



REGIONE AUTONOMA DE SARDIGNA  
REGIONE AUTONOMA DELLA SARDEGNA



UNIVERSITÀ DEGLI STUDI  
DI CAGLIARI

Dipartimento di Scienze Mediche e Sanità Pubblica



SARDIGNA CHIRCAS  
SARDEGNA RICERCHE

# USSIC 2026

MORE THAN A CONFERENCE

*5<sup>th</sup> UNICA SPORT SCIENCE INTERNATIONAL CONFERENCE*



1-3 July 2026 – Pula, Sardinia, Italy

## MAIN ACTIVITIES

CALL FOR ABSTRACT  
SCIENTIFIC SESSIONS  
INVESTIGATION AWARDS  
NETWORKING  
WORKSHOPS  
EXHIBITION HALL  
SPORT COMPETITIONS  
SOCIAL EVENTS



*Sport Science, Genetics, Exercise as Medicine in a Timeless Paradise*

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





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#### PRELIMINARY GENERAL PROGRAM

WEDNESDAY 1 JULY 2026

**Congress Venue: Sala Congressi, POLARIS, Località Pixinamanna, PULA**

9.00 am Registration Open

2.45 pm Registration Closes

3.00 pm Conference Welcome by the Organizer and Greetings from the Authorities

3.30 pm III Symposium on Genetic of Athletic Performance and Sport Injuries (I Session)

5.30 pm Coffee Break

6.00 pm III Symposium on Genetic of Athletic Performance and Sport Injuries (II Session)

7.00 pm Closing Ceremony and Wine Tasting (Activity reserved for Speakers, Authorities and Committes Members)

THURSDAY 2 JULY 2026

**Congress Venue: (Location to be annunced), PULA**

9.00 am Registration Open

9.30 am Conference Welcome to Organizer and Greetings from the Authorities

9.45 am Keynote Lecture on EXERCISE AS MEDICINE and Scientific Sessions

11.30 am Coffee Break

12.00 pm Invited Lecturer and Scientific Sessions

1.30 pm Lunch Break

3.15 pm Scientific Sessions

4.30 pm Coffee Break

5.00 pm Poster Sessions

6.30 pm Scientific Sessions

7.30 pm Closing Statement and Awards Ceremony

FRIDAY 3 JULY 2026

**Congress Venue: Sala Congressi, POLARIS, Località Pixinamanna, PULA**

9.00 am Registration Open

9.30 am Lectio Magistralis on Exercise as Medicine

10.00 am Round Table

*Exercise as Medicine: Toward Personalized Training*

10.45 am Coffee Break

11.15 am Policy & Practice Forum (Plenary session)

*Healthy Athletes, Sustainable Pathways: Aligning Health, Education and Sport Systems*

12.00 pm Workshops and Exhibition hall – Fast Lunch

5.00 pm Orienteering competition in the Forest of Pixinamanna

6.30 pm Orienteering Competition Award Ceremony

**Conference Dinner and USSIC FINAL PARTY Venue: (Location to be annunced), PULA**

8.30 pm Conference Dinner

11.30 pm USSIC Final Party



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