

PERSONAL INFORMATION Antonio La Torre

JOB APPLIED FOR
POSITION
PREFERRED JOB
STUDIES APPLIED FOR
PERSONAL STATEMENT

Confirmed Associate Professor with National Scientific Qualification to Full Professor (2018)
(M-EDF/02) (06/N2)

WORK EXPERIENCE

Professional Titles

- 2018- President of the Sports Committee of the University of Milan.
- 2018- technical director FIDAL (Italian Federation of Athletics). Advisor of coaching FIDAL Middle distance, Marathon and Racewalking.
- 2016- Technical Table component, from June 2016, having the task of proposing the new guidelines for the implementation of the Article 1, commi 7, lett. g), 20, 33 and 34, law 13 July 2015, n. 107, concerning the orientation, for educational institutions, on physical and sport education (with ministerial decree issued by Minister Giannini).
- 2010- Professor of Training Methodology, Scuola dello Sport Nazionale-CONI.
- 2008- Senior Lecturer IAAF (International Association of Athletics Federations).
- 1987-2002 Teacher of Physical Education Second grade secondary school.
- 1990-2008 Ivano Brugnetti personal coach, Athens 2004 Olympic Champion, 20 k racewalking, World Champion 50k racewalking, Sevilla 1999.
- 2009-2012 Consultant of the CONI Olympic Preparation Office, for the elaboration, supervision of training programs and as technical-scientific support to the technical staff of individual and team sports who took part in the 2012 London Olympic Games.
- 2000-2008 Collaborator of R.A.I. - Radio 2 program management, for "Catersport" radio broadcasts, as expert for the analysis, comment and evaluation of the main national and international sports events.
- 2000-2016 Consultant of the FIDAL (Italian Federation of Athletics) for the conception, realization and scientific responsibility of training programs for "high level" athletes in endurance disciplines.

Teaching courses

- Dal 2002- al 2018 Training Theory and Methodology. Three-year Degree Course in Motory, Sport and Health Sciences. University of Milan.
Individual Sports Training Periodization.
Individual and Team Sports Methods and Didactics.
Individual Sports and Athletic Disciplines Training Theory and Methodology.
Motor Capacity Assessment Methods. Master's Degree in Science, Technology and Didactics of Sport- University of Milan.
- 2011-2013 Direction of the Specialization Course of Sports Journalism - Walter Tobagi Journalism School - University of Milan.
- 1989-2001 Contract Professor of Athletics-ISEF of LOMBARDIA-University of Milan.

EDUCATION AND TRAINING

- 1993 Maitrise UFR-STAPS (Sciences et techniques des activités physiques et sportives), Université de Bourgogne, Dijon- France.
- 1987 Qualification for teaching in the second grade secondary school, Milan.
- 1983 ISEF graduation, Istituto Superiore di Educazione Fisica della Lombardia, Milano.
- 1974 electronics technician graduation.

PERSONAL SKILLS

Mother tongue ITALIAN

Other language(s)

	UNDERSTANDING		SPEAKING		WRITING
	Listening	Reading	Spoken interaction	Spoken production	
English	C2	C2	C2	C2	C2
French	C1	C1	C1	C1	C1

Levels: A1/A2: Basic user - B1/B2: Independent user - C1/C2 Proficient user
[Common European Framework of Reference for Languages](#)

Communication skills

Great communication skills acquired in 30 years of teaching and working in different scientific team and with high level athletes.

Organisational / managerial skills

Great managerial skills acquired in more than 20 years of complex sport situation management as a coach and as Advisor of the Endurance sector for the Italian Athletic Federation.

Digital skills

SELF-ASSESSMENT				
Information processing	Communication	Content creation	Safety	Problem solving
Proficient user	Proficient user	Proficient user	Independent user	Proficient user

Levels: Basic user - Independent user - Proficient user
[Digital competences - Self-assessment grid](#)

- good command of office suite (word processor, spread sheet, presentation software)
- good command of digital image analysis systems for scientific processing (Kinovea, etc.)

Driving licence

Driving licence B

ADDITIONAL INFORMATION

Publications

104- Bonato M., Castagna C , Vernillo G., Merati GP., La Torre A, Maggioni M.
 “Effects of ball-drills and repeated sprint ability training in basketball players” /”
 International Journal of Sports Physiology and Performance
 © 2018 Human Kinetics, Inc. <https://doi.org//ijspp.2017-0434>

- 103-Jacopo Antonino Vitale, Giuseppe Banfi, Antonio La Torre, Matteo Bonato
"Effect of a habitual late-evening physical task on sleep quality in neither-type soccer players" published in *Frontiers in Physiology*, section Exercise Physiology.
- 102-L. Festa, C. Tarperi, K. Skroce, G. Boccia, G. Lippi, A. La Torre, F. Schena
"Effects of fly wheels strength training on the running economy of recreational endurance runners" *Journ Strength Cond Res*, novembre 2018
- 101- Jacopo Antonino Vitale, Giuseppe Banfi, Antonio La Torre, Matteo Bonato,
"Effects of a Habitual Late-Evening Physical Task on Sleep Quality in Neither Type"
Front. Physiol. BRIEF REPORT, published: 06 Novembre 2018
 doi:10.3389/fphys.2018.01582
- 100- Davide Ferioli, Andrea Bosio, Johann C. Bilsborough, Antonio La Torre, Michele Tornaghi, Ermanno Rampinini
"Peripheral muscle function during repeated changes of direction in basketball."
International Journal of Sports Physiology and Performance
 © 2018 Human Kinetics, Inc. <https://doi.org/10.1123/ijssp.2017-0434>
- 99- Antonio La Torre, Marco Tengattini, Giorgio Manferdelli, Adolfo Rotta, Dino Ponchio and Roberto Codella *"Lotta al Doping: an italian AntiDoping campaign ."*
NSA (New Studies in Athletics) 32-1/2, 107-112, 2017
- 98- Sella FS, McMaster DT, Serpiello FR, La Torre A.
"Match analysis in Rugby Union: performance indicators of rugby championship and SuperRugby teams." *J Sports Med Phys Fitness*. 2018 Oct 10. doi: 10.23736/S0022-4707.18.08448-7. [Epub ahead of print] PMID: 30317834
- 97-Vitale JA, Vitale ND, Cavaleri L, Dazzan E, Lombardi G, Mascagni P, La Torre A, Banfi G. *"Level- and sport-specific Star Excursion Balance Test performance in female volleyball play"* *J Sports Med Phys Fitness*. 2018 Oct 10. doi: 10.23736/S0022-4707.18.08691-7. [Epub ahead of print] PMID: 30317834
- 96-Vandoni M, Correale L, Puci MV, Galvani C, Codella R, Togni F, La Torre A, Casolo F, Passi A, Orizio C, Montomoli C. *"Six minute walk distance and reference values in healthy Italian children: A cross-sectional study."*
PLoS One. 2018 Oct 15;13(10):e0205792. doi: 10.1371/journal.pone.0205792. eCollection 2018. PMID: 30321226
- 95- S. Rampichini, E. Limonta, L. Pugliese, E. Cè, A.V. Bisconti, A. Gianfelici, A. La Torre, F. Esposito. *"Heart rate and pulmonary oxygen uptake response in professional badminton players: comparison between on-court game simulation and laboratory exercise testing /"* *European Journal of Applied Physiology*
<https://doi.org/10.1007/s00421-018-3960-6> (2018 Aug 18). [Epub ahead of print]
- 94-Gennaro Boccia, Paolo R Brustio; Paolo Moisè; Alberto Franceschi; Antonio La Torre; Federico Schena; Alberto Rainoldi; Marco Cardinale
"Elite national athletes reach their peak performance later than non-elite in sprints and throwing-events" *Journal of Science and Medicine in Sport- JSAMS-D-18-00231R2*
- 93- Luca Filipas, Antonio LA TORRE, Brian Hanley
"Pacing profiles of Olympic and IAAF World Championship long distance runners"
Journal Strength & Conditioning Research 2018
- 92- Giorgio Manferdelli, Antonio LA TORRE, Roberto Codella
"Outdoor physical activity bears multiple benefits to health and society"
The Journal of Sports Medicine and Physical Fitness 2018

- 91- Filipas Luca, Mottola Francesca, Tagliabue Gaia, La Torre Antonio
 "The effect of mentally demanding cognitive tasks on rowing performance in young athletes" *Psychology of Sport & Exercise*
<https://doi.org/10.1016/j.psychsport.2018.08.002>
- 90- Jacopo Antonino Vitale, Luigi Strambi Ferini, Giuseppe Banfi & Antonio La Torre
 "Effect of night-game on actigraphy-based sleep quality and perceived recovery in top-level volleyball athletes." *Int J Sports Physiol Perform*..... [Epub ahead of print]
 PMID:29745743
- 89- Jacopo Antonino Vitale, Valerio Povia, Nicolò Danilo Vitale, Tito Bassani, Giovanni Lombardi, Luca Giacomelli, Giuseppe Banfi & Antonio La Torre
 "The effect of two different speed endurance training protocols on a multiple shuttle run performance in young elite male soccer players"
Research in Sports Medicine-<https://doi.org/10.1080/15438627.2018.1492402>
- 88- J. Vitale, F. Devetag, S. Colnago, A. La Torre
 "Effect of mattress on actigraphy-based sleep quality and perceived recovery in top-level athletes: a randomized, double-blind, controlled trial"
Biological Rhythm Research -<https://doi.org/10.1080/09291016.2018.1490864>
- 87- Maggioni MA, Bonato M, Stahn A, La Torre A, Agnello L, Vernillo G, Castagna C, Merati G. Effects of ball-drills versus repeated sprint ability training in basketball players. A randomized controlled trial *Int J Sports Physiol Perform* 2018: in press
- 86- Bonato M, Merati G, La Torre A, Gatti C, Rossi C. Effects of visual training in junior tennis players A randomized controlled study. *JSAMS* 2018. In press
- 85- Filipas Luca, Nerli Ballati Emiliano, Bonato Matteo, La Torre Antonio¹, Piacentini Maria Francesca- "Elite male and female 800-m runners display different pacing strategies during seasons best performances" - *Int J Sports Physiol Perform*. 2018 May 10:1-20. doi: 10.1123/ijsp.2018-0137. [Epub ahead of print] PMID:29745743
- 84- Boccia G, , La Torre A, Rainoldi A, Schena F, " Women show similar central and peripheral fatigue to men after half-marathon " *EJSS* The DOI of your paper is: 10.1080/17461391.2018.1442500. <https://doi.org/10.1080/17461391.2018.1442500>
- 83- Jacopo Antonino Vitale, Antonio La Torre, Giuseppe Banfi, Matteo Bonato, - "Effects of an 8-weeks body-weight neuromuscular training on dynamic-balance and vertical jump performances in elite junior skiing athletes: a randomized controlled trial." - *Journal Strength & Conditioning Research*
- 82 Sansoni V, Perego S, Vernillo G, Barbuti A, Merati G, La Torre A, Banfi G, Lombardi G- "Effects of repeated sprints training on fracture risk-associated miRNA." - *Oncotarget*. 2018 Apr 6;9(26):18029-18040. doi: 10.18632/oncotarget.24707. eCollection 2018 Apr 6. PMID:29719588
- 81- Ferioli D, Rampinini E, Bosio A, La Torre A, Azzolini M, Coutts AJ. - "The physical profile of adult male basketball players: Differences between competitive levels and playing positions." - *J Sports Sci*. 2018 Apr 26:1-8. doi: 10.1080/02640414.2018.1469241. [Epub ahead of print] PMID:29697296
- 80- Bosio Giulia, Lovecchio Nicola, La Torre Antonio, Arcolin Federica- "Anthropometric characteristic and running parameters: speed performance of Children " - *Journal of Physical Education and Sport* ® (JPES), 17(4), Art 299, pp. 2618 - 2621, 2017 online ISSN: 2247 - 806X; p-ISSN: 2247 - 8051; ISSN - L = 2247 - 8051 © JPES
- 79- Gianluca Vernillo, Luca Agnello, Andrea Meloni, Giampiero Merati, Antonio La Torre, Matteo Bonato- "EFFECT OF REPEATED-SPRINTS ON THE RELIABILITY OF SHORT-TERM PARASYMPATHETIC REACTIVATION" - *Plos One*. PONE-D-17-37589R1

- 78-Aldo Savoldelli, Alessandro Fornasiero, Pietro Trabucchi, Eloisa Limonta, Antonio La Torre, Francis Degache, Barbara Pellegrini, Gregoire P. Millet, Gianluca Vernillo, Federico Schena- "The energetics during the world's most challenging Mountain Ultra-Marathon - a case study at the Tor des Geants®"CASE REPORT ARTICLE- Front. Physiol. | doi: 10.3389/fphys.2017.01003
- 77-Davide Ferioli, Andrea Bosio, Johann C. Bilsborough, Antonio La Torre, Michele Tornaghi, Ermanno Rampinini-"The preparation period in basketball: training load and neuromuscular -adaptations"- International Journal of Sports Physiology and Performance© 2018 Human Kinetics, Inc. <https://doi.org/10.1123/ijsp.2017-0434>
- 76- Lorenzo Pugliese, Simone Porcelli , Alessandra Vezzoli , Antonio La Torre,Fabio R. Serpiello, Gaspare Pavei and Mauro Marzorati - "Different Training Modalities Improve Energy Cost and Performance in Master Runners"-Front. Physiol. ORIGINAL RESEARCH published: xx January 2018 doi:10.3389/fphys.2018.00021
- 75- Bonato M., Benis R., La Torre A. - "Neuromuscular training reduces lower limb injuries in elite female basketball players. A randomized controlled trial"- Scandinavian Journal of Medicine and Science in Sports
- 74-Vitale,Jacopo- Lombardi, Giovanni, Cavaleri, Luca,Graziani, Rosa, Schoenhuber, Herbert, La Torre,Antonio, Banfi , Giovanni- "Rates of insufficiency and deficiency of Vitamin D levels in elite professional male and female skiers: a chronobiologic approach"- CHRONOBIOLOGY INTERNATIONAL 2017, <https://doi.org/10.1080/07420528.2017.1410828>
- 73 - S. Natali, D. Ferioli, A. La Torre, M. Bonato - "Physical and technical demands of elite beach volleyball according to playing position and gender." -The Journal of Sports Medicine and Physical Fitness e registrato con il numero 7972
- 72- Jacopo Antonino Vitale, Antonio La Torre, Roberto Baldassare, Maria Francesca Piacentini and Matteo Bonato. -"Ratings of perceived exertion and self-reported mood state in response to High Intensity Interval Training. A crossover study on the effect of chronotype."Frontiers in Psychology-Quantitative Psychology and Measurement
- 71 Luca FILIPAS , Antonio LA TORRE , Paolo MENASPÀ , Hedda GIORGI-"Achieving Grand Tour success. A pilot study using cycling's World Tour points."-The Journal of Sports Medicine and Physical Fitness 2017 Jul 053-DOI:10.23736/S0022-4707.17.07526-0
- 70- Panasci M, Lepers R, La Torre A, Bonato M, Assadi H. -"Physiological responses during intermittent running exercise differ between outdoor and treadmill running."-Appl Physiol Nutr Metab. 2017 May 26. doi: 10.1139/apnm-2017-0132. [Epub ahead of print] PMID: 28549220
- 69- Boccia G, Dardanella D, Tarperi C, Festa L, La Torre A, Pellegrini B, Schena F, Rainoldi A. "Fatigue-induced dissociation between rate of force development and maximal force across repeated rapid contractions."Hum Mov Sci. 2017 Jun 5;54:267-275. doi: 10.1016/j.humov.2017.05.016. [Epub ahead of print]PMID:28595134
- 68- Bonato M, Agnello L, Galasso L, Montaruli A, Roveda E, Merati G, La Torre A, Vitale JA. - "Acute Modification of Cardiac Autonomic Function of High-Intensity Interval Training in Collegiate Male Soccer Players with Different Chronotype: A Cross-Over Study."- J Sports Sci Med. 2017 Jun 1;16(2):286-294. eCollection 2017 Jun.PMID:28630583 Free PMC Article
- 67- Matteo Bonato, Antonio La Torre, Marina Saresella, Ivana Marventano, Giampiero Merati & Jacopo Antonino Vitale, -"Salivary cortisol concentration after high-intensity interval exercise: Time of day and chronotype effect"- CHRONOBIOLOGY INTERNATIONAL 2017, DOI:10.1080/07420528.2017.1311336

- 66-Demands of World Cup Competitions in Elite Women Road Cycling.-Menaspà P, Sias M, Bates G, La Torre A.-Int J Sports Physiol Perform. 2017 Mar 2:1-14. doi:10.1123/ijsp.2016-0588. [Epub ahead of print]- PMID: 28253040
- 65-Decrease of muscle fiber conduction velocity correlates with strength loss after an endurance run.- Boccia G, Dardanello D, Tarperi C, Rosso V, Festa L, La Torre A, Pellegrini B, Schena F, Rainoldi A. - Physiol Meas. 2017 Jan 18;38(2):233-240. doi: 10.1088/1361-6579/aa5139. [Epub ahead of print] PMID:28099172
- 64- Different training loads partially influence physiological responses to preparation period in basketball.-Ferioli D, Bosio A, La Torre A, Carlomagno D, Connolly DR, Rampinini E.- J Strength Cond Res. 2017 Jan 30. doi: 10.1519/JSC.0000000000001823. [Epub ahead of print] PMID:28146032
- 63- Career Performance Trajectories in Track and Field Jumping Events from Youth to Senior Success: The Importance of Learning and Development.-Boccia G, Moisé P, Franceschi A, Trova F, Panero D, La Torre A, Rainoldi A, Schena F, Cardinale M.-PLoS One. 2017 Jan 27;12(1):e0170744. doi: 10.1371/journal.pone.0170744 PMID: 28129370
- 62- Sleep quality and high intensity interval training at two different times of day: A crossover study on the influence of the chronotype in male collegiate soccer players.- Vitale JA, Bonato M, Galasso L, La Torre A, Merati G, Montaruli A, Roveda E, Carandente F.Chronobiol Int. 2017;34(2):260-268. doi: 10.1080/07420528.2016.1256301.PMID: 27906554
- 61- A pilot study of brisk walking in sedentary combination antiretroviral treatment (cART)- treated patients: benefit on soluble and cell inflammatory markers.-Bonato M, Galli L, Passeri L, Longo V, Pavei G, Bossolasco S, Bertocchi C, Cernuschi M, Balconi G, Merati G, Lazzarin A, La Torre A, Cinque P.-BMC Infect Dis. 2017 Jan 11;17(1):61. doi: 10.1186/s12879-016-2095-9.PMID:28077069 Free PMC Article
- 60- Plasminogen activator inhibitor-1 as a marker of cardiovascular response in professional mountain ultra-marathon runners.-Lombardi G, Vernillo G, Sansoni V, Perego S, Barbuti A, Merati G, Schena F, Banfi G, La Torre A.-Clin Chem Lab Med. 2017 Jan 1;55(1):e7-e9. doi: 10.1515/cclm-2016-0295. No abstract available. PMID:27276530
- 59- A 45-Second Self-Test for Cardiorespiratory Fitness: Heart Rate-Based Estimation in Healthy Individuals.- F. Sartor, M. Bonato, G. Papini,3, A. Bosio, R. A. Mohammed,A. G. Bonomi, J. P. Moore, G. Merati, A. La Torre, H.P. Kubis PLoS One. 2016 Dec 13;11(12):e0168154. doi: 10.1371/journal.pone.0168154.PMID:27959935
- 58-Elite Female Basketball Players' Body-Weight Neuromuscular Training and Performance on the Y-Balance Test.-Benis R, Bonato M, La Torre A.- J Athl Train. 2016 Sep;51(9):688-695. PMID: 27824252 doi: 10.4085/1062-6050-51.12.0
- 57-An Extreme Mountain Ultra-Marathon Decreases the Cost of Uphill Walking and Running.-Vernillo G, Savoldelli A, Skafidas S, Zignoli A, La Torre A, Pellegrini B, Giardini G, Trabucchi P, Millet GP, Schena F.- Front Physiol. 2016 Nov 8;7:530.PMID:27877137
- 56- Anterior cruciate ligament injury profile in Italian Serie A1-A2 women's volleyball league.-Devetag F, Mazzilli M, Benis R, La Torre A, Bonato M.- J Sports Med Phys Fitness. 2016 Oct 28. [Epub ahead of print] PMID: 27792220.
- 55- The role of lower limbs during tennis serve.-Dossena F, Rossi C, La Torre A, Bonato M.- J Sports Med Phys Fitness. 2016 Oct 28. [Epub ahead of print] PMID:27792219
- 54-Anterior cruciate ligament injury profile in female elite Italian basketball league.- Benis R, LA Torre A, Bonato M.-J Sports Med Phys Fitness. 2016 Oct 28. [Epub ahead of print] PMID: 27792218

- 53- Influence of competition day on cognitive control and HRV in young male gymnasts. Sartor F, Capuzzoni S, Rospo G, La Torre A, Vailati F, Vailati E. *J Strength Cond Res.* 2016 Sep 21. [Epub ahead of print] PMID: 27669188- DOI: 10.1519/JSC.000000000001652
- 52- Effects of a Short-Term High-Nitrate Diet on Exercise Performance. Porcelli S, Pugliese L, Rejc E, Pavei G, Bonato M, Montorsi M, La Torre A, Rasica L, Marzorati M. *Nutrients.* 2016 Aug 31;8(9). pii: E534. PMID: 27589795 DOI:10.3390/nu8090534
- 51- Bone turnover response is linked to both acute and established metabolic changes in ultra-marathon runners. Sansoni V, Vernillo G, Perego S, Barbuti A, Merati G, Schena F, La Torre A, Banfi G, Lombardi G. *Endocrine.* 2016 Jul 15. [Epub ahead of print] PMID:27422791
- 50-Cardiorespiratory Improvements Achieved by American College of Sports Medicine's Exercise Prescription Implemented on a Mobile App. Rospo G, Valsecchi V, Bonomi AG, Thomassen IW, van Dantzig S, La Torre A, Sartor F. *JMIR Mhealth Uhealth.* 2016 Jun 23;4(2):e77. doi: 10.2196/mhealth.5518. PMID:27339153
- 49- Are the World Junior Championship Finalists for Middle and Long-Distance Events Currently Competing at International Level? Pizzuto F, Bonato M, Vernillo G, La Torre A, Piacentini MF. *Int J Sports Physiol Perform.* 2016 Jun 13. [Epub ahead of print] PMID: 27294320
- 48 -Plasminogen activator inhibitor-1 as a marker of cardiovascular response in professional mountain ultra-marathon runners. Lombardi G, Vernillo G, Sansoni V, Perego S, Barbuti A, Merati G, Schena F, Banfi G, La Torre A. *Clin Chem Lab Med.* 2016 Jun 8. pii: /j/cclm.ahead-of-print/cclm-2016-0295/cclm-2016-0295.xml. doi: 10.1515/cclm-2016-0295. [Epub ahead of print] No abstract available.
- 47 - Injury and Illness Rates During Ultratrail Running. Vernillo G, Savoldelli A, La Torre A, Skafidas S, Bortolan L, Schena F. *Int J Sports Med.* 2016 Apr 26. [Epub ahead of print PMID:27116340) DOI: 10.1055/s-0035-1569347
- 46- Hand grip strength and anthropometric characteristics in Italian female national basketball teams. Pizzigalli L, Micheletti Cremasco M, LA Torre A, Rainoldi A, Benis R. *J Sports Med Phys Fitness.* 2016 Mar 9. [Epub ahead of print] PMID:2695987
- 45-Physical Attributes and NFL Combine Performance Tests between Italian National League and American Football Players: A Comparative Study. Vitale JA, Caumo A, Roveda E, Montaruli A, La Torre A, Battaglini CL, Carandente F. *J Strength Cond Res.* 2016 Feb 12. [Epub ahead of print] PMID:26890970
- 44-Acute effects of whole-body cryotherapy on sit-and-reach amplitude in women and men. De Nardi M, La Torre A, Benis R, Sarabon N, Fonda B. *Cryobiology.* 2015 Oct 26. pii: S0011-2240(15)00398-3. doi: 10.1016/j.cryobiol.2015.10.148. [Epub ahead of print] PMID:26515297 Similar articles
- 43- Postexercise autonomic function after repeated-sprints training. Vernillo G, Agnello L, Barbuti A, Di Meco S, Lombardi G, Merati G, La Torre A. *Eur J Appl Physiol.* 2015 Jul 28. [Epub ahead of print] PMID: 26215172
- 42- Adropin and apelin fluctuations throughout a season in professional soccer players: Are they related with performance? Sanchis-Gomar F, Alis R, Rampinini E, Bosio A, Ferioli D, La Torre A, Xu J, Sansoni V, Perego S, Romagnoli M, Lombardi G. *Peptides.* 2015 May 13. pii: S0196-9781(15)00146-1. doi: 10.1016/j.peptides.2015.05.001. [Epub ahead of print]- PMID:25981336
- 41- Association between physical fitness and mean platelet volume in professional soccer players. Alis R, Sanchis-Gomar F, Ferioli D, La Torre A, Bosio A, Xu J, Lombardi G, Romagnoli M, Rampinini E. *Clin Chem Lab Med.* 2015 Apr 14. pii: /j/cclm.ahead-of-print/cclm-2014-1275/cclm-

- 2014-1275.xml. doi: 10.1515/cclm-2014-1275. [Epub ahead of print] PMID:25870966
- 40- Energy cost and kinematics of level, uphill and downhill running: fatigue-induced changes after a mountain ultramarathon. Vernillo G, Savoldelli A, Zignoli A, Skafidas S, Fornasiero A, La Torre A, Bortolan L, Pellegrini B, Schena F. *J Sports Sci.* 2015 Mar 9:1-8. [Epub ahead of print] PMID:25751128 [PubMed - as supplied by publisher]
- 39- Effects of Manipulating Volume and Intensity Training in Masters Swimmers. Pugliese L, Porcelli S, Bonato M, Pavei G, La Torre A, Maggioni MA, Bellistri G, Marzorati M. *Int J Sports Physiol Perform.* 2015 Feb 24. [Epub ahead of print] PMID:25710182 [PubMed - as supplied by publisher]
- 38- Rafael Alis *, Fabian Sanchis-Gomar , Davide Ferioli , Antonio La Torre , Andrea Bosio , Jincheng Xu , Giovanni Lombardi , Marco Romagnoli and Ermanno Rampinini - "Association between physical fitness and mean platelet volume in professional soccer players"- *Clin Chem Lab Med* 2015; x(x): xxx-xxx-DOI 10.1515/cclm-2014-1275-Received December 24 , 2014 ; accepted January 8 , 2015
- 37-Alis R., Sanchis-Gomar F., Ferioli D., La Torre A., Blesa J-R., Romagnoli M."Exercise effects on erythrocyte deformability in exercise-induced arterial hypoxemia." *Int J Sports Med.* 2014 Nov 27. [Epub ahead of print] PMID: 25429547 [PubMed - as supplied by publisher]. DOI: 10.1055/s-0034-1394395-ISSN 0172-4622
- 36- "Training Diaries during Altitude Training Camp in Two Olympic Champions: An Observational Case Study."-Pugliese L, Serpiello FR, Millet GP, LaTorre A. *J Sports Sci Med.* 2014 Sep 1;13(3):666-72. eCollection 2014 Sep. PMID:25177197
- 35- " Aerobic training program for the enhancements of HR and VO2 off-kinetics in elite judo athletes."-Bonato M, Rampichini S, Ferrara M, Benedini S, Sbriccoli P, Merati G, Franchini E, La Torre A.-*J Sports Med Phys Fitness.* 2014 Oct 30. [Epub ahead of print] PMID:25359131 [PubMed - as supplied by publisher]
- 34- "Peripheral neuromuscular fatigue induced by repeated-sprint exercise: cycling vs running."-Rampinini E, Connolly DR, Ferioli D, La Torre A, Alberti G, Bosio A.-*J Sports Med Phys Fitness.* 2014 Oct 7. [Epub ahead of print] PMID 25289713 [PubMed - as supplied by publisher]
- 33- "The baseline serum value of α -amylase is a significant predictor of distance running performance."-Lippi G, Salvagno GL, Danese E, Tarperi C, La Torre A, Guidi GC, Schena F. *Clin Chem Lab Med.* 2014 Oct 2. pii: /j/cclm.ahead-of-print/cclm-2014-0850/cclm-2014-0850.xml. doi: 10.1515/cclm-2014-0850. [Epub ahead of print]
- 32- " Does the junior IAAF athletic world championship represent a springboard for the success in the throwing events? A retrospective study." -Piacentini MF, Comotto S, Guerriero A, Bonato M, Vernillo G, La Torre A.-*J Sports Med Phys Fitness.* 2014 Aug;54(4):410-6. PMID:25034545 [PubMed - in process]
- 31- "Relationship between anthropometric or functional characteristics and maximal serve velocity in professional tennis players."-Bonato M, Maggioni MA, Rossi C, Rampichini S, La Torre A, Merati G.-*J Sports Med Phys Fitness.* 2014 Jul 7. [Epub ahead of print]-PMID:24998615 [PubMed - as supplied by publisher]
- 30- "Heart rate responses to twelve laps Supermoto race simulation in motorcyclists."- Morosi C, La Torre A, Sartor F.-*J Sports Med Phys Fitness.* 2014 Jul 7. [Epub ahead of print] PMID:24998613 [PubMed - as supplied by publisher]
- 29- "Reliability of the assessment of peripheral muscle fatigue induced by high-intensity intermittent exercise." - Rampinini E, Connolly DR, Oppici L, Alberti G, La Torre A, Bosio A. *J Sports Med Phys Fitness.* 2014 May 27. [Epub ahead of print] PMID:24867604 [PubMed - as supplied by publisher]
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- 26-High-Intensity exercise training induces morphological and biochemical changes in skeletal muscle- Toti L., Bartalucci A., Ferrucci M., Fulceri F., Lazzeri G., Lenzi P., Soldani P., Gobbi P., La Torre A., Gesi M -Biol.Sport 2013;30:301-309- DOI: 10.5604/20831862
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- 22-Concurrent strength and endurance training effects on running economy in master endurance runners. Piacentini MF, De Ioannon G, Comotto S, Spedicato A, Vernillo G, La Torre A. J Strength Cond Res. 2013 Aug;27(8):2295-303. doi: 10.1519/JSC.0b013e3182794485.
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- 20-Uphill Racewalking at Iso-Efficiency Speed. Padulo J, Annino G, Tihanyi J, Calcagno G, Vando S, Smith L, Vernillo G, La Torre A, D’ottavio S. J Strength Cond Res. 2013 Jul;27(7):1964-1973.
- 18-High-intensity exercise training produces morphological and biochemical changes in adrenal gland of mice. Bartalucci A, Ferrucci M, Fulceri F, Lazzeri G, Lenzi P, Toti L, Serpiello FR, La Torre A, Gesi M. Histol Histopathol. 2012 Jun;27(6):753-69.
- 17-Effects of cold-water immersion and contrast-water therapy after training in young soccer players. De Nardi M, La Torre A, Barassi A, Ricci C, Banfi G. J Sports Med Phys Fitness. 2011 Dec;51(4):609-15.
- 16-Determinants of performance in 1,500-m runners. Ferri A, Adamo S, La Torre A, Marzorati M, Bishop DJ, Misericocchi G. Eur J Appl Physiol. 2012 Aug;112(8):3033-43. doi: 10.1007/s00421-011-2251-2. Epub 2011 Dec 17.
- 15-An analysis of the rebound of the body in backward human running. Cavagna GA, Legramandi MA, La Torre A. J Exp Biol. 2012 Jan 1;215(Pt 1):75-84. doi: 10.1242/jeb.057562.
- 14-Criterion and longitudinal validity of a fixed-distance incremental running test for the determination of lactate thresholds in field settings. La Torre A, Fiorella P, Santos TM, Faina M, Mauri C, Impellizzeri FM. J Strength Cond Res. 2012 Jan;26(1):146-51. doi: 10.1519/JSC.0b013e31821bc313.
- 13-An observational study on the perceptive and physiological variables during a 10,000-m race walking competition. Vernillo G, Agnello L, Drake A, Padulo J, Piacentini MF, La Torre A. J Strength Cond Res. 2012 Oct;26(10):2741-7.
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- 11-Exercise intensity and pacing strategy of a 5-km indoor race walk during a World Record attempt: a case study. Vernillo G, Piacentini MF, Drake A, Agnello L, Fiorella P, La Torre A. *J Strength Cond Res.* 2011 Jul;25(7):2048-52. doi:10.1519/JSC.0b013e3181e4f78e.
- 10-Genetic polymorphisms of the enzymes involved in DNA methylation and synthesis in elite athletes. Terruzzi I, Senesi P, Montesano A, La Torre A, Alberti G, Benedini S, Caumo A, Fermo I, Luzi L. *Physiol Genomics.* 2011 Aug 24;43(16):965-73. doi: 10.1152/physiolgenomics.00040.2010. Epub 2011 Jun 14.
- 9-Running backwards: soft landing-hard takeoff, a less efficient rebound. Cavagna GA, Legramandi MA, La Torre A. *Proc Biol Sci.* 2011 Feb 7;278(1704):339-46. doi: 10.1098/rspb.2010.1212. Epub 2010 Aug 18.
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- 7-The sportsman readjustment after transcontinental flight: a study on marathon runners. Montaruli A, Roveda E, Calogiuri G, La Torre A, Carandente F. *J Sports Med Phys Fitness.* 2009 Dec;49(4):372-81.
- 6-Free leptin index and thyroid function in male highly trained athletes. Perseghin G, Lattuada G, Ragogna F, Alberti G, La Torre A, Luzi L. *Eur J Endocrinol.* 2009 Dec;161(6):871-6. doi: 10.1530/EJE-09-0569. Epub 2009 Sep 22.
- 5-Heart rate and blood lactate evaluation in bouldering elite athletes. La Torre A, Crespi D, Serpiello FR, Merati G. *J Sports Med Phys Fitness.* 2009 Mar;49(1):19-24.
- 4-Left ventricular function and energy metabolism in middle-aged men undergoing long-lasting sustained aerobic oxidative training. Perseghin G, De Cobelli F, Esposito A, Belloni E, Lattuada G, Canu T, Invernizzi PL, Ragogna F, La Torre A, Scifo P, Alberti G, Del Maschio A, Luzi L. *Heart.* 2009 Apr;95(8):630-5. doi: 10.1136/hrt.2008.154716. Epub 2008 Nov 13.
- 3-Effect of the sporting discipline on the right and left ventricular morphology and function of elite male track runners: a magnetic resonance imaging and phosphorus 31 spectroscopy study. Perseghin G, De Cobelli F, Esposito A, Lattuada G, Terruzzi I, La Torre A, Belloni E, Canu T, Scifo P, Del Maschio A, Luzi L, Alberti G. *Am Heart J.* 2007 Nov;154(5):937-42. Epub 2007 Aug 27.
- 2-Relationship between push phase and final race time in skeleton performance. Zanoletti C, La Torre A, Merati G, Rampinini E, Impellizzeri FM. *J Strength Cond Res.* 2006 Aug;20(3):579-83.
- 1-Cardiovascular responses to aerobic step dance sessions with and without appendicular overload. La Torre A, Impellizzeri FM, Rampinini E, Casanova F, Alberti G, Marcora SM. *J Sports Med Phys Fitness.* 2005 Sep;45(3):264-9.

Presentations Conferences Seminars

- “*The evolution of training methods in endurance disciplines*”, National Congress “The new frontiers in cycling training”, Faculty of Sport Sciences of Verona, Verona, 08 May 2004, Invited Speaker.
- “*Methodology training in race-walking*” Congress of European Athletics Coaches Association “Coaching in 21 Century”, Padova, 05-08 November 2004, Invited Speaker.
- “Endurance Training Methodology”, National Technical Update Conference - CONI - Italian Triathlon Federation, Viareggio 1 October 2005, Invited Speaker.
- “*The management (physiological, technical, psychological and tactical) of the*

- champion” National Conference of Swimming Coaches - CONI - Italian Swimming Federation - Fiuggi, 22 October 2005, Invited Speaker*
- “Quantity. Intensity. Density. Volume: new hierarchies between training parameters?” • ATLETICAMENTE - CONI - FIDAL (Italian Athletics Federation) “The evolution of training methods in endurance” Abano Terme, 26-27 November 2005, Invited Speaker
 - *“From muscle fiber to sports practice” - Scientific Conference - Faculty of Medicine and Surgery, School of Specialization in Sports Medicine - University of Brescia - under the patronage of the Italian Sports Medical Federation - 25 May 2006 - Brescia - Invited Speaker*
 - “The alternation of performance in the highest level performances” - Swimming Coaches Conference - org. CONI Nazionale & FIN (Italian Swimming Federation) - Lignano, 17 November 2006 Invited Speaker
 - *“Physical activity in pubertal youth” XXXI National Congress of the Italian Sports Medical Federation - Prescription of physical activity and nutrition: an integrated system. Naples, 1 December 2006 - Invited Speaker*
 - *“Cours Pilote sur la Marche” IAAF (International association of Athletics Federations)-CECS NIVEAU IV-CRD, Dakar, (Senegal) from 3 to 12 January 2007 - Invited Lecturer*
 - *“Resist, Resist, Resist: between tradition and innovation in Endurance training” Training in resistance sports - First national study seminar - Coni Scuola dello Sport; Rome, 2 April 2007 - Invited Speaker*
 - *“Race Walking in Master - The bent knee” EVAA Seminar during World Masters Athletics Championships-Cooperation of IAAF, WMA, EVAA, LOC Riccione - Riccione, Sept 7, 2007, Invited Lecturer*
 - *“IAAF CECS Level IV Race Walking” - (International association of Athletics Federations)-from 16 to 25 sept, 2007 - RDC Beijing, China, Invited Expert Lecturer*
 - *“Strength training in endurance disciplines” International Technical-Scientific Conference “Strength training” Coni - Sport and Olympic Training; Coni Servizi - Institute of Sports Medicine and Science, School of Sport - Rome, 1-2 October 2007 - Invited Speaker*
 - *“IL TALENTO - Training methodology and modern assessment techniques”, National convention of athletics technicians -CONI (Italian National Olympic Committee) FIDAL (Italian Athletics Federation) Ancona, 18-20 January 2008 - invited guest speaker*
 - *“Performance management and innovation of training programs”, EOC (European Olympic Congress) Technical Seminar - From talents to medals. Planning for the sport technical program to London 2012 and beyond - Larnaca, Cyprus, October 30th / November 2nd 2008 - Invited Speaker*
 - *“When to specialize? The precautions for an appropriate specialization “National Convention” Training of young athletes. Specialization Issues” - Org. Coni Servizi - Sport School & FIDAL Study & Research Center - Rome, 2 December 2008 - Invited Speaker*
 - *“Evolution and perspectives of the training methodology in the endurance” Seminar “From Beijing to London - Training for Endurance” - CONI - Cones Services, Sports Management and Olympic Training; Institute of Sports Medicine and Science; School of Sport - Rome, 4th December 2008 - Invited Speaker*
 - *“Construction of a” cyclical model “in resistance sports” National Conference*

- Swimming Coaches - org. CONI & FIN (Italian Swimming Federation - SIT) - Riccione, 7 November 2009 - Invited Speaker
- “The technical-scientific evidence in the endurance disciplines of the last two years” Training and scientific innovations. National Conference - Fidal Center for Studies and Research; Saluzzo, 12-13 December 2009 - invited guest speaker
 - “The current bases of knowledge of the physical trainer: the contributions of the training sciences to the profession of Physical Trainer”, “Models and performance structures in the sports groups: facts and myths” 9th National CONI training course for experts in Physical training. Year 2010 - Rome, 9 February 2010, invited Speaker
 - “Altitude training in endurance sports”, 2nd National Congress Italian Society of Movement and Sport Sciences (SISMES); Training and Performance (session 3) - - Torino 30 settembre-2 October 2010-(invited) Leading lecture
 - “Planning & Preparation - Ivano Brugnetti” - 1st European Race Walking Conference: 2010 European Athletics Coaching Summit Series - org. by EAA- Leeds Metropolitan University-Leeds, England, 5 November 2010- Keynote Lecture, Invited Speaker;
 - “Generational change” - “CONI project reflections” General States of Italian Sport - Strategies and Projects of CONI for Olympic and High-level Sport - Rome, Hall of Honor Palazzo H, 15-16 November 2010-Invited Speaker
 - “The management of coaches and athletes in planning for the Olympic Games” Update seminar for the Technical Directors of the National Olympic Sports Federations, Formia, 10-12 January 2011- Invited Speaker
 - “Evaluation and monitoring of the athlete: operational and organizational models” MAKING CYCLING: from Juniors to Elite functional assessment and monitoring. National Conference of the Italian Cycling Federation. - Montichiari (BS), 5 February 2011 - invited guest speaker
 - “Altitude training in endurance athletes”, Altitude Training Center Workshop - Jabal Al Akhdhar - IAAF (International association of Athletics Federation) & Oman Athletic Federation, Muscat (Oman) 19-20 febbraio 2011- Invited Speaker
 - “Evolution of knowledge and main tendencies in resistance training” - Resist: from Physiology to Resilience - Seminar of Studies - - Acquacetosa Olympic Preparation Center “G. Onesti” - Rome 7 June 2011 - Invited Speaker
 - “Endurance training methodology” 1st level Master in theories and techniques of athletic preparation in football- Verona-Pisa University - Verona, 4th July 2011
 - “Academy Elite Coach Programme Middle and Long Distances & Race Walking” IAAF +(International association of Athletics Federations) ,Faculty of Physical Education Cairo; Helwan University- il Cairo 23-29 October 2011- Invited Lecturer;
 - “The role of programs to identify and promote Talent in Sport” Seminario “Sport Talent. How to identify it, promote it, manage it”. CONI Emilia Romagna; FIDAL Center for Studies and Research; Faculty of Motor Sciences Bologna - Modena, 3 December 2011, Invited Speaker
 - “Physiological responses to high intensity discontinuous training vs. continuous training at moderate intensity in master athletes” - 9th National Conference of Medicine and Sport Sciences - 4th Memorial Piero Mogroni- Saronno, 3 March 2012- Invited Speaker
 - “The fight against doping” - National Conference - “THE PROTECTION OF HEALTH IN SPORTS ACTIVITIES AND THE FIGHT AT DOPING” - Organized by MINISTRY OF

- HEALTH - Committee for the supervision and control of doping and for the protection of health in sporting activities (CVD) - SUPERIOR HEALTH INSTITUTE - Rome, 17 May 2012 - Invited speaker - Round Table -*
- *“Round Table: Lessons from London: what sport science can learn from the XXX Olympic Games”- Invited Lecturer - IV National SISMES Congress, Palermo 5-7 October 2012 - Hosted by the DISMOT Department - Faculty of Exercise and Sport Sciences - University of Palermo, 2012-Invited Speaker & Chairma*
 - *“Los factores neuromusculares en el entrenamiento de medio fondo y fondo” XIX Jornadas Tecnicas ENE- Ponente - Real Federacion Espanola de Atletismo - Escuela Nacional de Entrenadores - MADRID, 18 noviembre de 2012-Invited Speaker*
 - *“Academy Elite Coach Programme Race Walking” Beijing Sport University, IAAF (International association of Athletics Federations) - Beijing, 4-9 January 2013, Invited Lecturer*
 - *• “Sport Performance” SISMES V National Congress - Research and Training applied to Motor and Sport Sciences, SYMPOSIUM in memory of Marcello Faina-FUNCTIONAL EVALUATION AND CLINIC FOR SPORTING PERFORMANCE: an art that has become science - Pavia, 29 September 2013 - Didactic Pole “Campus Acquae” - University of Pavia-Invited Speaker*
 - *“Basic Physiology of Endurance Athletes My thoughts on Coaching Running Advanced Physiology of Endurance Athletes, My thoughts on Coaching the Walks” Coaching Conference by Australian Institute of Sports-Canberra ; Hobart, Tasmania(AUS) 1-2 February 2014-Invited Speaker*
 - *“Determinants of marathon performance: the Run4Science project” SISMES- VI National Congress - Research and Training Applied to Sport and Exercise Science- Keynote “Training and Performance” - Naples, 27 September 2014- Invited Speaker*
 - *“Evaluation as a training control tool” Eighth Technical Seminar: Selection and use of the test for the control and evaluation of training -CONI (Italian National Olympic Committee) Acquacetosa Olympic Preparation Center - Rome 23 Oct . 2014-Invited Speaker*
 - *“The” traditional “physiological model of the endurance disciplines” Second Technical Seminar - Training the Resistance -CONI SdS-FIDAL, Giulio Onesti Olympic Training Center - Aula Magna. Rome 25 March 2015- Invited Speaker*
 - *“The evolution of the periodization in endurance from the” traditional “to the polarized”, Third Technical Seminar - The Periodization and recovery systems- CONI SdS-FIDAL, Giulio Onesti Olympic Preparation Center - Aula Magna Rome, 25 March 2015 Invited Speaker*
 - *“Strength training in the disciplines of resistance” Fourth Technical Seminar - Strength Training-CONI SdS-FIDAL, Giulio Onesti Olympic Training Center-Aula Magna. Rome, 6 May 2015 - Invited Speaker*
 - *VII SISMeS NATIONAL CONGRESS - Research and Training applied to Sport and Sport Sciences - “Height training: useful or useless?” Symposium: Training, nutrition and sports performance. Padua, 2-4 October 2015 - Invited Speaker*
 - *“The annual planning of strength training in the endurance athlete” 4th National Scientific and Technical Conference - Training planning in the triathlon-FITRI Italian Triathlon Federation. Piacenza, 15 November 2015 - Invited Speaker*
 - *“High altitude training”, Swimming Coaches Conference - Some aspects of the high level swimmer - FIN Italian Swimming Federation-Chianciano, 21 November*

2015- Invited Speaker

- "Core & Functional Training: two sides of the same coin" Technical Seminar for High Level Activities, CONI - Sport School - Giulio Onesti Olympic Training Center - Aula Magna. Rome, 17 February 2016-- Organizer, Speaker, Chairman
- "From EF to school to sport: from experience to change the system" Speaker - National Conference "The Good School": proposals and actions to redesign physical education in primary school - MIUR-CAPDI; Prato, 22nd April 2016 - Invited Speaker
- "Monitoring: results and perspectives" AT SPORTS SCHOOL - LOMBARDY IN PLAY - Conference on the Regional project of motor education in the primary school of Lombardy - outcomes 2015-16 and presentation of the 2016-17 project - Lombardy Region - Anci - Coni - CIP - Milan, September 20, 2016-Invited Speaker
- "Towards Tokyo 2020 the new challenges of training and high-level performances: methodology, research and scientific innovations" Joint Symposium, CONI, School of Sport & SISMES -Rome, CPO Acquacetosa, October 7, 2016- Creator, organizer and chairman -
- "Pre-race warm-up: physiological, methodological and practical aspects", "Training and tapering: physiological, methodological and practical aspects" National Swimming Coaches Conference- Some aspects of the high-level swimmer-FIN Italian Swimming Federation - Treviso, 26 November 2016, Invited Speaker
- "Loading and recovery" INTERNATIONAL CONGRESS SPACE NUTRITION -University of the Studies of Milan; SISMES - Session "Training, Nutrition and Recovery: the triangle of performance" -Polar Congress Center Stella Polare - Rho (MI) -10 May 2017 - Invited Speaker
- "Doping: false start" Invited Speaker-Workshop III: I Run Clean- Congress-Convention European Athletics Associations - Vilnius, (Lithuania) 12 October 2017-Invited Speaker
- "Time Review from 2010 to 2017" - Coach Clinic & Practical Session, IFAC- International Festival of Athletic Coaching- Formia, 28 October 2017-Invited Speaker
- "Energy issues in the races of Ultraendurance" SINU 2017 (Italian Society of Human Nutrition) - XXXVIII NATIONAL CONGRESS - Turin, 22 November 2017- Invited Speaker
- Organizer and member of the Scientific Committee of Congress 2015-2016-2017-2018 of SISMES (Italian Society of Sport and Exercise Sciences)
- "Quickness & Agility training: theoretical bases and applicative repercussions;" Agility Training: means, methods, applications "SDS Giulio Onesti, Rome, 09 May 2018
- "Women's Training in Resistance Sports" Speaker, "Women and Sports Performance-Gender Differences in Training-Org. From SrDS Lombardia; Italian Fencing Federation, Milan 10 June 2018
- "The new challenges in the training methodology" CONI - School of Sport, CPO "G. Honest "Coni, Aula Magna, Friday 12 October 2018
- "Myths and Reality: the training methodology" FIN-Fiuggi National Assembly, October 27, 2018

Projects (as P.I.)

1. Winning in Sport, Winning the Doping

National Agency: Ministry of Health - Commission for Program supervision and control

Training/information campaigns to protect doping and to protect health in sports activities, health in sports and prevention of doping

Role: Co-Investigator

Duration: 01/08/2010 - 31/07/2012

The Project has been founded for a total of 109.467,71 Euro, 50,000.00 of which by the Ministry

2. Fight against Doping

National Agency: Italian Federation of Athletics (FIDAL) of Health

Training / information campaigns to protect doping and to protect health in sports activities, health in sports and prevention of doping

Role: PI-Investigator / Scientific manager

Duration: 2015 - 2017

Funded for a total of 100,000 euros

3. Project "A school of Sport-Lombardia at stake" Research project Promoting and enhancing motor activity in primary schools in Lombardy not only as a physical activity and play but also as a true culture of movement aimed at raising awareness of an active lifestyle; The project was awarded a total loan to the five Lombardian universities of € 150,000.00 by the Lombardy Region, ANCI, CIP & CONI (Development period September 2015-July 2018) -Role: Co-Responsible

4. "ObLoMoV: Obesity and Low Motility Victims - "physical short shocks" and "theatre short stories" to convert inactive victims into HEPA social actors "The primary objective of this project is to evaluate the effectiveness of a new sports-pedagogical methodology, based on theatrical exercises and high intensity and interval physical exercises (HIIT-High Intensity Interval Training), to fight against physical inactivity. among young students of 11/13 years, in improving their psycho-physical health, and in increasing their awareness of the importance of physical activity intended as a "health-enhancing" activity.

The project has been awarded a total funding of € 399,582.50 in the Erasmus + call for proposals: Sport 2016, (Development period January 2017-December 2019) (see annex)

Role: Principal Scientific Investigator

Projects (co-working)

1. *Effects of repeated-sprints training on and cardiovascular risk prognostic.* Research project aimed at quantifying the effects of repeated sprints on systemic, functional and biomolecular adaptations that can be linked to cardiovascular pathologies.

- *National Body:* University of Milan
- *National Body:* IRCCS Galeazzi Orthopedic Institute, Milan

2. *Physiological and biomechanical changes associated with ultra-running.* Research project aimed at investigating the changes occurring at a physiological and biomechanical level following ultra-resistance stroke.

- *National Body:* University of Milan
- *National Body:* University of Verona
- *National Body:* IRCCS Galeazzi Orthopedic Institute, Milano

3. *Exercise in normobaric hypoxia.* Research project aimed at investigating the effects of normobaric hypoxia on systemic, functional and biomolecular responses.

- *National Body*: University of Milan
 - *International Body*: University of Lausanne (Switzerland)
4. *Extreme endurance at the Tor des Geants*. Research project aimed at investigating systemic, functional and biomechanical responses following one of the world's most stringent ultra-resistance races.
 - *National Body*: University of Milan
 - *National Body*: University of Verona
 - *International Body*: University of Lausanne (Switzerland)
 5. *Run for science*- Research project aimed at investigating systemic, functional and biomechanical responses following the marathon and half-marathon races - <http://www.r4s.it/>
 - National Body: University of Verona
 - National Body: University of Milan
 - National Body: University of Foro Italico Roma
 - National Body: University of Brescia
 - International Body: University of Kent (Gran Bretagna)
 - International Body: University of Koeln (Germania)

Review and editorial activity

Scientific review / editorial activity for the following newspapers :

- Sport Sciences for Health (associate editor 2006-2010)
- Journal of Sport Medicine and Physical Fitness (editorial board 2006-)
- European Journal of Applied Physiology
- International Journal of Sports Medicine
- International Journal of Sports Physiology and Performance
- Plos One
- Frontiers in Physiology
- Journal of Sport Sciences
- Frontiers in Pshicology

Membership in Scientific Association

Società Italiana delle Scienze Motorie e Sportive (SISMES)

Different professional activities

1. Participation in the Academic Board of the Research Doctorate of the University of Milan entitled: "TRANSLATIONAL MEDICINE" 2018-
2. Partecipation in the Academic Board of the Research Doctorate of the University of Milan entitled: " INTEGRATED BIOMEDICAL RESEARCH " 2013-2017
3. Partecipation in the Academic Board of the Research Doctorate of the University of Milan entitled: "SPORT SCIENCES" 2009-2012
4. Partecipation in the Academic Board of the Research Doctorate of the University of Milan entitled: "PHYSICAL ACTIVITY AND SPORT" 2003-2008

Prizes and awards

Appointed as "OFFICIAL to the MERIT of the ITALIAN REPUBLIC" (registered in the List of Officers in the 690 series V) conferred by the President of the Republic, Carlo Azeglio Ciampi, on December 27, 2004. The honor was attributed to "merits acquired towards the nation".

Personal information

I authorize the handling of personal information in this curriculum, according to D.Lgs n. 196/03 and following modifications and Regulations EU 679/2016 (General Regulations concerning Data Protection or GRDP) and art. 7 of University Regulations concerning protection of personal information.

Date 2018, September

Signature

