



REGIONE AUTÒNOMA DE SARDIGNA  
REGIONE AUTONOMA DELLA SARDEGNA



UNIVERSITÀ DEGLI STUDI  
DI CAGLIARI

Dipartimento di Scienze Mediche e Sanità Pubblica



SARDIGNA CHIRCA  
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 Pixnamanna, 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: Forte Village Resort, 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, Science and Technology Park of Sardinia, Pixnamanna**

- 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 Pixnamanna, Pula
- 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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