



Department of Clinical
and Experimental
Medicine



UNIVERSITÀ DI PISA



Muscle school in Health and Disease

Pisa, July 11 - 18, 2025

Application Deadline: 6 June 2025

Program coordinators: Prof. Ferdinando Franzoni; Dr. Jonathan Fusi

<https://www.unipi.it/index.php/health-sciences/item/8683-summer-school-muscle-school-exercise-muscle-in-health-and-disease>

The course will point out most cutting-edge researches and clinical applied issues about the role of muscle exercise on both healthy subjects and patients affected by different types of primary or secondary neuromuscular disorders, focusing on physiopathology, methodological issues, bioengineering devices and therapeutical advances, particularly on the management of core manifestations of exercise intolerance such as fatigue and its correlates.

Key points

- Structure and function of skeletal muscle
- Muscle training: strength, endurance, hypertrophy
- Skeletal muscle pathophysiology and muscle diseases
- Muscle fatigue: definition
- Aging and sarcopenia
- Diet and exercise, supplements and doping
- Discussion of case reports
- Role of rehabilitation in muscle disease
- Role of engineering in rehabilitation



Target audience

National and international undergraduate and postgraduate students, residents, Phd students and post-doc

Credits

4 ECTS

Faculty

Lecturers from the Pisa University System and other national and European research and academic institutions

Fee info

EUR 250, including courses, teaching materials, social dinner, welcome cocktail

HOW TO APPLY:

- support.summerschool@unipi.it; ferdinando.franzoni@unipi.it
- jonathan.fusi@med.unipi.it