



# University of Verona

## Faculty of Exercise and Sport Sciences

The “Centre of Applied Research on Rugby” was born in 2010 with the aim of enhancing and improving dissemination of educational, training, research and cooperation activities connected to Rugby. In the last five years the Laboratory of Exercise Physiology has started a series of activities related to the world of the oval ball:

- applied research programs
- first cycle (BA) and second cycle (MA) degrees
- training period for first cycle and second cycle degree in Sport Sciences
- internal symposiums and educational for technicians and sport associations
- a PhD project entirely addressed to functional evaluation applied to rugby
- triennial convention with the Italian Rugby Union for “Progetto Statura”



- teaching activity on physiology of exercise and nutrition at the athletic trainer course of the Italian Rugby Union
- consulting for athletic preparation of young athletes (U14-U20) of CUS Verona Rugby
- consulting in the field of nutrition for young athletes

### GOALS OF THE CENTRE

#### EDUCATION

The Centre promotes the spreading of knowledge on the performance pattern/model, functional evaluation and nutrition versus age through:

- internal training programs
- symposiums, conventions and courses
- scientific publications on national and international magazines and books

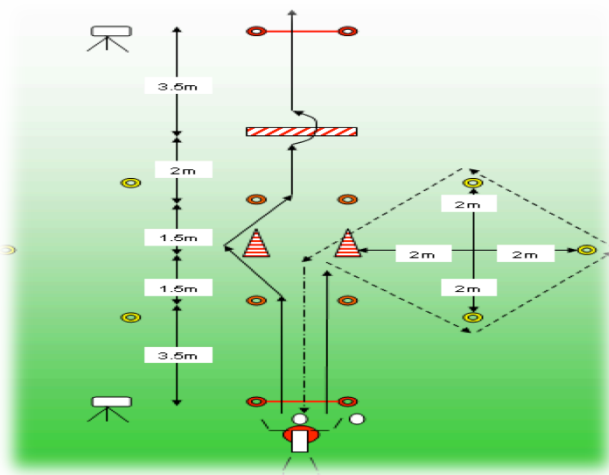




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### RESEARCH



The Centre performs applied research in particular on the following:

- understanding/updating of the performance pattern/model
- functional evaluation, talent scouting and promotion
- creation and application of specific tests for functional evaluation in Rugby
- physical preparation and nutrition related to age, gender and athletic preparation
- determining the work-load

### SERVICES

The Centre offers specific physical preparation programs inside and outside the Faculty.

Furthermore performs consulting in the field of athletic preparation, functional evaluation and nutrition for rugby athletes, periodical checking of obtained results (monitoring) and consulting to third parties (evaluation and monitoring of athletes, planning) and creation of athletic preparation programs and nutrition programs in different frameworks with different types of athletes



### STAFF

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