

# 3<sup>rd</sup> Mountain, Sport & Health

UPDATING STUDY AND RESEARCH FROM LABORATORY TO FIELD

International congress 12-14 November 2009, Rovereto (TN) - Italy



organized by  
**CeBiSM**

Research Center for Bioengineering and Sport Sciences

## Fist Announcement

### Presentation

**Mountains** are an exciting natural environment for the implementation of a number of sports and physical activities, ranging from the top high-level performance to the promotion of health and wellbeing.

**Mountains** are also an intriguing laboratory for the better understanding of the responses to physical effort in order to address the correct approach to fitness increase through appropriate exercises program and sports.

Sport Sciences, Physiology, Biomechanics, Medicine, Health Sciences and Education are the main scientific fields which will be considered in an active life perspective.

**Mountain, Sport, & Health** aims at offering an updated panorama, from laboratory experimental studies to the application on day to day practice, on different topics related to mountain sports activities and their impact on human performance and health.

It is a great satisfaction for **CeBiSM** to announce the third edition of this international congress that will turn out to be a new appointment for scientists, trainers, mountain experts, students for sharing knowledge and experiences on the sport and mountain studies.

### Topics

Training and testing for Olympic Winter Sports  
Promotion of Physical Activity  
Leisure & Health in Mountain Environment  
Chronic Diseases Exercise in Altitude  
Mountain Activities for disabled people  
Physiology and Biomechanics of Mountain Sports  
Adaptation and training in Hypoxia  
Education in Sport & Mountain  
University and Sports

### Poster Award

Congress Poster Award will be assigned by the organizing committee to the best poster selected on the basis of originality, quality and applicability of the work.

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## Call for abstract

Free papers for poster presentation on the congress topics are welcome. The deadline for abstract submission is October 6th 2009.

Guidelines for abstracts are on the Congress homepage [www.unitn.it/cebism](http://www.unitn.it/cebism). Notice of acceptance will be sent to the author by October 12th 2009.

## Organizing committee

Federico Schena	CeBiSM - Rovereto
Guido Ferretti	University of Brescia
Paolo Tosi	University of Trento
Carlo Capelli	University of Verona
Franco Impellizzeri	CeBiSM - Rovereto

## Important dates

Preliminary Programme - June 30th, 2009

Abstract dead line - October 6th, 2009

Final Programme - October 12th, 2009

Early Registration - October 20th, 2009

## Travel information

Located in the northern of Italy, between the Lake Garda and the Dolomites, Rovereto can be reached by train (see [www.trenitalia.it](http://www.trenitalia.it) for train schedules) or by car (A22 Highway). The airports nearest to Rovereto are Verona (90 km), Venezia (125 km) and Milano (245 km).

## Congress venue

All the lectures will take place in the Auditorium of MART, Museum of Modern Art, which is located in the centre of the city.

## Congress language

The official language of presentation and all written material is English. Simultaneous translation English - Italian will be provided.