

# The Cardiopulmonary Test

as a tool for the medical and technical staff in professional football.

**Monday, June 3rd, 2024**  
3:00 PM

**San Rossore Sport Village**  
Viale delle Cascine, 152, Pisa



# The Course

The cardiopulmonary test is the gold standard for functional evaluation of football players.

In this unique event, we will delve into this topic from various perspectives:

- **Technical Insight:** Sports physicians and pulmonologists will share their knowledge and experiences on the importance of the cardiopulmonary test in assessing athletic performance.
- **Practical View:** Athletic trainers will provide practical analysis on how the cardiopulmonary test impacts on-field performance and how it can be used to optimize training.
- **Direct Experience:** We will have the privilege of hearing from two *Serie A* coaches sharing their direct experience on using the cardiopulmonary test to maximize team performance.

Don't miss the opportunity to enrich your knowledge and improve your team's performance!

Join us for an event that promises to be informative, stimulating, and beneficial for all professionals in the world of professional football.

# The Program

**15:00** | Event Introduction (Prof. Enrico Castellacci, Scientific Director)

Moderators: Prof. Enrico Castellacci, Dr. Pietro Gatto

**15:15** | Normative values of cardiometabolic and ventilatory response in elite soccer players (Dr. Adriano Di Paco)

**15:40** | Proper execution and interpretation of the cardiopulmonary test in soccer players (Dr. Carlo Giammattei)

**16:05** | The coach's perspective on cardiopulmonary stress testing (Coach Davide Nicola)

**16:30** | BREAK

**16:45** | The role of the cardiopulmonary test in pre-season planning (Dr. Paolo Barbero)

**17:05** | The cardiopulmonary test from youth sector to first team (Dr. Rocco Perrotta)

**17:30** | The role of stress testing in workload management at a top club (Dr. Paolo Bertelli)

**17:55** | The role of stress testing in National Football Teams (online connection with Dr. Sinatti and coach Francesco Calzona)

**18:30** | CONFERENCE CLOSURE

# Faculty

- **Prof. Enrico Castellacci** – Scientific Director and Specialist in Orthopedics and Traumatology, Expert in Sports Medicine
- **Dr. Adriano Di Paco** – Pulmonologist
- **Dr. Carlo Giammattei** – Specialist in Sports Medicine
- **Dr. Pietro Gatto** – Team Doctor of Hellas Verona
- **Davide Nicola** – Coach of Empoli FC
- **Dr. Paolo Barbero** – Athletic Trainer of Torino FC
- **Dr. Rocco Perrotta** – Athletic Trainer of Empoli FC
- **Dr. Paolo Bertelli** – Athletic Trainer of U.C. Sampdoria
- **Dr. Francesco Sinatti** – Athletic Trainer of the Italian National Football Team
- **Francesco Calzona** – Coach of SSC Napoli and the Slovakian National Football Team

## Info

If you're interested in attending our next event and would like to receive more information or register, please contact us via email at [info@sanrossoreacademy.it](mailto:info@sanrossoreacademy.it)

We'll be happy to provide you with all the necessary details and assist you with the registration process.