



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

Sign in



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,

Argomento: **VIRTUAL ROOM - ENG**

Entra nella riunione in Zoom

<https://us05web.zoom.us/j/83688973483?pwd=ZGk5U3ZDRGtMK0pyVWszajd1dkowUT09>

ID riunione: **836 8897 3483**

Passcode: **figest**

Argomento: **VIRTUAL ROOM - ITA**

Entra nella riunione in Zoom

<https://us02web.zoom.us/j/85743637068?pwd=cZFuZUxCUHBvajFoM01NZDZVWldsQT09>

ID riunione: **857 4363 7068**

Passcode: **figest**

Contatti

FIGeST – Federazione Italiana Giochi e Sport Tradizionali

e-mail info@figest.it

Segreteria Generale 075-5002584

CON IL PATROCINIO DI

