

International Speakers and Affiliation

Leila Itani

Associate Professor of Nutrition & Dietetics, Faculty of Health Sciences, Beirut Arab University (BAU), Lebanon

Akira Kimura

Professor, Gunma Paz University, Graduate School of Health Sciences, Takasaki, Japan

Marija Miletic

Assistant Professor, Clinic for Endocrinology, Diabetes and Metabolic Diseases, University Clinical Center of Serbia, Belgrade, Serbia

National Speakers and Affiliation

Valentina Cavedon

Assistant Professor, Department of Neurosciences, Biomedicine and Movement Sciences, University of Verona, Italy

Giulia Curia

Associate Professor of Physiology, Department of Biomedical, Metabolic and Neural Sciences, University of Modena and Reggio Emilia (UNIMORE), Italy

Marwan El Ghoch

Associate Professor of Food Science and Chair President for the Dietetics Program at the University of Modena e Reggio Emilia (UNIMORE)

Silvia Ferrari

Associate Professor of Psychiatry, University of Modena and Reggio Emilia (UNIMORE), Department of Biomedical, Metabolic and Neural Sciences

Chiara Milanese

Associate Professor, Department of Neurosciences, Biomedicine and Movement Sciences, University of Verona, Italy

Massimo Pellegrini

Associate Professor, Department of Biomedical, Metabolic and Neural Sciences, University of Modena and Reggio Emilia (UNIMORE), Italy

Andrea Rossi

Aggregate Professor of Geriatrics, University of Padua

Practical Trainers

Elisa Berri

Tutor, Degree Course of Dietetics, Innovation and Research Training Service, Azienda Ospedaliero-Universitaria di Modena

Valentina Cavedon

Dana Saadeddine

Research Fellow, University of Modena And Reggio Emilia (UNIMORE)

Facilitators and Organizers

Elisa Berri

Valentina Cavedon

Marwan El Ghoch

Chiara Milanese

Massimo Pellegrini

Silvia Raggi

Dana Saadeddine

Scientific Director

Marwan El Ghoch



1st International Summer School in principles of Body Composition, Metabolism and Exercise

8–11 June 2026 – Modena, Italy



Con il patrocinio di



UNIMORE
UNIVERSITÀ DEGLI STUDI DI
MODENA E REGGIO EMILIA

Summer School Program
2026

PROGRAM

Monday, 08 June 2026

9:00-9:30

Welcome Session
S. Ferrari (Italy) - M. El Ghoch (Italy)

9:30-10:00 Activity

10:00-10:30

The Physiology of Cross-Talk Among Body Composition Compartments and The Impact of Exercise

G. Curia (Italy)

10:30-11:00 *Coffee Break*

11:00- 11:30

Beyond Body Weight: Understanding Body Composition and Its Measurement
M. Pellegrini (Italy)

11:30- 12:00

Muscle-Organ Communication: Key Roles and Real-Life Maintenance
M. Miletic (Serbia)

12:00- 12:30

Sustainable Diet for Improving Body Composition and Metabolism
L. Itani (Lebanon)

12:30- 12:40 Discussion

12:40- 14:00 *Lunch Break*

14:00- 16:10

Training
E. Berri (Italy) - D. Saadeddine (Italy)

16:10- 16:30 *Coffee Break*

16:30- 18:30

Training
E. Berri (Italy) - D. Saadeddine (Italy)

Tuesday, 09 June 2026

9:00-9:30

Body Composition in Obesity: From Research To Clinical Practice
M. El Ghoch (Italy)

9:30-10:00

Recent Advances in Body Composition Evaluation In The Elderly
A. Rossi (Italy)

10:00-10:30

Precision Body Composition Analytics: Validating Physical Activity Effects in Diabetes Through Medical-Grade BIA and Environmental Walkability Assessment
A. Kimura (Japan)

10:30-11:00 *Coffee Break*

11:00- 11:30

Applied Anthropometry in Sport and Health: The Isak Approach
M. Pellegrini (Italy)

11:30- 12:00

Nutrient Requirements and Deficiencies in Physical Exercise and Performance
L. Itani (Lebanon)

12:00- 12:30

Mental Health and Exercise
S. Ferrari (Italy)

12:30- 12:40 Discussion

12:40- 14:00 *Lunch Break*

14:00- 16:00

Assessing Body Composition in Able-Bodied and Paralympic Athletes: Methodological and Practical Implications for Performance, Health, and Injury Prevention
C. Milanese (Italy), V. Cavedon (Italy)

16:00- 16:10 Discussion

16:10- 18:30 *Activities*

19:00 *Gathering Dinner*

PROGRAM

Wednesday, 10 June 2026

8:00-11:30

Departure to Verona

11:30-13:00

Training

13:00-14:00 *Lunch Break*

14:00-16:30 *Activities*

17:30-20:00

Return to Modena

Location:

Monday, 08 June 2026

morning, *Room U0.2, Via Campi 103, Modena*

afternoon, *Room H0.1, Via Campi 287, Modena*

Tuesday, 09 June 2026

morning and afternoon, *Room U0.2, Via Campi 103, Modena*

Wednesday, 10 June 2026

morning and Afternoon, *Verona*

Thursday, 11 June 2026

morning, *Room H0.1, Via Campi 287, Modena*

afternoon, *Room U0.2, Via Campi 103, Modena*

Thursday, 11 June 2026

9:00-10:30

Assessment

10:30-11:00 *Coffee Break*

11:00-12:30

Assessment

12:40-14:00 *Lunch Break*

14:00-16:00

Case Studies

16:00-16:30 *Coffee Break*

16:30-18:00

Round table (Closing Session)