



**Federazione Italiana Giochi
e Sport Tradizionali**

ITALIA
DISCIPLINA SPORTIVA
ASSOCIATA RICONOSCIUTA
DAL CONI

EuFestTSG

EUROPEAN TRADITIONAL SPORTS AND GAMES FESTIVAL



Co-funded by the
Erasmus+ Programme
of the European Union



2nd TAFISA
European Sport For All Games
PERUGIA, Italy
23 - 29 September 2022



A.D. 1308
unipg
UNIVERSITÀ DEGLI STUDI
DI PERUGIA

WORKSHOP

SPORTS AND GAMES TO COMBAT OBESITY, PROMOTION OF HEALTH AND WELL-BEING

25th September, 9-13

Aula Magna Pietro Vannucci, Accademia delle Belle Arti



A.D. 1308
unipg

DIPARTIMENTO
DI MEDICINA E CHIRURGIA



A.D. 1308
unipg

DIPARTIMENTO
DI MATEMATICA E INFORMATICA

- 8:30** **Arrival of participants and registration**
- 9.00** **Workshop opening with institutional greetings**

PLENARY SECTION

MODERATORS: A. Biscarini, G. Rinonapoli, P. Gigliotti, G.R. Barone, C. Mazzeschi,

- 9:30** **Leonella Pasqualini: Physical Activity And Sport For Health**
- 9:45** **Carmine Giuseppe Fanelli: Sport, Games And Physical Activity To Tackle Obesity**
- 10:00** **Silvia Porzi: Traditional Games: Health Benefit And Compensatory Training**
- 10:15** **Luisa Barana: Nutrition And Food Supplements For Athletes**
- 10:30** **Francesco Coscia: The Point Of View Of Sport Medicine**
- 10:45** **Osvaldo Gervasi: Digitalization Of Traditional Games**

Discussion

Coffee Break

TESTIMONIALS

11:45 Traditional Games And Inclusion: The Lesson Of The Paralympic World
introduction of Paralympic Athletes

Gianni Luca Tassi , President CIP UMBRIA, and G.R. Barone

12:30 DISCUSSION AND QUESTIONNAIRES

Discussants:

Luisa Barana, Giorgio R. Barone, Andrea Biscarini, Francesco Coscia, Mauro Esposito, Carmine Fanelli, Osvaldo Gervasi, Claudia Mazzeschi, Paola Gigliotti, Leonella Pasqualini, Silvia Porzi, Giuseppe Rinonapoli,

Nota: A breve verrà comunicato il link per partecipare in remoto.

Contatti

FIGeST – Federazione Italiana Giochi e Sport Tradizionali

e-mail info@figest.it

Segreteria Generale 075-5002584

CON IL PATROCINIO DI

