



University of Verona

Faculty of Sports Sciences

Born in 2007 naturally inspired by the research at the Physiology Laboratory of the Faculty of Sports Sciences and coordinated by Prof. Federico Schena. The centre offers to athletes who intend to prepare in the best way to the 42 km run, evaluation tests, personal training, specific conferences and trainers to improve their personal running techniques.



ACTIVITIES OF THE CENTRE

- applied research projects
- first cycle (BA) and second cycle (MA) degrees thesis
- training period for first cycle and second cycle degree in Sport Sciences
- internal symposiums and educationals for technicians and sport associations



- scientific consulting for evaluation and preparation of athletes for the National Team Ultramaratona
- dissemination through conferences and symposiums
- technical and scientific consulting to non-professionals

AIMS 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



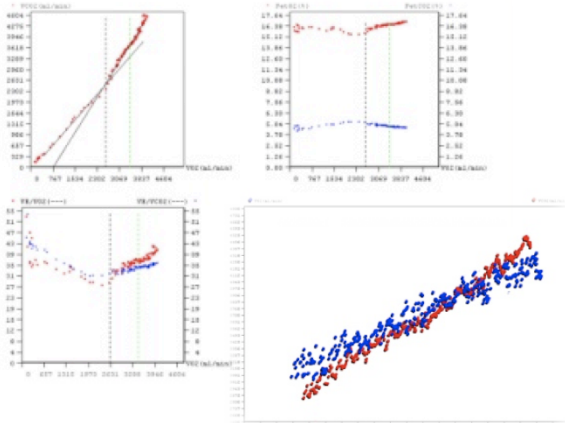


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RESEARCH

- understanding/updating of the performance pattern/ model
- functional evaluation, and promotion of wellbeing and athletic performance
- physical preparation and nutrition related to age, gender and athletic preparation
- Evaluation of energy costs of run in relation to distance
- Biomechanical analysis of long distance running and lean on the ground
- Analysis of blood markers in relation to muscular, epathic and cardiac damages, during and after long distance running



SERVICES

The Centre offers specific evaluation and monitoring programs, athletic preparation and nutrition for running athletes inside and outside the Faculty:

- periodical medical check-ups
- Blood and biochemical tests
- Functional evaluation on track
- Monitoring of training on road with measurement of lactate in blood
- Personal diet programs and anthropometric analysis
- Psychologic consulting

STAFF

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Centro
per la **Preparazione**
Maratona alla