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Università degli Studi di Cagliari
DIPARTIMENTO DI SCIENZE MEDICHE E SANITA' PUBBLICA



UNIVERSITY OF CAGLIARI & LIMOLO ASD AGENDA FOR WEBINAR CAGLIARI, ITALY **PROJECT ERASMUS+ "SAILING 4 PDP"** JUNE 21st, 2021

9.00 - 10.00: Welcome by official representatives

prof. Alessandra Carucci - Vice Rector for International Affairs, University of Cagliari, IT

prof. Donatella Petretto - Vice Rector for Disabilities Policies, University of Cagliari, IT

dr. Maria Pina Casula - Delegate of UISP – Italian Union Sport for All, Sardinia, IT

dr. Stefano Esu - Sport e Salute - EU Delegate, Sardinia, IT

dr. Paolo Truzzu - Mayor, City Hall of Cagliari, IT

Morning session

Chairperson: prof. Mauro Giovanni Carta (Full Professor of Translational Medicine and Biotechnology, Chair of Quality of Care, University of Cagliari, IT)

10.00 - 10.20: UCAM Representative, prof. Aarón Manzanares Serrano (Faculty of Sport, Universidad Católica de Murcia - UCAM, ES)

"Description of the SAILING 4PDP project: objectives and lines of research"

The presentation will be about the description of SAILING 4PDP project: its origins, how the partnership was established to apply to the ERASMUS+ Small Collaborative Project call, obstacles overcome due to the COVID-19 pandemic and future lines to complete the project.

Università degli Studi di Cagliari
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09071 Cabras (OR)
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e-mail: limoloactivities@gmail.com

10.20 - 12.30: University of Cagliari, IT - Presentations

- **10.20 - 10.40: dr. Federica Sancassiani** (Ph.D., Researcher, University of Cagliari, IT):

“Sailing to improve wellbeing of people with psychosocial disabilities: a challenge to improve quality in mental health services?”

The presentation will regard the main findings of “VelaMente?!” project. The emphasis will be on the impact of such interventions to improve the quality of care in mental health.

- **10.40 - 11.00: prof. Massimiliano Pau** (Full Professor of Mechanical Bioengineering, University of Cagliari, IT):

“Quantitative techniques for the biomechanical analysis of performance in Sailing”

The presentation will be about the usefulness of bioengineering instruments for human motion analysis in the sports field, particularly sailing, also with people with physical and psychosocial disabilities.

11.00 - 11.10: coffee break

- **11.10 - 11.20: Fabrizio Lai** (Participant of “VelaMente?!” project)

The intervention will regard his personal experience as a member of the sailing crews involved in the “VelaMente?!” project.

- **11.20 - 11.30: Franco Ricci** (Director of S.I.V. - Scuola Italia in Vela A.S.D., Marina di Capitanà – Quartu Sant’Elena, IT)

The intervention will be about his experience during the collaboration for the project management and the activities of “VelaMente?!” project.

- **11.30 - 11.40: dr. Cinzia Carta** (Council Member of Education, Sport Innovation, Gender and LGBT policies, City Hall of Quartu Sant’Elena, IT)

The presentation will be on the importance of the promotion of this kind of projects, involving territories, for the local development, mainly in terms of occupational opportunities, health promotion and social inclusion.

11.40 - 12.10: open questions by participants

12.10 - 13.20: lunch break

Afternoon session

Chairperson: dr. Daniela Meloni (Director of LIMOLO ASD, Cabras (OR), IT)

13.20 - 15.40: LIMOLO ADS, IT - Presentations

- **13.20 - 13.40: dr. Daniela Meloni** (Director of LIMOLO ASD, Cabras (OR), IT)

“Sailing course adapted to people with Parkinson Disease. Principles exportable to other motor difficulties”

The presentation will describe the different learning methods used to teach sailing with people with Parkinson Disease. It will also be shown how sailing can be a rehabilitative activity, able to improve the effects of standard rehabilitation in people with Parkinson Disease.

- **13.40 - 14.00: dr. Nicola Modugno** (Ph.D., Neurologist, IRCCS Neuromed, Pozzilli (IS), IT)

“Beneficial effects of sailing and other aquatic activities combined with motor and artistic activities on people with Parkinson Disease”

The presentation will be about the beneficial effects of sailing and other aquatic activities on people with Parkinson Disease. It will also show how it is possible to combine sailing with other motor and artistic activities in a natural environment to create a rehabilitative natural setting, as well to demonstrate how sailing and other sports, such as surf or SUP, could promote cerebral plasticity.

- **14.00 - 14.20: dr. Yula Sambuy** (Ph.D., Formerly Senior Researcher at Centre for Nutrition, CREA-Council for Agricultural research and Economics-Rome, IT)

“Nutritional recommendations for a healthy diet for the general population with special attention to people with Parkinson Disease”

The presentation will describe the nutritional recommendations for a healthy diet aimed not only at the general population but, specifically, at people with physical disabilities and the elderly.

14.20 - 14.30: coffee break

- **14.30 - 14.50: Luca Berti & Giulio Ricci** (Participants of “Sail4Parkinson”)

The intervention will regard their personal experience as members of the sailing crews involved in the “SAIL4 Parkinson” project.

- **14.50 - 15.00: dr. Giovanni Panichi** (Mayor of City Hall of Cuglieri (OR), IT) **and dr. Maria Franca Curcu** (Council Member of Culture - City Hall of Cuglieri (OR), IT)

The presentation will be on the importance of the promotion of this kind of projects, involving territories, for the local development, mainly in terms of occupational opportunities, health promotion and social inclusion.

- **15.00 - 15.10: dr. Massimo Marras** (Director of Marine Protected Area of “Sinis”, IT)

The presentation will be on the importance of the promotion of this kind of project focused on aquatic sport. These ventures enhance local development around involved territories, mainly in terms of occupational opportunities, health promotion and social inclusion.

15.10 - 15.40: open questions by participants

15.40 - 16.00: UCAM Representative, prof. Aarón Manzanares Serrano - (Professor at the Faculty of Sport, Universidad Católica de Murcia - UCAM, ES)

and prof. Emilio Gil (President of the Federación de Vela de la Región de Murcia, ES)

“The use of virtual sailing from the perspective of a participant of Sailing 4 PDP project”

The presentation will be about the use of “Vsail-Trainer®” technology in rehabilitative programs for people with physical disabilities. A video will be shown where a participant of the studies conducted by UCAM and Federación de Vela de la Región de Murcia will explain his experience and feelings.

- **16.00 – 16.10: Jorma Ferino** (Administrative Director – Sjm Tech 3D, Quartu Sant’Elena, IT)

The intervention will regard their products and the development of new technologies for the rehabilitative programs focused on exercise, physical and sport activities.

- **16.10 - 16.20: dr. Francesco Mario Mongelli** (“Luna Rossa” crew, IT)

The intervention will be based on his experience with the Luna Rossa crew and the usefulness of new technologies in the sport field, particularly sailing.

16.20 - 16.50: open questions by participants

16.50 - 17.10: Closing activities (prof. Mauro Giovanni Carta, dr. Daniela Meloni, prof. Aarón Manzanares Serrano)

17.10 - 18.00: CFU questionnaire

Partnership - PROJECT "SAILING 4 PDP"

Universidad Católica de Murcia - UCAM, ES

Federación Murciana de Vela – Murcia, ES

University of Cagliari, Italy, IT

LIMOLO Activities ASD, Cabras (OR), IT

Anadolu Hisari Sport Club, Turkey, TR

University of Southern Denmark, Odense, DK



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