

Curriculum Vitae

Fabio Esposito, M.D.

DATE AND PLACE OF BIRTH

August 11th, 1963; Vedano al Lambro (Milan), Italy.



ACTUAL POSITION

Full Professor (05/D1 – M-EDF/02), Department of Biomedical Sciences for Health, University of Milan.

Dean of the School of Exercise Sciences, Università degli Studi di Milano, Italy

H-index: 26

Citations: 2171

Total impact factor: 315

Average Impact factor: 2.93

(from Google Scholar)

EDUCATION

1982: Classical studies, Collegio S. Carlo, Milan, Italy.

1990: Degree in Medicine, University of Milan, Italy.

1990: Medical License, University of Milan.

1994: Specialization in Sports Medicine (cum laude), University of Brescia, Italy.

PROFESSIONAL EXPERIENCES

2015 – to date Full Professor, Department of Biomedical Sciences for Health, University of Milan.

2006 – 2015 Associate Professor, Institute of Physical Exercise, Health and Sport, University of Milan.

2003 – 2006 Assistant Professor, Institute of Physical Exercise, Health and Sport, University of Milan.

2000 – 2003 Assistant Professor, Department of Biomedical Sciences and Biotechnologies, Division of Human Physiology, University of Brescia, Italy.

1998 – 2000 Visiting Assistant of Research, Department of Medicine, Division of Physiology, University of California at San Diego (UCSD).

1994 - 1996 Visiting Assistant of Research, University of Geneva (CH), Medical School, Department of Physiology.

1995 Participation to the EUROMIR '95 project, European Space Agency.

1991 – 2000 Assistant of Research, Department of Biomedical Sciences and Biotechnologies, Division of Human Physiology, University of Brescia, Italy.

1990 Fellowship at the Division of Cardiology, S. Gerardo Hospital, Monza (Milan), Italy.

TEACHING RESPONSIBILITIES:

2013 – Present Human Physiology course (School of Physiotherapy), University of Milan.

2010 – Present Sport Physiology (Exercise Science School), University of Milan.

2007 - Present Biomechanics course (Exercise Science School), University of Milan.

2003 – Present Human Physiology course (Exercise Science School), University of Milan.

2002 – 2003 Lectures on Human Physiology (Exercise Sciences School), University of Milan, Milan, Italy.

2000 – 2003 Respiratory, Muscle and Exercise Physiology course (Medical School), University of Brescia.

2000 – 2003 Human Physiology course (Dental Hygienists School), University of Brescia.

1996 – 1998 Seminars on Human Physiology, European Center for University Sports, Rovereto (Trento), Italy.

1992 – 1998 Lectures on Human Physiology, Institute of Physical Education (ISEF), Milan, Italy.

1991 – 2000 Seminars on Human Physiology (Medical School), University of Brescia.

GRANTS

1994 – 1997 Ente Universitario Lombardia Orientale (E.U.L.O.): muscle contraction in health and disease (co-PI)

2000-to date Principal Investigator FIRST/PUR (ex 60%).

2004 COFIN Italian Ministry of Research: Morphological and angiogenic adaptations to aerobic exercise in rats (co-PI);

2005 CARIPLO Foundation: Physical exercise and health: gene expression and proteomic approach. (co-PI).

2007 PRIN Italian Ministry of Research: Combined effects of intermittent hypoxia and aerobic training on structural and functional heart and skeletal muscle characteristics in rats (co-PI).

2005-2011 Grants from Centro Ricerca Alta Valtellina (CRAV, University of Milan; co-PI).

2014 Grant from University of Milan for the project "Electromechanical delay partitioning in patients with Steinert disease".

2014 Grant from the Badminton World Federation for the project "Physiological profile of elite badminton players".

2015 Grant from Brux Company for the project "Effects of splint usage on maximum aerobic power and endurance performance".

2017 Grant from Brux Company for the project ""Effect of splint usage on aerobic performance".

SCIENTIFIC COLLABORATIONS

- Prof. Peter Wagner, Department of Medicine, Division of Physiology, University of California, San Diego (USA).
- Prof. Russ Richardson, Department of Exercise and Sport Science, University of Utah, Salt Lake City, (USA).
- Prof. Mark Olfert, Department of Medicine, Division of Physiology, University of West Virginia (USA).
- Prof. Paul Chantler, Department of Medicine, Division of Physiology, University of West Virginia (USA).
- Prof. Randall Bryner, Department of Medicine, Division of Physiology, University of West Virginia (USA).
- Prof. Guido Ferretti, Département de Neurosciences Fondamentales, Centre Médical Universitaire, Genève, Switzerland.
- Prof. Michele Samaja, Dipartimento di Medicina, Chirurgia e Odontoiatria, Università di Milano.
- Prof. Fausto Baldissera, Dipartimento di Fisiologia Umana, Università di Milano.
- Prof. Claudio Orizio, Dipartimento di Scienze Biomediche e Biotecnologie, sezione di Fisiologia Umana, Università di Brescia.

- Prof. Carlo Capelli, Dipartimento di Scienze Neurologiche, Neuropsicologiche, Morfologiche e Motorie, Università di Verona.
- Prof. Federico Schena, Dipartimento di Scienze Neurologiche, Neuropsicologiche, Morfologiche e Motorie, Università di Verona.
- Prof. Marina Marini, Dipartimento di Istologia, Embriologia e Biologia Applicata, Università di Bologna.
- Prof. Luisa Gorza, Dipartimento di Scienze Biomediche Sperimentali, Università di Padova.
- Prof. Rosanna Abbate, Dipartimento di Area Critica Medico Chirurgica, Università di Firenze.
- Prof. Giorgio Fanò, Dipartimento di Scienze Mediche di Base e Applicate, Università degli Studi "G. d'Annunzio", Chieti.

MEMBERSHIPS

Italian Physiological Society (SIF)

American Physiological Society (APS)

American College of Sport Medicine (ACSM)

Società Italiana di Scienze Motorie e Sportive (SISMES)

Interuniversity Institute of Myology (IIM)

RESEARCH FIELDS:

1. Environmental Physiology: Cardiovascular, respiratory and metabolic response to acute and chronic high altitude and microgravity exposure.

2. Exercise Physiology: Cardiovascular, respiratory and metabolic response to exercise in humans and animals. Molecular and cellular mechanisms underlying exercise and cardioprotection in rats. Relationship between heart rate and oxygen uptake in athletes. Central and peripheral limitation to maximum oxygen uptake in athletes, sedentary individuals, and patients with Chronic Heart Failure.

3. Respiratory Physiology: Factors limiting maximum oxygen delivery and uptake in normoxia, hypoxia and hyperoxia. Oxygen uptake kinetics and slow component. Effects of fatigue and muscle exhaustion on lactate and ventilatory thresholds.

4. Muscle Physiology: Studies on electrical (EMG) and mechanical (MMG) skeletal muscle activity during isometric contractions. Motor unit activation pattern during non-fatiguing and fatiguing

contractions in sedentary subjects, athletes and in disease. Electromechanical delay assessment during contraction and relaxation.

EDITORIAL ACTIVITY

Editor in Chief of "Sport Sciences for Health" (Springer – Nature)

Section Editor of "Middle Black Sea Journal of Health Science"

Editor of "Physiology Journal"

Editor of "World Journal of Cardiology".

REVIEWING ACTIVITY

Journals

- Journal of Applied Physiology
- Journal of Neurophysiology
- European Journal of Applied Physiology
- Muscle&Nerve
- British Journal of Sports Medicine
- International Journal of Sports Medicine
- Medicine and Science in Sport and Exercise
- BMC Musculoskeletal Disorders
- Journal of Sports Sciences
- Applied Physiology, Nutrition and Metabolism
- Sport Sciences for Health
- Sports Medicine, Arthroscopy, Rehabilitation, Therapy & Technology
- World Journal of Cardiology
- Journal of Biomechanics
- Journal of Applied Biomechanics
- Frontiers in Physiology
- PLoS One

Institutions

- Grant project reviewer for Italian Ministry of Education and University (MIUR, PRIN 2008 and 2010)
- Grant project reviewer for Czech Science Foundation (2010).
- Grant project reviewer for Italian National Council for Research (CNR, FIRB 2012).
- Grant project reviewer for the Ministry of University of Georgia, Shota Rustaveli National Science Foundation's (SRNSF) in 2013.
- Grant project reviewer for Austrian Science Fund (FWF) projects (2014).

- Grant project reviewer and rapporteur for Italian Ministry of Education and University (MIUR, SIR 2014).
- Grant project reviewer for Università dell'Insubria, Italy (starting grants).
- Grant project reviewer for University of Verona, Italy.

Actual national reviewer for Ministry professorship license in Exercise Science and Sport (2016-2018)

LANGUAGES

Italian (mother language), English.

INVITED SPEAKER

1998 EMG and mechanomyogram changes in fresh and fatigued muscle during sustained contractions in humans. Division of Physiology, University of California at San Diego, USA.

1999 Limits to Exercise Capacity in Chronic Heart Failure. Division of Physiology, University of California at San Diego, USA.

2000 Fattori limitanti il massimo consumo di ossigeno in soggetti sani e in pazienti con scompenso cardiaco cronico. Dipartimento di Scienze Biomediche e Biotecnologie, Università degli Studi di Brescia.

2001 Fattori periferici limitanti la massima prestazione aerobica in atleti, sedentary e pazienti con scompenso cardiaco cronico. Seminario ITBA, presso LITA Segrate (MI).

2001 La conduzione nervosa e i principi della stimolazione elettrica periferica. Divisione di Anestesia e Rianimazione, Ospedale S. Gerardo di Monza (MI).

2003 Chronic hypobaric hypoxia does not affect the electro-mechanical muscle activities during sustained maximal isometric contractions. Simposio in onore del Prof. P. Cerretelli organizzato dallo European Journal of Applied Physiology, presso l'Università di Udine.

2005 Fattori limitanti il massimo consumo di ossigeno nell'uomo. Recenti acquisizioni in paleofisiologia. Congresso Medicina dello Sport, Chieti.

2006 Dipendenza della protezione all'ischemia-riperfusion miocardica dall'intensità dell'esercizio fisico ed effetto del "detraining". Riunione aggiornamento COFIN 2004, Firenze.

2006 Impatto dell'esercizio fisico moderato sulle vie aeree (works in progress). Riunione aggiornamento COFIN 2004, Bologna.

2006 Meccanismi molecolari e cellulari alla base della cardioprotezione indotta da esercizio fisico nel ratto. Riunione aggiornamento COFIN 2004, Firenze.

2006 Fattori limitanti il massimo consumo di ossigeno in pazienti con scompenso cardiaco cronico. Seminari di Istituto di Esercizio Fisico, Salute e Attività Sportiva, Università di Milano.

2006 Meccanomiogramma: basi scientifiche e sue applicazioni. Seminari di Istituto di Esercizio Fisico, Salute e Attività Sportiva, Università di Milano.

2007 Effetti dell'allungamento acuto passivo (stretching) sulle caratteristiche elettriche e meccaniche del muscolo scheletrico durante contrazione stimolata nell'uomo. Scuola di Dottorato in Fisiologia, Università di Chieti.

2007 Acute passive stretching alters the mechanical but not the electrical properties of calf muscles in humans. Seminari di Istituto di Esercizio Fisico, Salute e Attività Sportiva, Università di Milano.

2008 Effetti dell'allungamento acuto passivo (stretching) sulle caratteristiche elettromiografiche e meccanomiografiche nell'uomo. Facoltà di Medicina e Chirurgia, Corso di Laurea in Scienze Motorie, Università di Brescia.

2008 L'essere umano in alta montagna: modificazioni fisiologiche e acclimatazione. Congresso Per Aspera ET Astra, Università di Milano.

2008 Arrampicata sportiva (Free Climbing): adeguamenti muscolari e cardiocircolatori. Convegno Sport e Salute in Alta Valtellina, Centro di ricerca Alta Valtellina, Università di Milano. Bormio.

2008 Le difficoltà della mobilità. Convegno AMOR, Milano.

2008 Relazione tra altitudine, massa corporea e funzione respiratoria a riposo e in attività nel paziente BPCO. Corso di aggiornamento ECM in Fisiopatologia Respiratoria, Ospedale Trivulzio, Milano.

2009 Effetti dello stretching sulla massima prestazione nell'uomo. Corso Residenziale per le Scuole di Specializzazione in Medicina dello Sport Lombarde, Gargnano (BS).

2009 La massima potenza aerobica e i suoi fattori limitanti. Scuola di Dottorato in Scienze Morfologiche e Fisiologiche, Università degli Studi di Milano.

2010 Fisiologia dello stretching. Federazione Medico-Sportiva Italiana, Firenze.

2010 The lungs as a limiting factor of maximum aerobic power in humans. Scienze Motorie, Università di Udine.

2011 Isolated quadriceps training restores exercise capacity in chronic heart failure. American College of Sport Medicine, Baltimore, USA.

2011 Effects of fatigue on electromechanical delay in human skeletal muscle: new insights from an emg and mmg combined approach. Società Italiana di Fisiologia, Sorrento, Italia.

2011 Isolated quadriceps training restores exercise capacity in chronic heart failure. Società Italiana di Scienze Motorie e Sportive (SISMES), Verona, Italy.

2012 Fatigue and cooling alter skeletal muscle electromechanical characteristics during isometric contractions. Simposio Società Italiana di Fisiologia, Verona, Italia.

2012 Positive effects of small muscle mass training in patients with heart failure. XXXII World Congress of Sports Medicine, Settembre 2012, Roma, Invited Speaker.

2014 Physiological aspects of soccer and youth. Associazione Italiana Preparatori Atletici Calcio (AIPAC), Milan, Italy.

2014 Physiological basis of karate. Italian Association of Karate. Milan, Italy.

2015 New perspectives in sport physiology, Ordu Üniversitesi, Dec 6th, 2015, Ordu, Turkey.

2016 Structural and functional adaptations to physical exercise at the cerebrovascular, cardiovascular and skeletal muscle level. Symposium at the Italian Physiological Society annual meeting, Catania, Italy.

List of Publications

1. Zago, Matteo, Esposito, Fabio, Rausa, Giulia, Limonta, Eloisa, Corrado, Felice, Rampichini, Susanna, Sforza, Chiarella (2018). Kinematic algorithm to determine the energy cost of running with changes of direction. *JOURNAL OF BIOMECHANICS*, vol. 76, p. 189-196, ISSN: 0021-9290, doi: 10.1016/j.jbiomech.2018.05.028
2. Rampichini S., Limonta E., Pugliese L., Cè E., Bisconti A. V., Gianfelici A., La Torre A., Esposito F. (2018). 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*, ISSN: 1439-6319, doi: 10.1007/s00421-018-3960-6
3. Cè Emiliano, Longo Stefano, Paleari Enrico, Riboli Andrea, Limonta Eloisa, Rampichini Susanna, Coratella Giuseppe, Esposito Fabio (2018). Evidence of balance training-induced improvement in soccer-specific skills in U11 soccer players. *SCANDINAVIAN JOURNAL OF MEDICINE & SCIENCE IN SPORTS*, ISSN: 1600-0838, doi: 10.1111/sms.13240
4. D. Ciprandi, N. Lovecchio, Piacenza, Marco, E. Limonta, F. Esposito, C. Sforza, M. Zago (2018). Energy Cost of Continuous Shuttle Running: comparison of Four Measurement Methods. *JOURNAL OF STRENGTH AND CONDITIONING RESEARCH*, vol. 32, p. 2265-2272, ISSN: 1064-8011, doi: 10.1519/JSC.0000000000002366
5. L. Galasso, A. Montaruli, E. Bruno, C. Pesenti, S. Erzegovesi, E. Cè, G. Coratella, E. Roveda, F. Esposito (2018). Aerobic exercise training improves physical performance of patients with binge-eating disorder. *SPORT SCIENCES FOR HEALTH*, vol. 14, p. 47-51, ISSN: 1824-7490, doi: 10.1007/s11332-017-0398-x
6. E. Limonta, A. Brighenti, S. Rampichini, E. Cè, F. Schena, F. Esposito (2018). Cardiovascular and metabolic responses during indoor climbing and laboratory cycling exercise in advanced and elite climbers. *EUROPEAN JOURNAL OF APPLIED PHYSIOLOGY*, ISSN: 1439-6319.
7. Invernizzi, Pietro L, Scurati, Raffaele, Crotti, Matteo, Bosio, Andrea, Longo, Stefano, Esposito, Fabio (2018). Physiological and technical commitment during a 300-m in-line skating trial in athletes of different age categories. *THE JOURNAL OF SPORTS MEDICINE AND PHYSICAL FITNESS*, ISSN: 1827-1928, doi: 10.23736/S0022-4707.18.07942-2
8. E. Roveda, A. Montaruli, L. Galasso, C. Pesenti, E. Bruno, P. Pisanisi, M. Cortellini, S. Rampichini, S. Erzegovesi, A. Caumo, F. Esposito (2018). Rest-activity circadian rhythm and sleep quality in patients with binge eating disorder.. *CHRONOBIOLOGY INTERNATIONAL*, ISSN: 0742-0528
9. Giuseppe Coratella, Eloisa Limonta, Emiliano Cé, Stefano Longo, Angela Valentina Bisconti, Angela Montaruli, Federico Schena, Fabio Esposito (2018). Running fatiguing protocol affects peak torque joint angle and peak torque differently in hamstrings vs. quadriceps. *SPORT SCIENCES FOR HEALTH*, ISSN: 1824-7490, doi: 10.1007/s11332-018-0429-2
10. MONTARULI, ANGELA, GALASSO, LETIZIA, CAUMO, ANDREA, CE', EMILIANO, C. Pesenti, ROVEDA, ELIANA, ESPOSITO, FABIO (2017). The circadian typology : the role of physical activity and melatonin. *SPORT SCIENCES FOR HEALTH*, vol. 13, p. 469-476, ISSN: 1824-7490, doi: 10.1007/s11332-017-0389-y

11. ESPOSITO, FABIO, CE', EMILIANO, RAMPICHINI, SUSANNA, MONTI, ELENA, LIMONTA, ELOISA MARIA GUGLIELMINA, FOSSATI, BARBARA, MEOLA, GIOVANNI (2017). Electromechanical delays during a fatiguing exercise and recovery in patients with myotonic dystrophy type 1. EUROPEAN JOURNAL OF APPLIED PHYSIOLOGY, vol. 117, p. 551-566, ISSN: 1439-6319, doi: 10.1007/s00421-017-3558-4
12. CE', EMILIANO, LONGO, STEFANO, E. MccoY, BISCONTI, ANGELA VALENTINA, D. Tironi, LIMONTA, ELOISA MARIA GUGLIELMINA, RAMPICHINI, SUSANNA, M. Rabuffetti, ESPOSITO, FABIO (2017). Acute effects of direct inhibitory pressure over the biceps brachii myotendinous junction on skeletal muscle activation and force output. JOURNAL OF ELECTROMYOGRAPHY AND KINESIOLOGY, vol. 37, p. 25-34, ISSN: 1050-6411, doi: 10.1016/j.jelekin.2017.08.002
13. GALASSO, LETIZIA, MONTARULI, ANGELA, BRUNO, ELEONORA, C. Pesenti, S. Erzegovesi, CE', EMILIANO, CORATELLA, GIUSEPPE, ROVEDA, ELIANA, ESPOSITO, FABIO (2017). Aerobic exercise training improves physical performance of patients with binge-eating disorder. SPORT SCIENCES FOR HEALTH, ISSN: 1824-7490, doi: 10.1007/s11332-017-0398-x
14. A. Trecroci, D. Formenti, A. Rossi, F. Esposito, G. Alberti (2017). Acute effects of kinesio taping on a 6 s maximal cycling sprint performance. RESEARCH IN SPORTS MEDICINE, vol. 25, p. 48-57, ISSN: 1543-8627, doi: 10.1080/15438627.2016.1258644
15. S. Longo, M. Devoto, E. Monti, M. Venturelli, E. Limonta, S. Rampichini, A.V. Bisconti, F. Esposito, E. Cè (2016). Acute effects of static stretching on skeletal muscle relaxation at different ankle joint angles. SPORT SCIENCES FOR HEALTH, ISSN: 1824-7490, doi: 10.1007/s11332-016-0309-6
16. S. Longo, E. Cè, S. Rampichini, M. Devoto, M. Venturelli, E. Limonta, F. Esposito (2017). Correlation between stiffness and electromechanical delay components during muscle contraction and relaxation before and after static stretching. JOURNAL OF ELECTROMYOGRAPHY AND KINESIOLOGY, vol. 33, p. 83-93, ISSN: 1050-6411, doi: 10.1016/j.jelekin.2017.02.001
17. M. Venturelli, E. Cé, E. Limonta, A.V. Bisconti, M. Devoto, S. Rampichini, F. Esposito (2016). Central and peripheral responses to static and dynamic stretch of skeletal muscle: mechano- and metabo-reflex implications. JOURNAL OF APPLIED PHYSIOLOGY, ISSN: 8750-7587, doi: 10.1152/jappphysiol.00721.2016
18. E. Cè, S. Rampichini, M. Venturelli, A. V. Bisconti, E. Monti, A. Fantauzzi, S. Longo, E. Limonta, F. Esposito (2016). Central component of muscle activation: new insights from mechanomyography. SPORT SCIENCES FOR HEALTH, vol. 12, p. S5, ISSN: 1824-7490, doi: 10.1007/s11332-016-0305-x
19. E. Cè, S. Rampichini, E. Monti, M. Venturelli, E. Limonta, F. Esposito (2016). Changes in the electromechanical delay components during a fatiguing stimulation in human skeletal muscle: an EMG, MMG and force combined approach. EUROPEAN JOURNAL OF APPLIED PHYSIOLOGY, vol. 2016, p. 1-15, ISSN: 1439-6319, doi: 10.1007/s00421-016-3502-z
20. A. Riboli, E. Cé, S. Rampichini, M. Venturelli, G. Alberti, E. Limonta, A. Veicsteinas, F. Esposito (2016). Comparison between continuous and discontinuous incremental treadmill test to assess the velocity at VO₂max. JOURNAL OF SPORTS MEDICINE AND PHYSICAL FITNESS, ISSN: 0022-4707

21. M. Venturelli, A. Sollima, E. Cè, E. Limonta, A.V. Bisconti, A. Brasioli, E. Muti, F. Esposito (2016). Effectiveness of Exercise- and Cognitive-Based Treatments on Salivary Cortisol Levels and Sundowning Syndrome Symptoms in Patients with Alzheimer's Disease. *JOURNAL OF ALZHEIMER'S DISEASE*, vol. 53, p. 1631-1640, ISSN: 1387-2877, doi: 10.3233/JAD-160392
22. F. Maconi, M. Venturelli, E. Limonta, S. Rampichini, A.V. Bisconti, E. Monti, S. Longo, F. Esposito, E. Cè (2016). Effects of a 12-week neck muscles training on muscle function and perceived level of muscle soreness in amateur rugby players. *SPORT SCIENCES FOR HEALTH*, p. 1-10, ISSN: 1824-7490, doi: 10.1007/s11332-016-0314-9
23. P.L. Invernizzi, E. Limonta, A. Riboli, A. Bosio, R. Scurati, F. Esposito (2016). Effects of acute carnosine and β -alanine on isometric force and jumping performance. *INTERNATIONAL JOURNAL OF SPORTS PHYSIOLOGY AND PERFORMANCE*, vol. 11, p. 344-349, ISSN: 1555-0265, doi: 10.1123/ijsp.2014-0507
24. E. Cè, S. Longo, E. Monti, A. V. Bisconti, A. Fantauzzi, M. Venturelli, E. Limonta, S. Rampichini, F. Esposito (2016). Effects of autogenic inhibition reflex after digitopressure on neuromuscular activation and force output of target and opponent muscles. *SPORT SCIENCES FOR HEALTH*, vol. 12, p. S61, ISSN: 1824-7490, doi: 10.1007/s11332-016-0305-x
25. H. Sozen, E. Cè, M. Venturelli, S. Rampichini, E. Monti, M. Devoto, A. V. Bisconti, S. Longo, E. Limonta, F. Esposito (2016). Effects of single-leg dynamic knee extension training on electromechanical delay: an EMG, MMG and F combined approach. *SPORT SCIENCES FOR HEALTH*, vol. 12, p. S11, ISSN: 1824-7490, doi: 10.1007/s11332-016-0305-x
26. F. Esposito, E. Cè, S. Rampichini, E. Limonta, M. Venturelli, E. Monti, L. Bet, B. Fossati, G. Meola (2016). Electromechanical delay components during skeletal muscle contraction and relaxation in patients with myotonic dystrophy type 1. *NEUROMUSCULAR DISORDERS*, vol. 26, p. 60-72, ISSN: 0960-8966, doi: 10.1016/j.nmd.2015.09.013
27. V. Tonni, E. Cè, E. Limonta, A.V. Bisconti, S. Longo, S. Rampichini, A. Magri, A. Brasioli, E. Muti, F. Esposito, M. Venturelli (2016). Fall-risk factors in hospitalized elderly: the role of adapted physical activity. *SPORT SCIENCES FOR HEALTH (ONLINE)*, ISSN: 1825-1234, doi: 10.1007/s11332-016-0324-7
28. E. Monti, E. Cè, S. Longo, S. Rampichini, M. Venturelli, E. Limonta, A. V. Bisconti, A. Fantauzzi, F. Esposito (2016). Force output and electromechanical delay components after acute digitopressure: an EMG, MMG and force combined approach. *SPORT SCIENCES FOR HEALTH*, vol. 12, p. S89-S90, ISSN: 1824-7490, doi: 10.1007/s11332-016-0305-x
29. E. Limonta, E. Cè, M. Gobbo, A. Veicsteinas, C. Orizio, F. Esposito (2016). Motor unit activation strategy during a sustained isometric contraction of finger flexor muscles in elite climbers. *JOURNAL OF SPORTS SCIENCES*, vol. 34, p. 133-142, ISSN: 0264-0414, doi: 10.1080/02640414.2015.1035738
30. M. Venturelli, E. Cè, E. Limonta, E. Muti, R. Scarsini, A. Brasioli, F. Schena, F. Esposito (2016). Possible Predictors of Involuntary Weight Loss in Patients with Alzheimer's Disease. *PLOS ONE*, vol. 11, p. 1-18, ISSN: 1932-6203, doi: 10.1371/journal.pone.0157384
31. E. Limonta, M. Fanchini, S. Rampichini, E. Cè, S. Longo, M. Venturelli, F. Esposito (2016). Route finding skills and movement sequence recall during on-sight and red-point climbing. *SPORT SCIENCES FOR HEALTH*, vol. 12, p. S16-S17, ISSN: 1824-7490, doi: 10.1007/s11332-016-0305-x

32. S. Longo, E. Cè, H. Sozen, M. Venturelli, S. Rampichini, E. Monti, M. Devoto, A. V. Bisconti, E. Limonta, F. Esposito (2016). Skeletal muscle and tendon adaptations to single-leg dynamic knee extension training. *SPORT SCIENCES FOR HEALTH*, vol. 12, p. S10, ISSN: 1824-7490, doi: 10.1007/s11332-016-0305-x
33. A. Riboli, S. Rampichini, E. Limonta, E. Ce', M. Venturelli, F. Esposito (2016). Time-motion analysis in elite soccer players: small-sided games vs. match performance. *SPORT SCIENCES FOR HEALTH*, ISSN: 1824-7490
34. S. Rampichini, A. Fantauzzi, E. Cè, S. Longo, E. Limonta, A.V. Bisconti, F. Esposito, M. Venturelli (2016). Wearable multisensor and total energy expenditure estimation in young, adult and institutionalized elderly individuals : validation and practical recommendation. *SPORT SCIENCES FOR HEALTH*, vol. 12, p. 463-470, ISSN: 1824-7490, doi: 10.1007/s11332-016-0321-x
35. G. Vernillo, N. Rinaldo, A. Giorgi, F. Esposito, P. Trabucchi, G.P. Millet, F. Schena (2015). Changes in lung function during an extreme mountain ultramarathon. *SCANDINAVIAN JOURNAL OF MEDICINE & SCIENCE IN SPORTS*, vol. 25, p. e374-e380, ISSN: 0905-7188, doi: 10.1111/sms.12325
36. M. Venturelli, E. Cè, E. Limonta, F. Schena, B. Caimi, S. Carugo, A. Veicsteinas, F. Esposito (2015). Effects of endurance, circuit, and relaxing training on cardiovascular risk factors in hypertensive elderly patients. *AGE*, vol. 37, p. 1-13, ISSN: 1574-4647, doi: 10.1007/s11357-015-9835-4
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