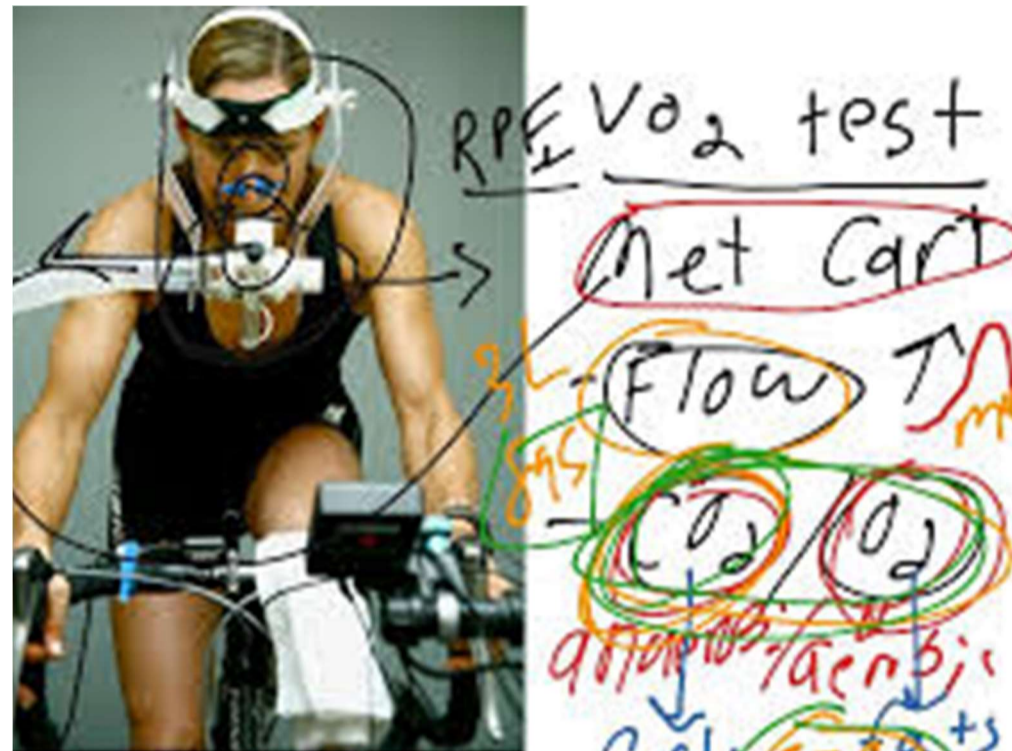




UNIVERSITÀ
di VERONA

Scuola
di **MEDICINA E CHIRURGIA**
Dipartimento
di **NEUROSCIENZE,
BIOMEDICINA E MOVIMENTO**



January 20-24 2020, 9.00-12.00 and 14.00-17.30

Aula D Scienze Motorie, Via Casorati, 43 Verona

Winter School

“The Physiological Bases of Exercise Prescription”

From functional indexes to individualised dose

20	Exercise-induced health benefits	Silvia Pogliaghi	University of Verona
20	Exercise guidelines: are they appropriate?	Juan Murias	University of Calgary
20	Exercise testing: ramp vs step	Jan Boone	University of Ghent
21	Exercise-intensity domains	Alex Colosio	University of Verona
21	VO _{2max}	Silvia Pogliaghi	University of Verona
22	The concept of Critical Intensity	Jan Boone	University of Ghent
22	The Ventilatory Thresholds	Juan Murias	University of Calgary
22	The Critical Power	Kevin Caen	University of Ghent
23	Maximal fat oxidation	Silvia Pogliaghi	University of Verona
23	Translation of intensity targets MOD	Juan Murias	University of Calgary
24	Translation of intensity targets HEAVY	Kevin Caen	University of Ghent
24	From functional indexes to tailored intensity	Jan Boone	University of Ghent
20-24	22 hrs of “hands-on” laboratory activity	Caen, Colosio, Ferrari, Teso	

In 35 hrs (13 lectures + 22 laboratory) the course will provide a research-informed, up-to-date theoretical framework and laboratory experience for accurate, individualised exercise intensity prescription for health promotion and sports training.

Language: English Participants: 20 max
250 €, Free participation for UniVR students
Info: silvia.pogliaghi@univr.it

Subscription:
<https://forms.gle/tPBJRoJabXP94Lm58>

