



**UNIVERSITÀ DEGLI STUDI  
DI CAGLIARI**

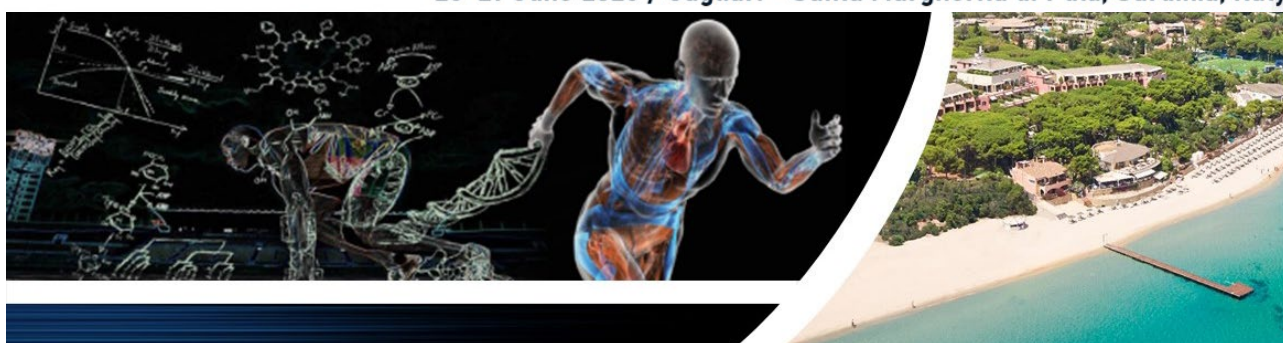
Facoltà di Medicina e Chirurgia

Dipartimento di Scienze Mediche e Sanità Pubblica

Corsi di Laurea Triennale in Scienze delle Attività Motorie e Sportive  
e Magistrale in Scienze delle Attività Motorie Preventive e Adattate

## 4<sup>th</sup> UNICA SPORT SCIENCE INTERNATIONAL CONFERENCE

25-27 June 2025 / Cagliari - Santa Margherita di Pula, Sardinia, Italy



## Final Programme



**REGIONE AUTONOMA  
DE SARDIGNA**

**REGIONE AUTONOMA  
DELLA SARDEGNA**

**ForteVillage**  
SARDINIA



**SPORT  
E SALUTE**  
SARDEGNA



**FEDERAZIONE ITALIANA  
SPORT ORIENTAMENTO**  
**Delegazione SARDEGNA**



**SISMES**  
SOCIETÀ ITALIANA DELLE SCIENZE MOTORIE E SPORTIVE

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# Final Programme

4th UNICA SPORT SCIENCE INTERNATIONAL CONFERENCE  
Cagliari/Santa Margherita di Pula, Sardinia, Italy  
25-27 June 2025

Organized by



**UNIVERSITÀ DEGLI STUDI  
DI CAGLIARI**

Facoltà di Medicina e Chirurgia  
Dipartimento di Scienze Mediche e Sanità Pubblica  
*Corsi di Laurea Triennale in Scienze delle Attività Motorie e Sportive  
e Magistrale in Scienze delle Attività Motorie Preventive e Adattate*

## Organization

### CHAIR[S] of the SCIENTIFIC and ORGANIZING COMMITTEES

Filippo TOCCO and Myosotis MASSIDDA  
Department of Medical Sciences and Public Health  
University of Cagliari  
[ITALY]

#### SCIENTIFIC COMMITTEE

Sebastiano BANNI  
[ITALY]  
Carla Maria CALO'  
[ITALY]  
Mauro CARTA  
[ITALY]  
Giovanna GHIANI  
[ITALY]  
Massimiliano PAU  
[ITALY]

#### ORGANIZING COMMITTEE

Giuseppe ALLEGRA  
[ITALY]  
Stefano CONI  
[ITALY]  
Giovanna GHIANI  
[ITALY]  
Marcello Maria OGGIANU  
[ITALY]  
Marcello SANFELICE  
[ITALY]  
Sylvia KIEPUSZEWSKA  
[ITALY]

#### AWARDS Committee for the Oral Presentations

Carlo CASTAGNA  
[ITALY]  
Pawel CIESZCZYK  
[POLAND]  
Malcolm COLLINS  
[SOUTH AFRICA]  
Kinga HUMINSKA-LISOWSKA  
[POLAND]

#### AWARDS Committee for the Poster Presentations

Attilio CARRARO  
[ITALY]  
Susanna POVOAS  
[PORTUGAL]  
Diego PRIMAVERA  
[ITALY]  
Alison V. SEPTEMBER  
[SOUTH AFRICA]

## Invited Speakers – Wednesday, June 25th



**Malcolm COLLINS**  
Health through Physical  
Activity, Lifestyle and Sport  
Research Centre,  
University of Cape Town  
SOUTH AFRICA



**Paweł CIESZCZYK**  
Rector  
of Gdansk University of  
Physical Education and Sport  
Gdansk  
POLAND



**Alison V. SEPTEMBER**  
Deputy Director of Health  
Through Physical Activity and  
Sport Research Centre,  
University of Cape Town  
SOUTH AFRICA



**Kinga HUMINSKA-LISOWSKA**  
Gdansk University  
of Physical Education  
and Sport,  
Gdansk  
POLAND



**Ildus AHMETOV**  
Research Institute for Sport  
and Exercise Science  
Liverpool John Moores  
University, Liverpool  
UNITED KINGDOM

## Programme – Wednesday, June 25th

Congress Venue: Sala Congressi, Blocco I, Cittadella Universitaria di Monserrato

9.00 am Registration opens

2.45 pm Registration closes

3.00 pm Conference welcome to organizer and Greetings of the Authorities

### GENETICS SYMPOSIUM



Chair[s]:



**Myosotis Massidda**  
Department of Medical Sciences and  
Public Health, University of Cagliari  
ITALY

**Carla Maria Calò**  
Department of Life and Environmental  
Sciences, University of Cagliari  
ITALY

#### 3.30 pm KEYNOTE LECTURE

Investigating the association of genetic markers, previously identified by Genome-wide association studies, with ACL rupture in multiple cohorts.  
Malcolm COLLINS, [SOUTH AFRICA]

#### 4.15 pm INVITED LECTURE

MMP1 rs1799750, MMP10 rs486055, and MMP12 rs2276109 polymorphisms and ACL rupture in physically active individuals.  
Pawel CIESZCZYK, [POLAND]

#### 4.45 pm INVITED LECTURE

Investigating the polygenic influence of variants within HSPG2, ITGB3, and ITGB2 on Anterior Cruciate Ligament Rupture risk across multiple international cohorts.  
Alison V. SEPTEMBER, [SOUTH AFRICA]

#### 5.15 pm COFFEE BREAK

#### 5.45 pm INVITED LECTURE

The genetic of muscle strength.  
Ildus AHMETOV, [UNITED KINGDOM]

#### 6.15 pm INVITED LECTURE

The role of CFDNA and key cytokine polymorphisms in athletic potential.  
Kinga HUMINSKA-LISOWSKA, [POLAND]

#### 6.45 pm CLOSING STATEMENT

7.00 pm AUDARYA Wine Testing (Activity reserved to Speakers, Authorities and Commettes Members)

## Invited Speakers and Chair[s] – Thursday, June 26th

### Invited Speakers



**Heather GIBSON**  
University of  
Florida  
USA



**Attilio CARRARO**  
University of  
Bolzano  
ITALY



**Carlo CASTAGNA**  
Thelematic  
University of  
Pegaso,  
ITALY



**Angelo GIANNUZZI**  
Forte Village  
Resort,  
ITALY



**Susanna  
POVOAS**  
University of  
Maia,  
PORTUGAL

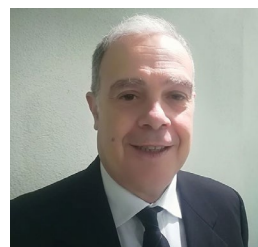
### Chair[s]:



**Filippo TOCCO**  
Dept of Medical  
Sciences and Public  
Health  
University of Cagliari  
ITALY



**Myosotis MASSIDDA**  
Dept of Medical Sciences  
and Public Health  
University of Cagliari  
ITALY



**Mauro CARTA**  
Dept of Medical  
Sciences and Public  
Health  
University of Cagliari  
ITALY



**Sebastiano BANNI**  
Dept of Biomedical  
Sciences  
University of Cagliari  
ITALY



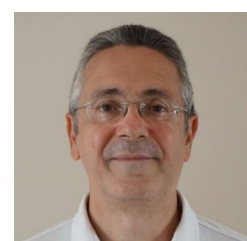
**Paweł CIESZCZYK**  
Gdansk University of  
Physical Education  
and Sport,  
Gdansk  
POLAND



**Malcolm COLLINS**  
Health through Physical  
Activity, Lifestyle and  
Sport Research Centre  
University of Cape Town,  
SOUTH AFRICA



**Alberto CONCU**  
AC Technology SRL  
Cagliari  
ITALY



**Massimiliano PAU**  
Dept of Mechanical,  
Chemical and  
Materials Engineering  
University of Cagliari  
ITALY

## Programme – Thursday, June 26th

**Congress Venue: Cristalli Hall, Forte Village Resort**

**8.45 – 9.15 am Registration**

**9.15 – 9.30 am Conference welcome to organizer**

**9.30 – 10.00 am INVITED LECTURE**

The multidimensional benefit of greenness exposure and outdoor activities.

Attilio CARRARO [ITALY]

Chair: Mauro Carta [ITALY]

**10.00 – 10.30 am INVITED LECTURE**

Le Méthode Naturelle.

Carlo CASTAGNA [ITALY]

Chair: Filippo Tocco [ITALY]

**10.30-11.20 am OUTDOOR TRAINING & ACTIVE SPORT TOURISM**

Oral presentations

Chair[s]: Alberto Concu, Myosotis Massidda, Filippo Tocco [ITALY]

**11.20 – 11.50 am COFFEE BREAK – Cristalli Garden**

**11.50-12.20 pm INVITED LECTURE**

Alternative outdoors exercise concepts – feasibility, physiological demands and health effects.

Susanna POVOAS [PORTUGAL]

Chair: Filippo Tocco [ITALY]

**12.20-12.50 am INVITED LECTURE**

Active Sports Tourism in Sardinia and the winner philosophy e of a World's Leading Sports Resort.

Angelo GIANNUZZI [ITALY]

Chair: Myosotis Massidda [ITALY]

**1.00 pm LUNCH BREAK, Cavalieri Restaurant**

**3.00-3.30 pm KEYNOTE LECTURE**

Active Sport Tourism.

Heather GIBSON [FLORIDA]

Chair[s]: Myosotis Massidda [ITALY], Filippo Tocco [ITALY]

**3.30-4.00 pm BIOMECHANICS & PSYCHOLOGY**

Oral presentations

Chair[s]: Massimiliano Pau [ITALY], Mauro Carta [ITALY]

**4.00-4.30 pm GENETICS & EPIGENETICS**

Oral presentations

Chair[s]: Malcolm Collins [SOUTH AFRICA], Pawel Cieszczyk [POLAND]

**4.30 pm COFFEE BREAK– Cristalli Garden**

**Poster Area: 5.00-6.00 pm – POSTER SESSION, Cristalli Hall**

**6.00-6.40 pm TRAINING & TESTING AND EXERCISE MEDICINE & HEALTH**

Oral presentations

Chair[s]: Alberto Concu, Myosotis Massidda, Filippo Tocco [ITALY]

**6.40-7.20 pm PHYSIOLOGY & NUTRITION**

Oral presentations

Chair[s]: Sebastiano Banni [ITALY], Alberto Concu [ITALY]

**7.45 pm CLOSING STATEMENT and AWARDS CEREMONY**

## Oral presentations – Thursday, June 26th

Congress Venue: Cristalli Hall, Forte Village Resort

10.30-11.10 am OUTDOOR TRAINING & ACTIVE SPORT TOURISM

Chair: Alberto Concu, Myosotis Massidda, Filippo Tocco [ITALY]

10.30 FOIS ANDREA et al. [ITALY]

CARDIOMETABOLIC AND SYSTEMIC ADJUSTMENTS AFTER AN ENDURANCE SEA RACE IN ATHLETES DRIVING MOTORBOATS ELECTRICALLY POWERED BY GREEN ENERGY SOURCES.

10.40 PALMAS MARCO et al. [ITALY] [YIA]

MORPHO-FUNCTIONAL CHANGES IN A SKILLED KAYAKER DURING A MONTH OF DAILY PADDLING ALONG SARDINIA'S ISLAND COMBINING HEALTH BENEFIT FROM PADDLING WITH ACTIONS AIMED AT SAFEGUARDING THE COASTAL ENVIRONMENT.

10.50 GHIANI MARIA GIOVANNA et al. [ITALY]

ADVENTURE TOURISM: AN INTERESTING APPROACH TO BOOSTING PHYSICAL ACTIVITY LEVELS.

11.10 VACCA MATTEO [ITALY] [YIA]

THE SUPRAMONTE AS A NATURAL LABORATORY FOR GREEN EXERCISE AND NUTRACEUTICALS: A PILOT STUDY AND REVIEW OF SCIENTIFIC EVIDENCE.

11.20 – 11.50 am COFFEE BREAK, Cristalli Garden

1.00 pm LUNCH BREAK, Cavalieri Restaurant

3.30 – 4.00 pm BIOMECHANICS & PSYCHOLOGY

Chair[s]: Massimiliano Pau [ITALY] and Mauro Carta [ITALY]

3.30 ARIPPA FEDERICO et al. [ITALY] –[YIA]

AN IMU-BASED METHOD FOR ESTIMATING DYNAMIC BALANCE.

3.40 GEP ZSUZSANNA et al. [HUNGARY] –[SIA]

EFFECT OF WEEKLY YOGA PRACTICE ON ATTITUDES AND MENTAL HEALTH OF UNIVERSITY STUDENTS.

3.50 LODI MATTEO BRUNO [ITALY] – [YIA]

SIGNAL ANALYSIS OF CW RADAR DATA ACQUIRED ON SUBJECTS WALKING ON A TREADMILL.

4.00-4.30 pm GENETICS AND EPIGENETICS

Chair[s]: Malcolm Collins [SOUTH AFRICA], Pawel Cieszczyk [POLAND]

4.00 DE BERARDINI THOMAS et al. [ITALY] – [YIA]

ASSOCIATION BETWEEN ACTN-3 c.1729C>T POLYMORPHISM AND SHORT LINEAR SPRINT PERFORMANCE IN YOUTH FEMALE VOLLEYBALL PLAYERS..

4.10 PROIA PATRIZIA et al. [ITALY] – [SIA]

EXERCISE-RELATED EPIGENETIC CHANGES IN HUMAN BLOOD: INSIGHTS FROM ACTIVE AND SEDENTARY SUBJECTS.

4.20 FOIS FEDERICO et al. [ITALY] – [YIA]

ASSOCIATION BETWEEN ACTN-3 c.1729C>T (rs1815739) POLYMORPHISM AND MATCH-PLAY MAXIMAL RUNNING SPEED IN ELITE FOOTBALL PLAYERS: A PRELIMINARY REPORT.

## Oral presentations – Thursday, June 26th

Congress Venue: Cristalli Hall, Forte Village Resort

4.30 – 5.00 pm COFFEE BREAK, Cristalli Garden

Poster Area: 5.00–6.00 pm POSTER SESSION, Cristalli Hall

6.00 pm – 6.40 pm TRAINING & TESTING AND EXERCISE MEDICINE & HEALTH  
Chair[s]: Alberto Concu, Myosotis Massidda, Filippo Tocco [ITALY]

6.00 DZITKOWSKA ZABIELSKA MAGDALENA et al. [POLAND] – [SIA]  
THE ROLE OF COPEPTIN IN CARDIOVASCULAR RISK FOR ACTIVE SENIORS.

6.10 MULLIRI GABRIELE et al. [ITALY]  
PRELIMINARY DATA ON THE EFFECT OF NORMOBARIC HYPOXIA ON CARDIOPULMONARY EXERCISE TEST PARAMETERS IN MALE AND FEMALE AMATEUR ATHLETES.

6.20 LUBKOWSKA BEATA et al. [POLAND] – [SIA]  
MICROBIOLOGICAL ASSESSMENT OF FEET AND PATHOGEN RISK FOLLOWING INTENSIVE RUNNING EXERCISE.

6.30 PERRA GIOVANNI et al. [ITALY] – [SIA]  
EFFECT OF ENDURANCE TRAINING ON CARDIORESPIRATORY RESPONSE TO EXERCISE UNDER HYPOXIC CONDITIONS.

6.40–7.20 pm PHYSIOLOGY & NUTRITION  
Chair[s]: Sebastiano Banni [ITALY], Alberto Concu [ITALY]

6.40 LAI ALESSANDRO et al. [ITALY] – [YIA]  
SEX DIFFERENCES IN THE IMPACT OF PHYSICAL ACTIVITY ON ARTERIAL STIFFNESS.

6.50 RUGGIU MICHELE et al. [ITALY] – [YIA]  
POWER WEIGHT RATIO AND MAXIMAL FAT OXIDATION: ANALYSIS ON HEALTHY ADOLESCENTS AGED 15 TO 17.

7.00 FANNI MASSIMO et al. [ITALY] – [YIA]  
RESULTS ON THE EFFECTS OF EXERCISE AND MENTAL STRESS UNDER CONCURRENT ACUTE NORMOBARIC HYPOXIA ON PULMONARY GAS EXCHANGE KINETICS.

7.10 MURRU ELISABETTA et al. [ITALY]  
IDENTIFICATION OF CIRCULATING MARKERS OF ACUTE AND LONG-TERM FAT UTILIZATION CAPACITY.

7.45 pm CLOSING STATEMENT and AWARDS CEREMONY

## Poster presentations – Thursday, June 26th

Congress Venue: Cristalli Hall Poster Area, Forte Village Resort

Chair[s]:

Alison V. SEPTEMBER [SOUTH AFRICA], Attilio CARRARO [ITALY],  
Susanna POVOAS [PORTUGAL], Diego PRIMAVERA [ITALY]

### Poster Area 3: 5.00-6.00 pm – POSTER SESSION

5.00 MACULEVICZ EVELINA et al. [POLAND] - [SIA], Position n.1

Topic: Genetics & Epigenetics (GE)

THE RELATIONSHIP BETWEEN MCT2 RS3763979 AND THE KINETICS OF BLOOD LACTATE PRODUCTION AND REMOVAL AFTER HIGH-INTENSITY EFFORTS.

5.05 BOJARCZUK ALEKSANDRA al. [POLAND] -[SIA], Position n.2

Topic: Genetics & Epigenetics (GE)

THE RELATIONSHIP BETWEEN THE PPARGC1A GENE POLYMORPHISM RS8192678 AND THE KINETICS OF BLOOD LACTATE PRODUCTION AND REMOVAL AFTER HIGH-INTENSITY EFFORTS.

5.15 DELL'OSA ANTONIO et al. [ARGENTINA], - [YIA], Position n.3

Topic: Sports and Exercise Medicine & Health (MH)

CARDIOVASCULAR ADJUSTMENTS OCCURRING IN SUBJECTS FLOATING IN A POOL WITH HIGHER TEMPERATURE WATER AND INCREASED HYDROSTATIC THRUST.

5.20 PANI CHIARA [ITALY] - [YIA], Position n.4

Topic: Sports and Exercise Medicine & Health (MH)

HANDGRIP STRENGTH, BODY COMPOSITION AND EXPLOSIVE STRENGTH: ANALYSIS IN HEALTHY ADOLESCENTS AGED 15-17.

5.30 FRAU FEDERICA et al. [ITALY] - [YIA], Position n.5

Topic: Training and Testing (TT)

VALIDITY AND RELIABILITY OF THE SIX-MINUTE WALK TEST IN HEALTHY ADOLESCENTS

5.35 BICHOWSKA-PAWESKA MARTA [POLAND] - [SIA], Position n.6

Topic: Training and Testing (TT)

THE ACUTE EFFECT OF BLOOD FLOW RESTRICTION OR ISCHEMIA ON COUNTERMOVEMENT JUMP PERFORMANCE.

5.40 PORCEDDU FRANCESCO [ITALY] - [YIA], Position n.7

Topic: Training and Testing (TT)

THE RELIABILITY OF THE DICK TABLE FOR PREDICTING ATHLETIC PERFORMANCE TIMES.

5.45 ABISSINI MATTIA [ITALY] - [YIA], Position n.8

Topic: Training and Testing (TT)

DIFFERENCES IN PHYSICAL FITNESS VARIABLES BETWEEN COMPETITIVE MALE AND FEMALE TENNIS PLAYERS.

5.50 GAIA LIGAS [ITALY] - [YIA], Position n.9

Topic: Training and Testing (TT)

SPRINT MECHANICS ASSESSMENT SCORE (S-MAS) IN THE ANALYSES OF TRACK AND FIELD SPRINT PERFORMANCE: A METHOD TO PREVENT INJURIES.

## Activities on the field– Friday, June 27th

Congress Venue: : Batteria Boggio, Località Nora – Su Guventeddu, PULA

### WORKSHOP: ORIENTEERING COMPETITION

Chair[s]:

GIUSTO DE COLLE [FISO],  
ANDREA MENTASTI [Forte Village Resort], DARIO CARBINI [Sardegna Ricerche]

9.00 – 9.20 am Registration

9.20 – 9.30 am Conference welcome to organizer

9.30 – 10.00 am Briefing for the Competition

10.00–12.00 pm Orienteering Competition

12.00–12.30 pm Analyses of the Competition results

12.30–13.00 pm Winners Awards

Congress Venue: Forte Village Resort

### WORKSHOP: FORTE VILLAGE SPORTS ACADEMIES TOUR

(Activities reserved to Conference's Speakers and Members of the Scientific and Organizing Committees)

Chair:

ANGELO GIANNUZZI [Forte Village Resort]

3.00 – 3.15 pm Registration

3.15 – 3.30 pm Conference welcome to organizer

3.30–4.00 pm

STATION 1: BOXING  
Frank Buglioni Boxe Academy

4.00–4.30 pm

STATION 2: FENCING  
Valentina Vezzali Fencing Academy

4.30–5.00 pm

STATION 3: FOOTBALL  
Fundacion Real Madrid Clinic Football Academy

5.00–5.30 pm

STATION 4: STATION 2: BASKETBALL  
Olympia Milano Football Academy EA7

5.30–6.00 pm

STATION 5: TENNIS by HEAD  
Rocco Loccisano Tennis Academy

Congress Venue: FRONTEMARE, Quartu Sant'Elena (Cagliari).

7.45 pm CONFERENCE SOCIAL DINNER

11.00 pm USSIC NIGHT PARTY

Headquarter hotel of USSIC 2025

# ForteVillage

SARDINIA



## Congress Venues

### SALA CONGRESSI

Blocco I, Cittadella Universitaria  
di Monserrato SS 554, Bivio  
Sestu, 09042 Monserrato (CA)



June 25th

### FORTE VILLAGE RESORT

Località Santa Margherita di  
Pula, SS 195, km 39.600  
09050 Pula (Sardegna)



June 26th

### BATTERIA BOGGIO

Su Guventeddu, Località Santa  
Margherita di Pula  
09050 Pula (Sardegna) - 39 km



June 27th

## Main partners



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DELLA SARDEGNA

**ForteVillage**  
SARDINIA



**SPORT  
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See you at



Conference Social Dinner and USSIC Night Party, *Friday June 27th*

*(Reservation required)*

# frontemare

Viale Lungomare del Golfo 150, 09045, Quartu Sant'Elena , Sardegna Italia



<https://www.frontemaresardinia.com/>





**UNIVERSITA' DI CAGLIARI – UNIVERSITY OF CAGLIARI**

**SCIENZE DELL'ESERCIZIO FISICO E DELLO SPORT – SPORTS AND EXERCISE SCIENCES**



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



**Conference Secretariat**

(registration, payments, online abstract management, local logistics, general information)

Phone: +39 079 2824106

Email: [gestione@smeraldaconsulting.it](mailto:gestione@smeraldaconsulting.it)