

PERSONAL INFORMATION Giampiero Merati

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

WORK EXPERIENCE

Professional Titles

- 2006- Associate Professor, Department of Biomedical Sciences for Health, University of Milan (part time).
- 2002-2006 Researcher, Department of Biomedical Sciences for Health, University of Milan (part time).
- 1999- Sports physician (with a university research agreement) at the IRCCS Sports Medicine Center of the Don Gnocchi Foundation in Milan.
- 1991- Member the Professional Register of Surgeon Doctors and Dentists of the Province of Varese (No. 04782).

Teaching courses

- 2016- Course of: "Physiopathology and corrective approach to lumbar pain" at the Master Degree in Physical Science for Wellness - School of Sport Sciences - University of Milan.
- 2006- Course of "Monitoring and evaluation of the effectiveness of motor activity" at the Master of Science in Physical Activity for Wellness - School of Sport Sciences - University of Milan.
- 2005-2006 Course of: "Physiology of physical exercise with biomechanics" at the Three-year Degree Course in Sport Sciences and Health.
- 2002 Associate Professor in the Master of Science in Sports Science at the Faculty of Sport Sciences of Milan for the teaching of "Laboratory Methods for Functional Evaluation".
- 2002 Teaching activities on "Physiology of physical exercise and methods of functional evaluation of the athlete", as a researcher at IEFSAS (Institute of "Physical Exercise, Health and Sports Activity"), Faculty of Sport Sciences, University of Milan.
- 2001 Master Course (CEE approval) on the "New methodologies for the functional evaluation of the athlete", at the Polytechnic of Milan.
- 2001 Theoretical-practical course on "Methods of evaluation of energy expenditure", at the International course of Biomechanics EMIAC-SIAMOC, Milan.
- 1999-2002 Collaborator of the course of "Functional evaluation of the athlete", within the Degree in Motor Sciences, University of Milan.
Assignment of integrative teaching activities in "Human Physiology" at the State University of Brescia (seminars, practical exercises).
Course for Sport Executives of the CONI at the Sports Center of Limbiate (CO):
"a) Protection of health activities and competition medicine in sports activities
b) training methods for young people; c) methods of aerobic training in individuals with bone marrow injury "

EDUCATION AND TRAINING

- 2018 National Scientific Qualification to full professor (M-EDF/02)
- 1999 Post-graduate Specialization in Biochemistry and Clinical Chemistry (cum laude) at the University of Milan, Italy.
- 1995 Post-graduate Specialization in Biochemistry and Clinical Chemistry (cum laude) at the University of Milan, Italy.
- 1991 Professional Qualification (State Examination)
- 1991 Medical Degree at the University of Milan.
- 1983 Scientific Bachelor.

PERSONAL SKILLS

Mother tongue(s) Italian

Other language(s)

	UNDERSTANDING		SPEAKING		WRITING
	Listening	REading	Spoken interaction	Spoken production	
English	C2	C2	B2	B2	C2

Communication skills Good communication skills obtained in 20 years of outpatient clinical and research activity in different scientific teams.

Organisational / managerial skills Medical Director of a sports medicine center, with managerial responsibilities for 4 doctors, 3 nurses and 2 administrative figures.

Digital skills

SELF-ASSESSMENT				
Information processing	Communication	Content creation	Safety	Problem solving
Advanced	Advanced	Advanced	Intermediate	Advanced

- Excellent knowledge of office suite tools (word processor, spreadsheet, presentation software)
- Good knowledge of statistical analysis tools of scientific data (SPSS 22, Statistics 6.0) ▪ Excellent mastery of programming tools typical of process controls and biological data analysis (Labview 17.0, National Instruments)
- Good knowledge of digital image analysis systems for scientific processing (NIH ImageJ, Kinovea, etc.)
- Good knowledge of Windows operating systems and Apple macOS

Driving licence Diving licence type B

ADDITIONAL INFORMATION

- Publications**
- 1) Cusi D, Niuitta E, Barlassina C, Bollini P, Cesana B, Stella P, Robba C, Merati G and Bianchi G: Erythrocyte Na-K-Cl-cotransport and kidney function in essential hypertension. Journal of Hypertension. 1993; 11: 805-813
 - 2) Cusi D, Tripodi G, Casari G, Robba C, Bollini P, Merati G and Bianchi G: Genetics of renal damage

- in primary hypertension. *American Journal of Kidney Disease*. 1993; 21(Suppl 2): 2-9
- 3) Samaja M, Motterlini R, Allibardi S, Casalini S, Merati G, Corno A and Chierchia S: Myocardial metabolism and function in acutely ischaemic and hypoxemic isolated rat hearts. *Journal of Molecular and Cellular Cardiology*. 1995; 27: 1213-1218
 - 4) Carù B, Merati G, Allibardi S and Samaja M: Trombolisi e aritmie. *Cardiologia* 1995. 40(12): 921-926
 - 5) Merati G, Allibardi S, Monti LD, De Jong JW and Samaja M: Dynamic of myocardial adaptation to low-flow ischemia and hypoxemia. *American Journal of Physiology* 1996. 271: H2300-H2305
 - 6) Merati G, Allibardi S, Marrazza G, Mascini M, Samaja M: Myocardial adaptation to acute oxygen shortage: a kinetic analysis. *Adv Exp Med Biol* 1997. 411: 129-134
 - 7) Merati G, Allibardi S, Margonato V, Veicsteinas A, Samaja M and Carù B: Predictability of postischemic recovery in isolated rat hearts by non-linear dynamics analysis. *Giornale Italiano di Cardiologia* 1998. 28: 98-102
 - 8) Allibardi S, Chierchia SL, Margonato V, Merati G, Neri G, Dell'antonio G, Samaja M. Effects of trimetazidine on metabolic and functional recovery of postischemic rat hearts. *Cardiovascular Drugs and Therapy* 1998. 12 (6): 543-549
 - 9) Doldi N, Marsiglio E, Destefani A, Gessi A, Merati G and Ferrari A: Elevated serum progesterone on the day of HCG administration in IVF is associated with a higher pregnancy rate in polycystic ovary syndrome. *Human reproduction* 1999. 14 (3): 601-605
 - 10) Allibardi S, Merati G, Chierchia S and Samaja M. Atenolol depresses postischaemic recovery in the isolated rat heart. *Pharmacological Research* 1999. 39 (6): 431-435
 - 11) Merati G, Sarchi P, Ferrarin M, Pedotti A and Veicsteinas A. Paraplegic adaptation to assisted-walking: energy expenditure during wheelchair versus orthosis use. *Spinal Cord* 2000. 38: 37-44
 - 12) Margonato V, Milano G, Allibardi S, Merati G, de Jonge R and Samaja M. Swim training improves myocardial resistance to ischemia in rats. *International Journal of Sports Medicine* 2000. 21: 163-137
 - 13) Merati G, Negrini S, Sarchi P, Mauro F, Veicsteinas A. Cardio-respiratory adjustments and cost of locomotion in school children during backpack walking (the Italian Backpack Study). *European Journal of Applied Physiology* 2001. 85: 41-48
 - 14) Veicsteinas A, Merati G. Disabilità motoria e vecchiaia. Un modello fisiologico dalla ricerca spaziale. *Geriatric and Medical Intelligence* 2001. 2: 71-77
 - 15) Merati, G., Di Rienzo, M., Veicsteinas, A., Castiglioni, P. Impaired autonomic vascular control: A non linear dynamic analysis. *Computers in Cardiology*. 2003; 30: 713-716
 - 16) Maggioni M, Bertoli S, Margonato V, Merati G, Veicsteinas A, Testolin G. Body composition assessment in spinal cord injury subjects. *Acta Diabetologica* 2003. 39: S21-S24
 - 17) Spadone R, Merati G, Bertocchi E, Mevio E, Veicsteinas A, Pedotti A, Ferrarin M. Energy consumption of locomotion with orthosis versus Parastep-assisted gait: a single case study. *Spinal Cord* 2003. 2: 97-105
 - 18) Merati G, Cè E, Pellegatta D, Pizzini G, Veicsteinas A. Acute adaptation of arterial pressure and energy expenditure during muscular electrical stimulation. *Medicina dello Sport* 2003. 56 (4): 267-275
 - 19) Castiglioni, P., Merati, G., Di Rienzo, M. Identification of steady states and quantification of transition periods from beat-by-beat cardiovascular time series: Application to incremental exercise test. *Computers in Cardiology* 2004; 31: 269-272
 - 20) Merati, G., Rampichini, S., Cè, E, Di Rienzo, M., Veicsteinas, A. Ventilatory threshold detection: A new method based on heart rate variability. *2004Computers in Cardiology* 2004: 31: 221-224
 - 21) Merati G., Solimene U, Pizzini G, Veicsteinas A. Invecchiamento e balneoterapia marina: possibili effetti cardiocircolatori analizzati mediante la variabilità del ritmo cardiaco. *Geriatric and Medical Intelligence* 2004. 13(2): 106-114
 - 22) Merati G, Negrini S, Carabalona R, Margonato V, Veicsteinas A. Trunk muscular strength in pre-pubertal children with and without back pain. *Pediatric Rehabilitation* 2004. 7(2):97-103
 - 23) Merati G, Solimene U, Cerina A, Pizzini G, Veicsteinas A. [Thalassotherapy effect on cardiovascular system and cardiac rhythm variability][russo]. *Voprosi Kurortologii Fizioterapii i Lechebnoi Fizicheskoi Kultury* 2005. 1: 13-16
 - 24) Margonato V, Fronte F, Rainero G, Merati G, Veicsteinas A. Effects of short-term brace wearing on cardiorespiratory responses to submaximal and maximal exercise in adolescents with idiopathic scoliosis. *Europa Medicophysica* 2005. 41(2):135-139
 - 25) Merati G, Di Rienzo M, Parati G, Veicsteinas A, Castiglioni P. Assessment of the Autonomic Control of Heart Rate Variability in Healthy and Spinal-Cord Injured Subjects: Contribution of Different Complexity-Based Estimators. *IEEE Transactions in Bioengineering* 2006. 53(1): 43-52
 - 26) Bertoli S, Battezzati A, Merati G, Margonato V, Maggioni M, Testolin G and Veicsteinas A.

- Nutritional status and dietary patterns in disabled people. *Nutrition metabolism and cardiovascular disease* 2006. 16(2):100-112
- 27) Sgoifo A, Buwalda B, Roos M, Costoli T, Merati G, Meerlo P. Effects of sleep deprivation on cardiac autonomic and pituitary-adrenocortical stress reactivity in rats. *Psychoneuroendocrinology* 2006. 31: 197-208
- 28) Zanoletti C, La Torre A, Merati G, Martin DT, Rampinini E, Impellizzeri FM. Relationship between push phase and final race time in skeleton performance. *Strength and Conditioning Research* 2006. 20(3): 579-583
- 29) Merati G, Rampichini S, Roselli M, Roveda A, Pizzini G, Veicsteinas A. Gravity and gravidity: will microgravity assist pregnancy? *Sport Science for Health* 2006. 1: 129-136
- 30) Castiglioni P, Merati G, Veicsteinas A, Parati G, Di Rienzo M. Influence of sympathetic vascular regulation on heart-rate scaling structure: spinal cord lesion as a model of progressively impaired autonomic control. *Biomed Tech* 2006. 51: 240-243
- 31) Merati G, Cè E, Maggioni M, Esposito F, La Torre A, Michielon G, Veicsteinas A. Cardio-pulmonary evaluation of mentally disabled soccer players. *Medicina dello Sport* 2006. 59(3): 325-334
- 32) Merati G, Castiglioni P, Rampichini S, Roselli M, Pizzini G, Veicsteinas A. Autonomic adaptation to a microgravity-like environment in pregnant women. *Journal of Gravitational Physiology* 2006. 13(1): 57-58
- 33) Castiglioni P, Merati G, Rizzo F, Faini A, Parati G, Ferratini M, Di Rienzo M. A new wearable system for cardiorespiratory monitoring during gravitational stress. *Journal of Gravitational Physiology* 2006. 13(1): 163-164
- 34) Castiglioni P, Di Rienzo M, Veicsteinas A, Parati G, Merati G. Mechanisms of blood pressure and heart rate variability: an insight from low-level paraplegia. *Am J Physiol Regul Integr Comp Physiol* 2007. 292(4):R1502-1509
- 35) La Torre A, Vernillo G, Rodigari A, Maggioni M, Merati G. Explosive strength in female 11-on-11 versus 7-on-7 soccer players. *Sport Sciences for Health* 2007. 2(4): 80-84
- 36) Rossi, La Torre A, Bishop M, Arcelli E, Merati G, Serpiello F. Modello prestativo e preparazione nel gioco del tennis. *SDS, Atletica Studi* 2007. 74: 21-30
- 37) Bertoli S, Spadafranca A, Merati G, Testolin G, Veicsteinas A, Battezzati A. Nutritional counselling in disabled people: effects on dietary patterns, body composition and cardiovascular risk factors. *Eur J Phys Rehabil Med.* 2008; 44(2):149-58
- 38) La Torre A, Agnello L, Dotti A, Merati G, Serpiello FR. Forza e prestazione di resistenza. Allenamento di forza per le discipline di endurance. *SDS, rivista di cultura sportiva.* 2008; 27:29-40
- 39) Maggioni M, Rampichini S, Cè E, Agnello L, Veicsteinas A, Merati G. Cardiac and autonomic adaptations to a wheelchair hockey match in athletes with muscular dystrophy. *Sport Sciences for Health* 2008; 3; 59-63
- 40) Cè E, Rampichini S, Maggioni M, Veicsteinas A, Merati G. Effects of passive stretching on post-activation potentiation and fiber conduction velocity of biceps brachii muscle. *Sport Sciences for Health* 2008; 3; 43-50
- 41) La Torre A, Crespi D, Serpiello FR, Merati G. Heart rate and blood lactate evaluation in bouldering contest. *Journal Sport Med Phys Fitness* 2009; 49(1):19-24.
- 42) La Torre A, Castagna E, Gervasoni E, Cè E, Rampichini S, Ferrarin M, Merati G. Acute effects of static stretching on squat jump performance at different knee starting angles. *J Strength and Conditioning Research* 2010; 24(3):687-94
- 43) Maggioni M, Cè E, Rampichini S, Ferrario M, Giordano G, Veicsteinas A, Merati G. Electrical stimulation versus physiotherapy in improving functional fitness in older women: a randomized controlled trial. *Archives of Gerontology.* 2010; 50(3): e19-25
- 44) Limonta E, Squadrone R, Rodano R, Marzegan A, Veicsteinas A, Merati G, Sacchi M. 3D kinematic analysis on a kayaking simulator: key factors to successful performance. *Sport Sciences for Health.* 2010; 6: 27-34
- 45) Faina, M., Veicsteinas, A., Biffi, A., Fiorella, P.L., Merati, G. Classification of sports [Classificazione degli sport in relazione all'impegno cardiovascolare]. *Medicina dello Sport.* 2010; 63(1): 9-13
- 46) Maggioni M, Veicsteinas A, Rampichini S, Cè E, Nemni R, Riboldazzi G, Merati G. Energy cost of spontaneous walking in Parkinson's disease patients. *Neurological Sciences.* 2012; 33(4); 779-84
- 47) Maggioni MA, Ferratini M, Pezzano A, Heyman JE, Agnello L, Veicsteinas A, Merati G. Heart adaptations to long-term aerobic training in paraplegic subjects: an echocardiographic study. *Spinal Cord.* 2012 Jul;50(7):538-42
- 48) Maggioni MA, Cè E, Giordano G, Bertoli S, Battezzati A, Veicsteinas A, Merati G. Effects on body composition of different short-term rehabilitation programs in long-stay hospitalized elderly women. *Aging Clin Exp Res.* 2012 Dec;24(6):619-26.
- 49) Persi A, Maltese PE, Bertelli M, Cecchin S, Ciaghi M, Guarnieri MC, Agnello L, Maggioni MA,

- Merati G, Veicsteinas A. Polymorphisms of alpha-actinin-3 and ciliary neurotrophic factor in national-level Italian athletes. *Panminerva Med.* 2013 Jun;55(2):217-24.
- 50) Di Rienzo M, Vaini E, Castiglioni P, Merati G, Meriggi P, Parati G, Faini A, Rizzo F. Wearable seismocardiography: Towards a beat-by-beat assessment of cardiac mechanics in ambulant subjects. *Auton Neurosci.* 2013; 178 (1-2): 50-9
- 51) Invernizzi PL, Benedini S, Saronni S, Merati G, Bosio A. The acute administration of carnosine and B-alanine does not improve running anaerobic performance and has no effect on the metabolic response to exercise. *Advances in Physical Education.* 2013; 3(4); 169-174
- 52) Villa F, Magnani A, Merati G, Castiglioni P. Feasibility of Long-Term Monitoring of Multi-Frequency and Multi-Segment Body Impedance by Portable Devices. *IEEE Transactions in Bioengineering* 2014;61(6): 1877-1886
- 53) Merati G, Agnello L, Maggioni MA, Rampichini S, Veicsteinas A. Cardiovascular adaptation to mud-pack therapy in hypertensive subjects treated with different anti-hypertensive drugs. *Eur Rev for Medical and Pharmacological Sciences* 2014; 18(17): 2544-50
- 54) Bonato M, Maggioni MA, Rossi C, Rampichini S, La Torre A, Merati G. Relationship between anthropometric or functional characteristics and maximal serve velocity in professional tennis players. *J of Sport Medicine and Physical Fitness* 2015: 55(10): 1157-1165
- 55) Bonato M, Rampichini S, Ferrara M, Benedini S, Sbriccoli P, Merati G, Franchini E, La Torre A. Aerobic training program for the enhancements of HR and VO2 off-kinetics for elite judo athletes. *J of Sport Medicine and Physical Fitness* 2015: 55(11): 1277-1284
- 56) Merati G, Maggioni MA, Invernizzi PL, Ciapparelli C, Agnello L, Veicsteinas A, Castiglioni P. Autonomic modulations of heart rate variability and performances in short-distance elite swimmers. *European Journal of Applied Physiology* 2015: 115(4): 825-835
- 57) Cè E, Maggioni MA, Veicsteinas A, Merati G. Anthropometric and physiologic profile of professional yoga practitioners and energy expenditure during asana practice. *Journal of Sport Medicine and Physical Fitness*, 2015: 55(1-2):51-7
- 58) Castiglioni P., Merati G. Estimating the autonomic function from heart rate variability in mechanically ventilated patients after spinal cord injury. *Spinal Cord*, 2015: 97: 838
- 59) Vernillo G, Agnello L, Barbuti A, Di Meo S, Lombardi G, Merati G, La Torre A. Postexercise Autonomic Function After a Repeated Sprints Training Protocol. *European Journal of Applied Physiology* 2015: 115 (11): 2445-2455.
- 60) Rampichini S, Merati G, Mameli C, Agnello L, Schneider L, Veicsteinas A, Zuccotti GV. Energy expenditure in obese children: evaluation of a new multisensor device. *Sport Sciences for Health* 2015: 11(3): 305-312
- 61) Invernizzi PL, Benedini S, Longo S, Merati G, Bizzi M, Bosio A. Interpretation and perception of two different kumite fighting intensities through an integrated approach training in international level karatekas: an exploratory study. *Perceptual & Motor Skills* 2015: 121 (2): 333-349.
- 62) Villa F, Magnani A, Maggioni MA, Stahn A, Rampichini S, Merati G, Castiglioni P. Wearable Multi-Frequency and Multi-Segment Bioelectrical Impedance Spectroscopy for Unobtrusively Tracking Body Fluid Shifts during Physical Activity in Real-Field Applications: a Preliminary Study. *Sensors* 2016; 16: 673-688.
- 63) Sartor F, Bonato M, Papini G, Bosio A, Mohammed RA, Bonomi AG, Moore JP, Merati G, La Torre A, Kubis HP. A 45-second self-test for cardiorespiratory fitness: heart rate-based estimation in healthy individuals. *Plos One* 2016; Dec 13;11(12): e0168154.
- 64) Sansoni V, Vernillo G, Perego S, Barbuti A, Merati G, Schena F, La Torre A, Banfi G, Lombardi G. Bone turnover response is linked to both acute and established metabolic changes in ultra-marathon runners. *Endocrine* 2017; 56(1):196-204
- 65) Vitale J, Bonato M, Merati G, La Torre A. Sleep Quality and High Intensity Interval Training at two different times of day: a crossover study on the influence of chronotype in male collegiate soccer players. *Chronobiology International* 2017. 34 (2): 260-268
- 66) Castiglioni P, Merati G. Fractal analysis of heart rate variability reveals alterations of the integrative autonomic control of circulation in paraplegic individuals. *Physiol Meas* 2017; 38(5):774-786.
- 67) Lombardi G, Vernillo G, Sansoni V, Perego S, Barbuti A, Merati G, Schena F, Banfi G, La Torre A. Plasminogen activator inhibitor-1 as a marker of cardiovascular response in professional mountain ultra-marathon runners. *Clinical Chemistry and Laboratory Medicine* 2017;55(1):e7-e9
- 68) Bonato M, Longo V, Galli L, Bossolasco S, Pavei G, Bertocchi C, Balconi G, Merati G, Lazzarin A, La Torre A, Cinque P. A pilot study of a walking training program in previously sedentary cART-treated patients: benefit on soluble and cell inflammatory markers. *BMC ID*, 2017; 17(1): 61
- 69) Bonato M, La Torre A, Saresella M, Marventano A, Merati G, Vitale J. Salivary cortisol concentration after high-intensity exercise: time of day and chronotype effects. *Chronobiology International* 2017: 4; 1-10.

- 70) Bonato M, Vitale JA, Agnello L, Merati G, La Torre A. Acute modification of cardiac autonomic function of a high-intensity interval training in collegiate male soccer players with different chronotype. *Journal of Sport Science and medicine* 2017: (2017) 16, 286-294.
- 71) Bonato M, Meloni A, Merati G, La Torre A, Agnello L, Vernillo G. Effect of repeated-sprints on the reliability of short-term parasympathetic reactivation. *PLoS One*. 2018 Feb 6;13(2): e0192231
- 72) Sansoni V, Perego S, Vernillo G, Barbuti A, Merati G, La Torre A, Banfi G, Lombardi G. Eight-week high-intensity intermittent training protocol positively affects fracture risk-associated circulating miRNAs without affecting classical markers of bone turnover. *Oncotarget*, 2018: 9(26):18029-18040.
- 73) Rampichini S, Guanziroli E, Agnello L, Veicsteinas A, Molteni G, Merati G. Energy cost of locomotion of robotic-assisted walking in paraplegics: a case report. *International Journal of Physical Medicine and Rehabilitation Journal*, 2018: 3: 216-219.
- 74) Gervasoni E, Bove M, Sinatra M, Grosso C, Rovaris M, Cattaneo D, Merati G. Cardiac autonomic function during postural changes and exercise in people with multiple sclerosis: a cross-sectional study. *Multiple Sclerosis and Related Disorders*, 2018: 24: 85-90.
- 75) Maggioni MA, Castiglioni P, Brauns K, Werner A, Mendt S, Opatz O, Steinach M, Merati G, Gunga HC, Stahn A. Time course of 60-day bed rest: effect of exercise on cardiovascular autonomic control and hemodynamics. *Frontiers in Physiology*, 2018; in press
- 76) De Valle G, Arienti C, Castiglioni P, Mazzucchi A, Agnello L, Merati G. Cardio-respiratory responses to nociceptive stimuli in patients with different disorders of consciousness. *PlosOne*, 2018; in press
- 77) 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. *PlosOne* 2018: in press
- 78) 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

Presentations

- 1) Samaja M, Motterlini R, Allibardi S, Casalini S, Merati G, Corno A, Chierchia S (1994): Myocardial function and Metabolism in acutely ischemic and ipoxemic rat hearts. XV European section Meeting of the International Society for Heart Research, Copenhagen, Denmark, 8-11 June 1994, 601-604
- 2) Allibardi S, Sommaruga S, Casalini S, Merati G, Fragasso G, Samaja M and Chierchia S: Effects of atenolol and pacing on performance and metabolism of the ischemic-reperfused rat heart. *J Mol Cell Cardiol*. 1995; 27: A258
- 3) Merati G, Allibardi S, Sommaruga S, Casalini S and Samaja M: Kinetics of adaptation of isolated rat hearts to ischemia and hypoxemia. *J Mol Cell Cardiol* 1995; 27: A207
- 4) Merati G, Allibardi S, Marrazza G, Mascini M and Samaja M: Kinetics of myocardial adaptation to low-flow ischemia and hypoxemia. 1995 Meeting of the International Society for Oxygen Transport to Tissue (ISOTT). Pittsburgh (USA), August, 23, 1995. Oral communication
- 5) Merati G, Allibardi S, Casalini S, Corno A and Samaja M: Roles of low oxygen supply and low coronary flow in heart adaptation to ischemia and hypoxia. Satellite symposium of the 1995 Meeting of the International Society for Oxygen Transport to Tissue (ISOTT). Cleveland (USA), August, 27, 1995. Oral communication
- 6) Carù B, Merati G, Allibardi S, Samaja M: Experimental view of arrhythmias in a model of isolated hearts during ischemia or hypoxia. New trends of arrhythmias. Marileva, Italy, Gennaio 1996. Oral communication
- 7) Margonato V, Cerioli V, Allibardi S, Merati G, Chierchia S, Carù B and Samaja M: Gradual reperfusion after ischemia reduces diastolic contracture in isolated rat hearts. Myocardial function: pathophysiological, methodological and clinical aspects. Padova, Italy, October 23-25, 1996. Oral communication
- 8) Arnaboldi P, Tramacere P, Brambilla P, Merati G and Mocarelli P: La ploidia nucleare come fattore prognostico indipendente nelle stime di recidiva dei tumori a cellule transizionali della vescica. 28° Congresso Nazionale della Società Italiana di Biochimica Clinica e Biologia Molecolare Clinica (SIBioc), Pesaro, Italy, October 8-11, 1996
- 9) Corno A, Allibardi S, Merati G, Samaja M: Biochemical and functional basis for impaired recovery of hypoxemic hearts. X Scientific Congress of the Kuwait Medical Association, Kuwait City, November 23-26, 1996
- 10) Allibardi S, Merati G, Cerioli V, Margonato V, Chierchia S, and Samaja M: Effect of trimetazidine at therapeutic levels in ischaemic-reperfused and hypoxaemic-reoxygenated isolated hearts. Hypoxia and Reoxygenation: from Basic Science to Paediatric Cardiac Surgery. Glasgow, April 10-11, 1997. Oral communication
- 11) Merati G, Allibardi S, Cerioli V, Margonato V, Carù B, Veicsteinas A and Samaja M: Predictability

of arrhythmogenesis and recovery in hypoxaemic-reoxygenated hearts by fractal dimension analysis. Hypoxia and Reoxygenation: from Basic Science to Paediatric Cardiac Surgery. Glasgow, April 10-11, 1997. Oral communication

12) Samaja M, Allibardi S, Margonato V, Merati G, Milano G, Carù B: Esercizio fisico e resistenza miocardica all'ischemia: studi sperimentali su un modello animale.

VII Congresso Nazionale della Società Italiana di Cardiologia dello Sport. Milano, 16-18 ottobre 1997. Oral communication

13) Merati G, Allibardi S, Margonato V, Veicsteinas A, Samaja M and Carù B. Predictability of postischemic recovery in isolated rat hearts by non-linear dynamics analysis.

New trends in arrhythmias. Marileva, Italy, Gennaio 1998. Oral communication

14) Veicsteinas A, Ferrarin M, and Merati G. Low compliance of orthosis locomotion. Selection criteria based on energy expenditure.

FASEB, San Francisco, USA, march 1998

15) Samaja M, Allibardi S, Margonato V, Merati G, Neri G, Dell'Antonio G, Chierchia S: Effects of trimetazidine on rat heart during post-ischemic recovery.

XVIII European section Meeting of the International Society for Heart Research, Rodi, may 25-30 1998

16) Veicsteinas A, Rampichini S, Sarchi P and Merati G. Allenamento del disabile.

Congresso annuale di Medicina dello Sport dell'Università di Chieti, giugno 1999. Oral communication

17) Merati G, Tordi R, Di Rienzo M, Veicsteinas A and Castiglioni P. Heart rate and blood pressure variability at rest and during exercise in patients with traumatic spinal cord injury.

Congresso 1999 dello European College of Sports Medicine. Roma 13-17

luglio 1999 Oral communication

18) Merati G, Di Rienzo M, Stampacchia G, Rossi B, Veicsteinas A and Castiglioni P. Baroreflex sensitivity at rest and during exercise in patients with spinal cord injury.

IX Congresso SOMIPAR-IMSOP, Firenze, ottobre 1999. Oral communication

19) Castiglioni P, Parati G, Tordi R, Merati G, Veicsteinas A and Di Rienzo M. Changes of blood-pressure and heart-rate variability and baroreflex sensitivity in spinal cord-injured individuals.

BAVAR 2000. Berlino, 7-9 aprile 2000. Oral communication

20) Artuso A, Lange A, Sinatra M, Merati G, Veicsteinas A. L'efficacia della terapia per mezzo del cavallo valutata tramite scala F.I.M. La riabilitazione con il mezzo del

cavallo verso il 2000. Nuove prospettive a confronto. S. giovanni Rotondo 13-16 aprile 2000

21) Veicsteinas A, Negrini S, Sarchi P, Merati G. Dispendio energetico nel trasporto dello zainetto scolastico. "Il peso degli zainetti scolastici. Un problema di salute pubblica?". Milano 23 settembre 2000. Oral communication

22) Merati G, Negrini S, Carabalona R, Calicchio A, Veicsteinas A. C'è un rapporto tra forza muscolare del tronco e mal di schiena in età evolutiva?

"Il peso degli zainetti scolastici. Un problema di salute pubblica?". Milano 23 settembre 2000. Oral communication

23) Veicsteinas A, Merati G. Cardiorespiratory function in the elderly.

EGREPA Congress 2000 Bruxelles, settembre 2000

24) Veicsteinas A, Merati G. Aspetti di termoregolazione in acqua. Idrocinesi terapia: premesse teoriche e proposte riabilitative. Torino 2-3 Marzo 2001

25) Veicsteinas A, Merati G, Negrini S. Effect of school backpack on energy cost of walking, cardio-respiratory changes, and low back pain in children. 2001 ACSM Annual Meeting: 30 maggio-2giugno, 2001 - Baltimora, Maryland (USA).

26) Merati G, Sacchi M, Comencini E, Marzegan A, Veicsteinas A, Pedotti A and Rodano R. Electrical stimulation versus voluntary training of quadriceps muscles in soccer players: effects on muscle performance.

VI ECSS Congress, Colonia, luglio 2001. Oral communication

27) Negrini S, Merati G, Carabalona R, Calicchio A, Veicsteinas A. Low back pain in schoolchildren and trunk strength: is there any relationship?

2001 Meeting of the international society for the study of the lumbar spine, Edimburgh, Scotland, June 19-23, 2001

28) Di Rienzo M, Castiglioni P, Parati P, Mancina G, Veicsteinas A, Pedotti A, Merati G. Cardiovascular variability and baroreflex sensitivity in individuals with spinal cord injury below T4.

2001 Annual Congress of the ESH, Milano, luglio 2001. Oral communication

29) Merati G. I disordini autonomici cardiovascolari nel mieloleso. X Congresso SOMIPAR, Bari, ottobre 2001. Invited speaker

- 30) Merati G, Sacchi M, Comencini E, Marzegan A, Veicsteinas A, Pedotti A and Rodano R. Muscle performance and left-right asymmetries in young soccer players after voluntary training or functional electrical stimulation of quadriceps muscles. Experimental Biology 2002, New Orleans (USA), aprile 2002
- 31) Sacchi M, Rodano R, Squadrone R, Veicsteinas A, Merati G, Marzegan A. Evaluation of kinematic left-right asymmetries in elite, intermediate and novice kayakists. 2002 Congress of the ACSM, St. Louis (USA), may 28-june 1, 2002
- 32) Merati G, Spadone R, Ferrarin M and Veicsteinas A. Energy cost of locomotion with different orthoses. 4th International Symposium on Spinal cord repair and regeneration. Brescia, 25-27 marzo 2002. Invited speaker
- 33) Merati G. Benefici dell'esercizio fisico nel soggetto con disabilità. Medicina dello sport e disabilità. Verona, 18 maggio 2002. Invited speaker
- 34) Maggioni M, Bertoli S, Merati G, Veicsteinas A, Testolin G. Body composition assessment in spinal cord injury. Sixth international symposium "In Vivo Body Composition studies". Roma, October 3-5, 2002- Italy
- 35) Merati G, Veicsteinas A. I benefici della sport-terapia sul sistema cardiorespiratorio del paziente con paraplegia. "Una vita in carrozzina". Milano, 28-29 ottobre 2002. Invited speaker
- 36) Merati G, Margonato V, Cè E, Veicsteinas A. Il rischio cardiovascolare nel paziente paraplegico: fattori determinanti e prospettive di prevenzione. "Una vita in carrozzina". Milano, 28-29 ottobre 2002. Invited speaker
- 37) Cè E, Merati G, Maggioni M, Ferratini M, Veicsteinas A. Effects of training on cardiovascular system in spinal cord injured patients: a 10 years longitudinal study. Congresso IMSOP, Genova, maggio 2003. Oral communication
- 38) Maggioni M, Merati G, Margonato V, Cè E, Bertoli S. Effects of aerobic training on body composition in male paraplegics. Congresso IMSOP, Genova, maggio 2003. Oral communication
- 39) Merati G, Veicsteinas A. Hockey su carrozzina. Analisi delle potenzialità fisiche e costituzione di una commissione medica per la valutazione funzionale. Convegno Nazionale UILDM 2003. Lignano Sabbiadoro, 5 maggio 2003. Invited speaker
- 40) Merati G, Margonato V, Pinto P, Castiglioni P, Di Rienzo M, Veicsteinas A. Heart rate and heart rate variability in novice and experienced parachutists. 2003 Congress of the ACSM, St. Francisco (USA), giugno 2003. Poster
- 41) Veicsteinas A, Margonato V, Maggioni M, Bertoli S, Merati G, Testolin G. Effects on body composition, regional and total body composition assessment and aerobic power in spinal cord injured subjects. Experimental Biology 2003, St. Diego (USA), giugno 2003. Poster
- 42) Merati G. Il fisiologo: invalidità permanente ed esercizio fisico. Convegno: "Con lo sport una comunicazione senza barriere per il bambino, il giovane e l'adulto disabile". Milano 7 giugno 2003. Invited speaker
- 43) Veicsteinas A, Merati G, Pinto P. Valutazione della Frequenza Cardiaca nel lancio con paracadute. Congresso annuale di Medicina dello Sport dell'Università di Chieti, 24 giugno 2003. Oral communication
- 44) Merati G, Di Rienzo M, Veicsteinas A, Castiglioni P. Impaired Autonomic Vascular Control: A Non Linear Dynamic Analysis. Computers in cardiology. Computers in Cardiology. Salonicco (Grecia), 24 settembre 2003. Oral communication
- 45) Merati G. Benefici dell'esercizio fisico nel soggetto con disabilità. Congresso "Sport e disabilità: tra terapia e partecipazione". Negrar (VR), 4 ottobre 2003. Oral communication
- 46) Merati G. Benefici della sport terapia sul sistema cardiorespiratorio del paziente con lesione midollare. Congresso "L'attivazione della Sport Terapia all'interno dell'Unità Spinale Unipolare dell'Ospedale Niguarda". Milano, 16 febbraio 2004. Invited speaker
- 47) Veicsteinas A, Cè E, Pellegatta D, Maggioni M, Merati G. Heart rate adaptation to stress and exercise in wheelchair hockey players with Duchenne muscular dystrophy. Experimental Biology 2004, Washington (USA), aprile 2004. Poster
- 48) Veicsteinas A, Pellegatta D, Merati G. Adattamenti fisiologici all'esercizio fisico nel disabile in giovane età. Milano, 15 maggio 2004. Invited speaker
- 49) Merati G, Rampichini S, Cè E, Sangiovanni M, Castiglioni P, Di Rienzo M, Veicsteinas A. Ventilatory Threshold Detection: a New Method Based on Heart Rate Variability. Computers in

- Cardiology. Chicago (USA), settembre 2004. Oral communication
- 50) Castiglioni P, Merati G, Di Rienzo M. Identification of Steady States and Quantification of Transition Periods from Beat-by-Beat Cardiovascular Time Series. Computers in Cardiology, Chicago (USA), settembre 2004. Oral communication
- 51) Merati G. Malattia Aritmogena del Ventricolo Destro: etiopatogenesi, diagnosi, procedure terapeutiche e compatibilità con l'idoneità agonistica. SIC sport, Castellanza, ottobre 2004. Invited speaker
- 52) Merati G, Castiglioni P, Veicsteinas A. A new method to detect ventilatory threshold by heart rate variability. Congresso SIF 2004, Pisa, ottobre 2004. Oral communication
- 53) Cavallari P, Laurenço G, Castiglioni P, Merati G. Cardio-respiratory rhythm is encoded in the firing rate of finger flexor motor units in man. Congresso SIF 2004, Pisa, ottobre 2004. Poster
- 54) Veicsteinas A, Ferratini M, Maggioni M, Merati G. Heart adaptations to long-term aerobic training in paraplegic subjects. FASEB/IUPS 2005, San Diego, USA, marzo 2005. Poster
- 55) Rio G, Michielon G, Merati G, Petruccioli MG. Efectos metabólicos y cardiovasculares inmediatos a la estimulación eléctrica funcional en atleta jóvenes no profesionales. 2005 Congress of Sport Science, Palma di Majorca, marzo 2005. Oral communication
- 56) Merati G, Ferratini M, Maggioni M, La Torre A, Veicsteinas A. Adattamenti del muscolo cardiaco all'esercizio aerobico di lunga durata nel soggetto paraplegico. Congresso 2005 SOMIPAR, Torino, aprile 2005. Oral communication
- 57) Merati G. Move for Health. Convegno "Alla ricerca del corpo perduto: percorsi termali e di medicina complementare". Bagno di Romagna, aprile 2005. Invited speaker
- 58) Cè E, Rampichini S, Merati G, Veicsteinas A. Acute effects of passive static stretching on fibres conduction velocity in biceps brachii muscle. European College of Sport Sciences, Belgrado, luglio 2005. Poster
- 59) Gervasoni E, Bosio A, Cè E, Rampichini S, Merati G, La Torre A. Acute effects of passive static stretching on explosive force output of leg extensor muscles. European College of Sport Sciences, Belgrado, luglio 2005. Poster
- 60) Margonato V, Cè E, Merati G, Casasco M, Veicsteinas A. Acute effects of passive stretching after active and passive warm-up of leg extensor muscles during vertical jump. European College of Sport Sciences, Belgrado, luglio 2005. Poster
- 61) Merati G, Gervasoni E., Ce' E., Rampichini S., Veicsteinas A., La Torre A. "Passive static stretching: acute effect on explosive force output of leg extensor muscles". 9th International Scientific Conference-Sport Kinetics-IASK 2005. 16-18 settembre 2005, Rimini. Oral presentation
- 62) La Torre A., Crespi D., Merati G. "Heart Rate and blood lactate in bouldering contest". 9th International Scientific Conference-Sport Kinetics- IASK. 16-18 settembre 2005, Rimini. Poster
- 63) Merati G. "Effetti dell'allenamento nel soggetto paraplegico". Convegno:" Sport Terapia e Mielolesione: dalla ricerca all'applicazione clinica in Unità Spinale". Milano, ottobre 2005. Invited speaker
- 64) Veicsteinas A, Maggioni M, Cè E, Rapuzzi S, Nemni R, Merati G. Bioenergetics and Heart Rate Variability during Locomotion in Patients with Parkinson's Disease. American College of Sports Medicine, 2006 Annual Meeting, Denver (USA), Maggio 2006
- 65) Merati G, Castiglioni P, Rampichini S, Roselli M, Pizzini G, Veicsteinas A. Autonomic adaptation to a microgravity-like environment in pregnant women. Meeting of the International Society for Gravitational Physiology, Osaka (JP) Aprile 2006
- 66) Castiglioni P, Merati G, Rizzo F, Faini A, Parati G, Ferratini M, Di Rienzo M. Wearable System For Cardiorespiratory Signals Recording In Studies On Gravitational Physiology. Meeting of the International Society for Gravitational Physiology, Osaka (JP) Aprile 2006
- 67) Castiglioni P, Merati G, Veicsteinas A, Parati G, Di Rienzo M. Influence of sympathetic vascular regulation on heart-rate scaling structure: spinal cord lesion as a model of progressively impaired autonomic control. ESCGO Congress, Jena (DH), Settembre 2006
- 68) Merati G, Veicsteinas A, Di Rienzo M, Castiglioni P. How to estimate the recovery from an incremental exercise test by checking steady-state condition from beat-to-beat time series. 2006 Meeting of the European College of Sports Medicine, Losanna (CH), Luglio 2006
- 69) Merati G, Silvaggi N, Limonta E, Rampichini S, Alberti G. Acute effects of passive static stretching on leg extensor muscles: differences between squat and countermovement jump. 2006 Meeting of the European College of Sports Medicine, Losanna (CH), Luglio 2006
- 70) Castiglioni P, Merati G, Veicsteinas A, Parati G, Di Rienzo M. Influence of autonomic impairment on blood-pressure and heart-rate scaling structures.

IEEE Eng Med Biol Soc. New York (USA) 2006

71) Merati G. Della Foglia S., Cortesi M. La mano dello sportivo, valutazione clinico-funzionale e bendaggio funzionale.

Convegno: "Lo splint e il bendaggio funzionale in riabilitazione della mano". Milano, 2006. Invited speaker

72) Merati G. Gli adattamenti cardiocircolatori nel disabile motorio.

Convegno: "Lo sport come terapia nel bambino con handicap". Milano, 2007. Invited speaker

73) Merati G. Il medico sportivo: nemico o amico dell'atleta? Convegno: "Sport: istruzioni per l'uso". Federazione Italiana di Atletica Leggera. Ivrea, 2007

74) La Torre A, Vernillo G, Rodigari A, Maggioni M, Merati G. valutazione della forza esplosiva in giocatrici di calcio a 7 e di calcio a 11. Convegno Isokinetic, Milano 2007. Poster

75) Veicsteinas A, Maggioni M, Redaelli T, Arienti C, Cassinis A, Merati G. Heart Rate Variability in Recent Traumatic Paraplegic Subjects. American College of Sports Medicine. New Orleans (USA), 2007. Poster

76) Merati G. Relazione tra stretching e deterioramento della potenza muscolare.

23mo Congresso Nazionale UdA e ANASMeS, Chieti, 2007. Oral Presentation

77) Merati G, Maggioni M, Cè E, Riboldazzi G, Rampichini S, Veicsteinas A. Energy Cost of Locomotion and Walking Ability at Maximal and Self-Selected Speed in Patients with Parkinsons Disease.

12th Annual Congress of the European College of Sports Sciences, Jyväskylä (Finland), 2007. Poster

78) Merati G, Castiglioni P, Veicsteinas A, Di Rienzo M. A Textile-Based Wearable System for the Assesment of Cardiorespiratory Signals in Altered Gravity.

12th Annual Congress of the European College of Sports Sciences, Jyväskylä (Finland), 2007. Oral presentation

79) Di Rienzo M, Parati G, Rizzo F, Meriggi P, Merati G, Faini A, Castiglioni P. Heart rate monitoring and control in altered gravity conditions.

IEEE Eng Med Biol Soc. Lione (France) 2007. Oral presentation.

80) Merati G. Criteri classificativi e sport per soggetti disabili.

Convegno: "Sport e disabilità". Fondazione Nazionale dei Tumori, Milano. 2008. Oral presentation.

81) Maggioni M, Artuso A, Merati G. La Variabilità Cardiaca durante Riabilitazione Equestre.

Convegno: "L'infanzia, la diversa abilità e l'attività fisica". Ospedale V. Buzzi. Milano, 2008. Oral presentation.

82) Villa F, Castiglioni P, Merati G, Mazzoleni P, Di Rienzo M. Effects of Pedaling on the High Frequency Components of HRV during Exercise.

Convegno Computers in Cardiology 2008. Bologna, Italy. Oral presentation

83) Veicsteinas A, Maggia M, Solimene U, Maggioni MA, Merati G. Cardiovascular and metabolic responses to a single spa treatment with thermal mud-pack therapy.

The 61° General Assembly and International Scientific Congress of the World Federation of Hydrotherapy and Climatotherapy. Pechino (Cina). Dic 2008. Oral presentation.

84) Merati G, Agnello L, Rossi G, Meneghello G, Maggioni MA, Rampichini S, Veicsteinas A. Evaluation of the training condition in endurance athletes by heart rate variability.

Convegno SISMES 2008, Siena, Italia, set 2008. Oral presentation.

85) Veicsteinas A and Merati G. Mechanisms of blood pressure and heart rate variability: an insight from low-level paraplegia.

7th International Symposium on Experimental Spinal Cord Repair and Regeneration. Brescia, Italia, feb 2009. Oral presentation.

86) Merati G. Riabilitazione, tempo libero e qualità della vita. Esperienze a confronto.

Congresso. "Neurologia del III millennio. Per il benessere nella disabilità: qualità della vita dalla riabilitazione al turismo accessibile". Istituto Neurologico C. Besta. Milano, April 2009. Oral presentation.

87) Merati G, Agnello L, Rossi G, Meneghello G, Maggioni MA, Rampichini S, Veicsteinas A.

Autonomic adaptation and aerobic performance in endurance athletes analyzed by heart rate variability.

2009 Meeting of the American College of Sports Medicine. Seattle (USA), May 2009. Poster.

88) Veicsteinas A, Cè E, Merati G. A long-term longitudinal survey on the training effects on cardiorespiratory system in paraplegics.

2009 Meeting of the American College of Sports Medicine. Seattle (USA), May 2009. Poster.

90) Maggioni MA, Cè E, Rampichini S, Ferrario M, Giordano G, Merati G, Veicsteinas A. Electrical stimulation versus physiotherapy in improving functional fitness in older women: a randomized controlled trial.

- 2009 Meeting of the American College of Sports Medicine. Seattle (USA), May 2009. Oral presentation.
- 91) Merati G. Il test cardiopolmonare nella persona con lesione midollare. Convegno: "La sport terapia nel paziente con lesione midollare". Ospedale Niguarda, Milano, June 2009. Oral presentation.
- 92) Artuso A, Barbonetti C, Merati G, Pellegatta D. A birth to re-birth. XII International Congress of Therapeutic Riding. Monaco (Germany) August 2009. Oral presentation.
- 93) Merati G. Gli integratori alimentari nello sport. Corso: "Il farmacista e i problemi correlati all'attività sportiva". Fondazione Muraltì, Milano, June 2009. Oral presentation
- 94) Merati G. Veicsteinas A. I principi fisiologici delle classificazioni delle attività sportive. XIV Congresso Nazionale della Società Italiana di Cardiologia dello Sport (SIC Sport). Roma, settembre 2009. Invited Speaker.
- 95) Boniello S, Merati G, Veicsteinas A. Exercise Is Medicine. Effect Of One Year Combined Exercise And Mediterranean Diet On Metabolic Syndrome Subjects. 2010 Meeting of the American College of Sports Medicine. Baltimora (USA), giugno 2010. Poster.
- 96) Veicsteinas A, Maggioni MA, Rampichini S, Merati G. Two Vs 3 Weekly Training Sessions In Joung Soccer Players. Effects On Body Composition, Cardiovascular Adaptation To Exercise And ECG. 2010 Meeting of the American College of Sports Medicine. Baltimora (USA), giugno 2010. Poster.
- 97) Merati G. Il combustibile di scelta nel lavoro muscolare. Congresso Internazionale di Nutrizione Pratica (NUTRIMI). 2010 Milano.
- 98) Merati G. L'importanza dell'esercizio fisico nelle varie fasce di età. V Convegno Girolamo Mercuriale. Maggio 2011 Parma.
- 99) Merati G, Veicsteinas A, Castiglioni P, Agnello L, Doria C, Berardelli C, Rosa G. Resting heart rate and blood pressure in elite kenyan runners. 2011 Meeting of the American College of Sports Medicine. Denver (USA), giugno 2011. Poster.
- 100) Castiglioni P, Meriggi P, Rizzo F, Viani E, Faini A, Parati G, Merati G, Di Rienzo M. Cardiac Sounds from a Wearable Sternal Seismocardiographer. IEEE. Settembre 2011 Boston (USA).
- 101) Di Rienzo M, Meriggi P, Rizzo F, Vaini E, Faini A, Merati G, Parati G, Castiglioni P. A Wearable System for the Seismocardiogram Assessment in Daily Life Conditions. IEEE. Settembre 2011 Boston (USA).
- 102) Maggioni MA, Invernizzi P, Ciapparelli C, Agnello L, Veicsteinas A, Castiglioni P, Merati G. Effects of autonomic tone on short distance performances in elite master swimmers. 2011 Meeting of the Italian Society of Physiology (SIF), Sorrento, Italy, settembre 2011.
- 103) Maggioni MA, La Torre A, Merati G, Veicsteinas A, Castagna C. Effect of sprint versus ball-drill training on physical fitness in young basketball players. Convegno SISMES 2011, Verona, Italy, settembre 2011.
- 104) Bonato M, La Torre A, Bossolasco S, Pavei G, Merati G, Galli L, Cinque P. The practice of fitwalking® in people with HIV infection receiving antiretroviral treatment. Convegno SISMES 2011, Verona, Italy, settembre 2011.
- 105) Merati G. Gli adattamenti metabolici e la risposta all'allenamento. Convegno "Cosa ci insegna l'atleta di alto livello per il benessere del cittadino". Rimini, Italy, settembre 2011.
- 106) Maggioni MA, Veicsteinas A, Invernizzi P, Ciapparelli C, Castiglioni P, Merati G. Effects of autonomic tone on short distance performances in swimmers. Meeting "Lavori in corso", Verona, Italy, ottobre 2011.
- 107) Veicsteinas A, Merati G. Il ruolo dell'esercizio fisico e dello sport come strumento di prevenzione per il disabile. Convegno: "L'università dalla parte dei disabili. L'università dalla parte di tutti". Milano, marzo 2012.
- 108) Artuso A, Barbonetti C, Maggioni MA, Merati G. Cardiac adaptation to equestrian rehabilitation: a heart rate variability analysis. XIV Congress of Therapeutic Horse Riding, Athens, Greek. (April, 2012)
- 109) de Valle G, Arienti C, Agnello L, Merati G, Castiglioni P, Mazzucchi A. Misura della risposta cardiorespiratoria alla nocezione in pazienti con differenti alterazioni dello stato di coscienza. XII Congresso Nazionale SIRN, Milano, maggio 2012
- 110) Veicsteinas A, Agnello L, Maggioni MA, Rampichini S, Merati G. Acute Cardiovascular Response To Mud-pack Treatment In Hypertensive Subjects Under Therapy. The American College of Sports Medicine Annual Meeting 2012, San Francisco (USA), June 2012.
- 111) Merati G, La Torre A, Bonato M, Pavei G, Bossolasco S, Galli L, Cinque P. Parasympathetic Tone And Its Adaptation To Aerobic Training (Fitwalking®) In Hiv Patients On Anti-Retroviral Therapy. The American College of Sports Medicine Annual Meeting 2012, San Francisco (USA), June 2012.
- 112) Maggioni MA, Veicsteinas A, Ciapparelli C, Castiglioni P, Merati G. Effects of autonomic tone on short versus long distance performances in swimmers. The American College of Sports Medicine

Annual Meeting 2012, San Francisco (USA), june 2012.

113) Bonato M, Bossolasco S, Galli L, Pavei G, Merati G, La Torre A, Cinque P. Brisk walking improves fitness and metabolic markers in combination antiretroviral therapy (cART)-treated persons. XIX International Aids Conference, Washington DC (USA), July 2012.

114) Bonato M, La Torre A, Bossolasco S, Pavei G, Merati G, Galli L, Cinque P. What are the benefits of physical exercise in people with HIV infection?. 2012 Annual Meeting of the European College of Sport Sciences, Bruges (Belgium), july 2012.

115) Merati G, Veicsteinas A. Promozione e progettazione delle attività motorie per favorire corretti stili di vita. Convegno reaTch; movimento e invecchiamento attivo: verso una sanità di iniziativa. Milano, juy 2012.

116) Merati G. Role of daily living activity in children obesity prevention. XXXII Word Congress on Exercise is Medicine. Rome, September 2012. Invited speaker.

117) Agnello L, Maggioni MA, Dattilo A, Merati G. Acute cardiovascular response to mud-pack treatment in hypertensive subjects under therapy. XXXII Word Congress on Exercise is Medicine. Rome, September 2012. Poster.

118) Bonato M, Bossolasco S, Galli L, Pavei G, Merati G, La Torre A, Cinque P. Brisk walking improves fitness and metabolic markers in combination antiretroviral therapy (cART)-treated persons. XIX International Aids Conference, Washington DC (USA), July 2012.

119) G. Merati. Promozione e progettazione delle attività motorie in ambito termale. Convegno: terme urbane, risposta alle esigenze di salute de territori urbani. Miradolo Terme (PV) sept 2012. Invited speaker.

120) Merati G. Benefici fisici dello sport in adolescenti disabili e normodotati. Convegno: lo sport come strumento di educazione. Lainate (MI) nov 2012.

121) Merati G. 25 anni di non-linearità nella dinamica del ritmo cardiaco: problemi e prospettive. New roads in cardiovascular research: Convegno 2012 della Società italiana di Ricerche cardiovascolari (SIRC). Milano, nov 2012.

122) Bonato et al. VI Workshop Nazionale CISAI 2013 GENOVA oral presentation

123) Merati G, Veicsteinas A. Sport e disabilità; un binomio indispensabile. Convegno "L'ambulatorio di medicina dello sport: oltre l'idoneità sportiva". Saronno, marzo 2013, Invited Speaker.

124) Merati G. Il Convegno Nazionale della Corte di Giustizia Popolare per il Diritto alla Salute. L'importanza dell'attività fisica nella prevenzione e cura dell'obesità. Rimini, novembre 2013. Invited Speaker.

128) Breathing exercises during late pregnancy in a microgravity-like environment M.A. Maggioni, H.C. Gunga, O. Opatz, A. Stahn, M. Steinach, G. Merati Deutsches Zentrum fur Luft und Raumfahrt, German Aerospace Center.

International Academy of Astronautics, Colonia, Germania 2013

129) Merati G. Corretta alimentazione del calciatore in età evolutiva. V Forum multidisciplinare di nutrizione. Parma, Maggio 2014. Invited speaker.

130) Merati G, Veicsteinas A, Nurra S, Ciapparelli C, Belletti C, Invernizzi PL. Front Crawl Swimming In Down Syndrome: A Biomechanical Analysis. ACSM, Orlando, USA, maggio 2014

131) Bonato M, Longo V, Bossolasco S, Pavei G, Galli L, Merati G, La Torre A, Cinque P. A pilot study of moderate physical activity in HIV infected persons receiving anti-HIV drugs: benefits on soluble and cell markers of inflammation. ECSS 2014, Amsterdam (NDL) giugno 2014.

132) Castiglioni P, Merati G, Faini A. Assessing the convolutedness of multivariate physiological time series. 36th Annual International IEEE EMBS Conference of the IEEE Engineering in Medicine and Biology Society, Chicago (USA), 2014.

133) Maggioni MA, Merati G, rampichini S, Agnello L, Veicsteinas A, Gunga H, Stahn AC. Long-term haematological adaptation in native populations across different level of altitude. DGLRM Congress, Berlino, 2014

134) Pottinger E, Maggioni MA, Merati G, Castiglioni P, Von Meer D, Brauns K, Lieu V, Opatz O, Gunga HC, Stahn A. Acute haemodynamic adaptation to 6 degree head down tilt and head out water immersion. ICMS, Berlino, 2014

135) Maggioni MA, Merati G, Castiglioni P, Von Meer D, Brauns K, Lieu V, Pottinger E, Opatz O, Gunga HC, Stahn A. Autonomic cardiovascular control during head-out water immersion and head-down bed rest. ICMS Congress, Berlino, 2014

136) Rospo G, Sartor F, Piacentini MF, La Torre A, Bonato M, Merati G. Effects of 21 half-marathons in 21 days on autonomic nervous system and psychological parameters: a case report. VI Convegno Nazionale SISMES, Napoli, 2014

137) Bonato M, Longo V, Bossolasco S, Pavei G, Galli L, Merati G, La Torre A, Cinque P. Benefits of brisk walking as moderate on soluble and cell markers of inflammation in HIV-infected persons receiving anti HIV-drugs. A pilot study. VI Convegno Nazionale SISMES, Napoli, 2014

- 138) Castiglioni P, Di Rienzo M, Quintin L, Merati G. Assessing Health by Complexity Analysis of Cardiovascular Signals. Berna, 2014.
- 139) Merati G. Il rischio di cadute nell'anziano: l'importanza del movimento "sit-to-stand". 12° Convegno Nazionale di Medicina e Scienza dello Sport. Saronno, 14 marzo 2015. Invited Speaker.
- 140) Stahn A, Villa F, Maggioni MA, Laing C, Mulder E, Merati G, Gunga HC, Castiglioni P. Feasibility of multi-frequency and segmental body impedance assessment by portable devices on a short arm human centrifuge (SAHC). ICAMAME 2015: XIII International Conference on Aerospace, Mechanical, Automotive and Materials Engineering, Praga, 23 marzo 2015.
- 141) Stahn A, Brauns K, von Meer D, Lieu V, Gunga HC, Opatz O, Castiglioni P, Merati G, Maggioni MA. Changes in Electrocardiac Activity During Head Out Water Immersion. ICAMAME 2015: XIII International Conference on Aerospace, Mechanical, Automotive and Materials Engineering, Praga, 23 marzo 2015.
- 142) Merati G. Sport e movimento come strumento per ottimizzare la crescita. Convegno: "Promuoviamo la salute esplorando il corpo umano". Ospedale Niguarda, Milano, 2 aprile 2015. Invited Speaker.
- 143) Merati G. Nutrition in young soccer players. Practical suggestions. Convegno EXPO Zuccotti Milano 26 giugno 2015. Invited Speaker.
- 144) Stahn A, Maggioni MA, Villa F, Laing C, Mulder R, Rittweger J, Petrat J, Merati G, Opatz O, Gunga HC, Castiglioni P. Application of a new mobile segmental bioimpedance spectroscopy device for tracking fluid shifts during different g-levels. Iaa 20th humans in space symposium, june 29 - july 3, 2015 in prague, czech republic. Oral presentation
- 145) Merati G, Bonato M, Pavei G, La Torre A, Agnello A, Bossolasco S, Galli L, Cinque P. "Parasympathetic tone and its adaptation to moderate intensity aerobic training in HIV patients on combination anti-retroviral therapy". 7° Congresso Nazionale ICAR - Riccione, maggio 2015. Oral presentation
- 146) Stahn A, Maggioni MA, Villa F, Weller von ahlefeld M, Laing C, Mulder E, Rittweger J, Petrat G, Merati G, Opatz O, Gunga HC, Castiglioni P. Erfassung von Flüssigkeitsverschiebungen bei künstlicher Gravitation mittels eines mobilen Systems der Bioimpedanzspektroskopie: Erste Ergebnisse eines Prototypen. Deutsche Gesellschaft für Luft- und Raumfahrtmedizin e.V. 53° Jahrestagung. Berlino, Settembre 2015. Oral presentation
- 147) Villa F, Magnani A, Maggioni MA, Stahn A, Rampichini S, Merati G, Castiglioni P. Multi-Frequency and Multi-Segment Body Impedance Spectroscopy in Sports and Rehabilitation Medicine with a new Wearable Device. 2nd International Electronic Conference on Sensors and Applications. Sciforum set 2015. Online presentation.
- 148) Bonato M, Agnello L, Bossolasco S, Galli L, Balconi G, Lazzarin A, La Torre A, Cinque P, Merati G. Heart rate variability and its postural adaptation to postural changes in HIV cART-treated patients. Convegno SISMES 2015, Padova. Keynote lecture.
- 149) Merati G. Ruolo dell'esercizio fisico nella disabilità motoria. Convegno "La persona con disabilità motoria: le strade del benessere". Milano, 16 dic 2105. Invited speaker.
- 150) Merati G. Quale sport per il bambino? Come e cosa scegliere. Convegno NUTRIMI: "La filiera della sana nutrizione", 5-7 maggio 2016. Milano. Invited speaker.
- 151) Castiglioni P, Gambirasio C., Merati G. Altered HRV fractal dynamics after spinal cord injury as function of lesion level. ESCGO 2016. England. Oral presentation.
- 152) Merati G. Aerobic Endurance e Aerobic Interval Training. Convegno "Promozione all'aderenza dopo sindrome coronarica acuta: dall'ottimizzazione farmacologica alla prescrizione dell'esercizio fisico". Treviso giugno 2016. Invited speaker.
- 153) Merati G, Rizzato L, Gambirasio C, Rampichini S, Spinelli M, Veicsteinas A, Redaelli T. Cardiovascular adaptation to early sport activity in recent spinal cord injury subjects. 21st Annual Congress of the European College of Sport Science. Vienna, Lug 2016. Poster.
- 154) Bonato M, Vitale JA., Mancuso G, Merati G, La Torre A. Morningness/eveningness effects on autonomic function during a high intensity interval training protocol in soccer players. A randomized cross-over study. 21st Annual Congress of the European College of Sport Science. Vienna, Lug 2016. Oral presentation.
- 155) Rampichini S, Agnello L, Gambirasio C, Rizzato L, Redaelli T, Merati G. Sport-therapy effects on cardiorespiratory functionality in patients with spinal cord injury. Convegno SISMES 2016, Roma, set 2016. Oral presentation.
- 156) M. Bonato, J.A. Vitale, L. Agnello, G. Merati, A. La Torre. Effects of a high intensity interval training protocol on autonomic function performed at different times of the day. A randomized crossover trial. Sport Science for Health, Volume 12, Supplement 1, September 2016[s.l.] : Springer, 2016 Sep. (Intervento presentato al 8°. convegno CONGRESSO NAZIONALE Società Italiana Scienze Motorie e Sportive) (SISMES). Roma, set 2016.

- 157) F. Dossena, C. Rossi, G. Merati, A. La Torre, M. Bonato. Jump height performance does not contribute to serve efficiency - In: SPORT SCIENCES FOR HEALTH. - ISSN 1824-7490. - 12:suppl. 1(2016 Sep), pp. S40-S40. (Intervento presentato al 8° convegno CONGRESSO NAZIONALE Società Italiana Scienze Motorie e Sportive) (SISMES). Roma, set 2016.
- 158) E. Gervasoni, M. Bove, L. Martina, M. Rovaris, D. Cattaneo, G. Merati. Cardiac autonomic function during postural changes and exercise in people with multiple sclerosis. RIMS - Rehabilitation in multiple sclerosis. Barcellona, mag 2017. Barcellona, mag 2017
- 159) Merati G., E. Gervasoni, S. Rampichini, L. Martina, M. Rovaris, D. Cattaneo. Post-exercise heart rate recovery and variability in patients with multiple sclerosis. RIMS - Rehabilitation in multiple sclerosis. Barcellona, mag 2017
- 160) Bonato M, Rossi C, Merati G, La Torre A. Relationships between anthropometric or functional characteristics and maximal serve speed in professional tennis players. 22nd Annual Congress of the EUROPEAN COLLEGE OF SPORT SCIENCE 5th - 8th, MetropolisRuh - Germany. ISBN 978-3-9818414-0-4. Lug 2017, Oral presentation.
- 161) Murgia F, Melotti R, Foco L, Gögele M, Motta B, Meraviglia V, Merati G, Schmidt G, Rossini A, Pramstaller P, Pattaro C. Cigarette smoking and heart rate variability: results from the CHRIS study. Convegno 2017 SISMEC (Società Italiana di Statistica Medica ed Epidemiologia Clinica). Gargnano, set 2017
- 162) S. Rampichini, E. Gervasoni, L. Martina, M. Rovaris, D. Cattaneo, G. Merati. Multiple sclerosis: Post-exercise recovery of heart rate and autonomic function. IX Congresso nazionale SISMES Brescia, set 2017
- 163) Bonato M, De Zan V, Galli L, La Torre A, Merati G, Pavei G, Cinque P. The use of a mobile application to support physical activity and lifestyle changes in persons living with HIV. Baseline preliminary results of the SMARTAPP study. Sport Sci Health (2017) 13 (Suppl 1):S1-S102. Proceedings del IX CONGRESSO NAZIONALE SISMES Brescia, set 2017
- 164) Meloni A, Agnello L, Merati G, La Torre A, Vernillo G, Bonato M. Reliability and sensitivity of postexercise heart rate measures after repeated-sprints exercise. Sport Sci Health (2017) 13 (Suppl 1):S1-S102. IX CONGRESSO NAZIONALE SISMES Brescia, set 2017
- 165) S. Rampichini, F. Molteni, E. Guanziroli, L. Agnello, A. Veicsteinas, G. Merati. Impact of robotic-assisted locomotion on gait energy cost in paraplegics: a case report. XVIII Congresso SIAMOC. Torino, ott 2017
- 166) G. Merati, H.C. Gunga, E. Gervasoni, M. Maggioni, A. Stahn and D. Cattaneo. Thermoregulatory response to 6 minute walk test in patients with multiple sclerosis. RIMS congress 2018, Amsterdam, Maggio 2018. Oral presentation
- 167) G. Merati. I benefici della sport-terapia nei pazienti con lesioni midollari. Convegno Sport-Terapia Niguarda, giu 2018. Invited Lecture.
- 168) Maggioni MA, Castiglioni P, Merati G, Brauns K, Mendt S, Gunga HC, Stahn A. High-intensity exercise to counteract cardiovascular deconditioning during simulated weightlessness. IAC 2018, Brema (Germania), giu 2018
- 169) Bonato M, Turrini F, Vitobello C, Giordani A, Passeri L, Meloni A, Galli L, La Torre A, Merati G, Pavei G, Cinque P. The use of a mobile application to support physical activity and lifestyle changes in persons living with HIV: the smartapp study. 23rd Annual Congress of the European college of sport science, Dublino (Irlanda), lug 2018.
- 170) Maggioni MA, Castiglioni P, Merati G, Mendt S, Brauns K, Werner A, Steinach M, Opatz O, Kohlberg E, Gunga HC, Stahn A.: High-Intensity Exercise to Counteract Cardiovascular Deconditioning During Simulated Weightlessness. IAC 2018, Brema (Germania), ott 2018
- 171) Maggioni MA, Castiglioni P, Merati G, Mendt S, Brauns K, Werner A, Steinach M, Opatz O, Kohlberg E, Gunga HC, Stahn A.: Reduced Parasympathetic Outflow During Long-Duration Overwintering at Neumayer III Station in Antarctica. IAC 2018, Brema (Germania), ott 2018
- 172) Castiglioni P, Merati G, Faini A. The HRV Multifractality Spectrum and not the Power Spectrum is Altered in Paraplegic Individuals with Low-Level Lesion, CInC 2018, Maastricht (Paesi Bassi), ott 2018
- 173) Castelli L, Mulè A, Galasso L, Merati G, Algeri M, Rampichini S, Caumo A, Montaruli A, Esposito F, Roveda E. Effect of a Baskin match on sleep quality in adolescent with Down syndrome. Convegno Nazionale SISMES, Messina, ott 2018.
- 174) Merati G. I benefici della sport-terapia nella persona con disabilità. Fiera internazionale del turismo sportivo e accessibile. Presentazione orale. Set 2018

Projects (as P.I.)

- 1) Responsibility of a Convention between the University of Milan and Niguarda Ca 'Granda Hospital for scientific consultancy activities within the project granted by the Lombardy Region: "unipolar spinal unit: sport and research for the wellbeing of people with bone marrow injury" (July 2014).

Total financing obtained: 24,000 euros. From 01-07-2014 to 01-07-2016.

2) Scientific responsibility of the Framework Convention between the University of Milan and IRCCS Don Carlo Gnocchi Foundation of Milan (from 1 November 2014). From 01-11-2014 to 01-11-2016.

3) Co-ownership of a convention for scientific collaboration between the University of Milan and IRCCS Don Carlo Gnocchi Foundation of Milan. Research program: "Exercise rehabilitation: from patient's bed to sports practice". From 01-10-2017 to today.

4) Principal Investigator of the Project: "Amyotrophic Lateral Sclerosis (ALS) Effects of doping drugs on the process of mRNA editing in athletes agonists", approved in 2007 by the Commission for the supervision and control on doping of the Italian Ministry of Health, with a global financing of 60,000 euros. From 07-02-2008 to 25-07-2009

Project (co-working)

1) Participation in the PRIN 2004 Research Program (University of Milan): Aerobic training in the rat. Morphofunctional adjustments and angiogenic effects. (2 months / man). From 30-11-2004 to 28-12-2006

2) Participation in the PRIN 2007 Research Program (University of Milan): Effect of intermittent hypoxia and training on the morphological and functional characteristics of the rat (6 months / man). From 22-09-2008 to 18-10-2010

3) PUR20062008 - PUR 2006-2008. Cardiac variability as a tool for analysis of training planning.

4) PUR20062008 - PUR 2006-2008. Study of the effects of stretching: effects on the mechanical properties of the muscle.

5) PUR20062008 - PUR 2006-2008. The autonomous control of the heart and the circle: new methods of studying heart rate variability through the analysis of non-linear dynamics.

6) Responsibility or collaboration with contract assignments to the execution of several scientific projects both of current research (RC) and of finalized research (RF) at the IRCCS Don Carlo Gnocchi Foundation of Milan:

7) 1999-RC: "Biomedical Technologies" (Bioengineering Center of the Foundation and Polytechnic of Milan).

8) 1999-2001-RF: "Nutritional status and its temporal modifications in disabled neuromotor".

2006-RF: "The treatment of the subject parkinsonism: integration between diagnostic, evaluation and therapeutic aspects for the global rehabilitative efficacy".

9) 2007-RF: "Occupational risks related to sports professions".

10) 2008-RF: "Traumatic injuries of peripheral nerves: muscle stimulation and recovery functional".

11) 2009-RF: "Accidents at work: effects of rehabilitation on quality of life and reintegration Working".

12) 2009-RF: "Perception of the doping phenomenon in sport for the disabled".

13) 2010-RF: "Analysis of damage and prevention of risks in some categories of ex-athletes".

14) 2011-RC: "Effects of training on arterial baroreflex: from the elite athlete to the elderly".

15) 2012-RC: "Cardiovascular effects and sport autonomy in medullary women".

16) 2013_RC: "Aging and regulation of blood pressure: effects aerobic training".

17) 2009-RF: "Perception of the doping phenomenon in sport for the disabled".

18) 2010-RF: "Analysis of damage and prevention of risks in some categories of former athletes".

19) 2011-RC: "Effects of training on arterial baroreflex: from the athlete to the elderly".

20) 2012-RC: "Cardiovascular effects and autonomy of sports activity in bone marrow injuries".

21) 2013_RC: "Aging and regulation of blood pressure: effects

22) aerobic training".

23) 2016-RC: "Analysis of the change of blood with a new wearable bioimpedance system. prediction of falls in the elderly and use in sport".

24) 2017-RC: "Role of rehabilitation in subjects with HIV syndrome in therapy cardiovascular physical aerobic attention.

25) Collaboration with the Center for Spatial Medicine in Berlin, Department of Physiology, University La Charité in Berlin (Dir. Prof. Gunga), treatise of several international projects, subsidized by both German national institutions (eg Federal Ministry of Economics / Deutsches Zentrum für

Luft-und Raumfahrt (DLR, German Aerospace Center)), which by international bodies

(European Space Agency (ESA) and National Aeronautics and Space Administration (NASA)). He also involved the Milan Polytechnic (Dr. Federica Villa).

Main projects approved and underway:

a) Rest in bed and bow water immersion: acute effects on autonomic cardiovascular control and brain function. "Studio BRICAB" DAAD - Deutscher Akademischer Austausch Dienst (German Academic Exchange Service)

b) Study on the bed rest of the ESA (center MEDES Toulouse, FR), code: AO-13-BR-33 The study of the cocktail BR. Experiment name: Impact of bed rest on cognitive performance and its mechanisms: interactions between central inflammatory responses, autonomic nervous control and brain structure and function.

c) ESA Bed Rest Study (ENVIHAB DLR Cologne, GER), code: AO-2009-BR-Lol-0329 The Reactive Jump BR (Long Term Stand Study Study 2015) Reactive leaps in a Sledge sled system as a countermeasure during the long-term bed rest: RSL study). Experiment name: Executive control functions and their neurophysiological mechanisms during the tilting bed.

26) Collaboration with the University Pediatric Clinic of the Luigi Sacco Hospital in Milan (Project Manager: Prof. Gian Vincenzo Zuccotti, Dir. School of Specialization in Pediatrics of the University of Milan) on the project "The evaluation of resting metabolism e during exercise in subjects of various ages ", connected to the COMETA project. Financing obtained (by funds from the Department of Biomedical and Clinical Sciences):

10.0 ro. From 01-01-2015 to today

27) Scientific collaboration with the Biomedicine Research Center of the European University (EURAC) of Bolzano, for the epidemiological project CHRIS (Cooperative Health Research in South Tyrol). From 01-01-2017 to today

Review and editorial activity

Scientific review activity for the following journals:

- Sports health sciences
- Neurobioreviews
- Psychoneuroendocrinology
- Journal of Sport Sciences
- Scoliosis
- Autonomous neuroscience

from 01-01-2000 to today

2) Assistant Director from 2004 (year of Institution) to 2009 of the journal: "Sport Sciences for Health".

Since 2015 member of the Editorial Board of the same journal.

from 01-01-2004 to today

3) Co-inventor of the national food supply campaign of the Italian Football Federation (FIGC) -Liga Nazionale Dilettanti and the Federazione Medico Sportiva Italiana (FMSI), entitled NUTRITION AND HEALTH. In this context, development of a manual for Coaches and Technicians, entitled: "The correct nutrition of the young footballer" (Moruzzi Ed.) And of the practical guide: "Daily feeding in the family", (Moruzzi Ed.) with the patronage of the Italian Ministry of Education, University and Research. From 01-04-2014 to today.

Memberships

Federazione Medico Sportiva Italiana (FMSI)

Società italiana Caos e Complessità (SICC)

ANNEXES

1) Participation in the Academic Board of the Research Doctorate of the University of Milan entitled: "INTEGRATED BIOMEDICAL RESEARCH" Beginning academic year: 2017/2018 - Cycle: 33 from 01-09-2017 to today

2) Assignment in sports medicine and functional evaluation of the sportsman at the Policlinico University Institute of Monza, within the framework of the sponsored OLISA project from the Italian Winter Sports Federation (FISI). From 01-01-2012 to 31-12-2012

3) Assignment for teaching activities in the course of professional qualification "Wellness operators" organized by the Tuscany Region. From 07-02-2001 to 08-02-2001

4) Member of the National Medical Commission of the WHL (Wheelchair Hockey League). Participation in the construction of the new guidelines for the classification of athletes.

From 01-01-2001 to 31-12-2001

5) Responsible for the Functional Evaluation and Nutrition Training Center of the Athlete at the Center of Sports Medicine of the Foundation with C. Gnocchi, Milan. In this context, collaborator in the athletic preparation (Evaluation of the kinematics of the sporty gesture in wheelchairs) of Francesca Porcellato (winner of several medals in different Paralympics, and of various editions of the New York marathon), Enzo Masiello (Olympic Gold 1500 m, Paralympics of Barcelona). From 01-01-2000 to 31-12-2004

6) Nutritionist of the technical sector (F.I.S.I.) of the Italian National Alpine Skiing Association. From 01-01-1999 to 31-12-1999

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, September 2018

Signature

