



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

5th 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



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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 Committees Members)

THURSDAY 2 JULY 2026

Congress Venue: (Location to be announced), 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 announced), PULA

8.30 pm Conference Dinner

11.30 pm USSIC Final Party



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