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Host Institution – Department of Medicine

Acting division – Sport and Exercise Medicine Division, University of Padova

The Sport and Exercise Medicine Division of the University of Padova is the office of the Regional Centre with expertise in the therapeutic prescription of exercise in different chronic diseases. After a clinical evaluation, which includes cardiopulmonary exercise testing and strength and balance analysis, the Division provides patients with an adapted and tailored physical exercise prescription. Patients are subsequently referred to the institutional gym to start their activity program. The Centre seeks to create a regional clinical and outpatient network for the prescription and application of physical exercise as prevention and treatment modality in different non-communicable diseases.



NC Advisory Board	Affiliation
Assanelli Deodato, M.D.	• Professor & Head of Sport and Exercise Medicine Division, Department of Clinical and Experimental Science – University of Brescia
Andrea Ermolao, M.D.	• Professor & Head of the Sport and Exercise Medicine Division, School of Medicine, University of Padova
Ezio Ghigo, M.D.	• Professor & Director of the Graduate School of Sport and Exercise Medicine, Medical Science Department, University of Torino
Stefano Gobbo, Ph.D.	• Vice-President, Italian Association of Exercise Specialists (AISE)
Mario Plebani, M.D.	• Medicine Department, University of Padova
Patrizio Sarto, M.D.	• Representative Deputy, Prevention, Food Security, Veterinary – Veneto Region
Gaetano Vaudo, M.D.	• Professor & Director of the Graduate School of Sport and Exercise Medicine, Medicine Department, University of Perugia
Roberto Vettor, M.D.	• Professor, Italian Society of Internal Medicine (SIMI)
Marco Zaccaria, M.D.	• Professor, Regional Center for Exercise Prescription in Chronic Diseases – Veneto Region

2019-20 Goals

1. Analyze the current situation of physical activity prescription in primary care
2. Assess primary care physicians' competency in providing exercise prescriptions
3. Engage primary care physicians in a training program on exercise prescription
4. Start an EIM awareness-raising/communication campaign
5. Promote a general physical activity campaign to increase the number of active people
6. Develop a clinical physical activity prescription network in a couple of regions to pilot the concept in Italy
7. Implement "Palestre della Salute" ("Health Gyms") in pilot regions with the aim of forming a network of facilities throughout Italy

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