, offering a taste of local flavours and social customs.

### 02.07 THURSDAY, 9 - 12

*Exercise is medicine. Inactivity is a disease.*

#### **Bruno Grassi**

Prof. of Human Physiology - Department of Medicine - University of Udine, Italy

*New non-invasive methods to evaluate exercise tolerance and oxidative metabolism.*

#### **Giovanni Baldassarre**

Researcher - Department of Medicine - University of Udine, Italy

*Oxidative metabolism during exercise: non-invasive and invasive methods for assessing mitochondrial function.*

#### **Lucrezia Zuccarelli**

Prof. of Human Physiology - Department of Medicine - University of Udine, Italy

#### **12-14 Lunch**

#### **14 - 18**

*From VO<sub>2</sub>max testing to training prescription: training zones, intensity distribution, and training periodization*

#### **Mattia D'Alleva**

Researcher - School of Sport Science - Department of Medicine - University of Udine, Italy

#### **Nicola Giovanelli**

Sport Scientist, Team Manager La Sportiva, Italy

#### **20 Pizza Night**

### 03.07 FRIDAY, 9-12

*Surface Electromyography (sEMG): from spinal circuits to motor output*

#### **Enrico Rejc**

Prof. of Sport Science - Department of Medicine - University of Udine, Italy

#### **Simone Zaccaron**

PhD student - School of Sport Science - Department of Medicine - University of Udine, Italy

#### **12-14 Farwell and departures**



# DMED

DIPARTIMENTO  
DI MEDICINA  
UNIVERSITÀ DEGLI  
STUDI DI UDINE

CORSO DI LAUREA  
SCIENZE MOTORIE

A Blended Intensive Programme (BIP) is a short-term international learning experience that combines online and in-person activities, aimed at fostering collaboration and mobility among students from different countries.

This specific BIP is a Summer School focused on "Technology in Sport and Human Movement", exploring innovative technologies in sport and human movement, providing students with practical skills and an international perspective on performance analysis, training, and athlete management.

**across** EUROPEAN UNIVERSITY  
FOR CROSS-BORDER  
KNOWLEDGE SHARING

**Local Organizing Committee  
from Department of Medicine,  
University of Udine:**

**Prof. Stefano Lazzer**  
Prof. of Sport Science, Department  
of Medicine, University of Udine, Italy

**Prof. Enrico Rejc**  
Prof. of Sport Science, Department  
of Medicine, University of Udine, Italy

**Prof. Teresa Gagliano**  
Prof. of Experimental Biology,  
Department of Medicine,  
University of Udine, Italy

**For practical arrangements  
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