

BIOGRAPHICAL SKETCH

Last Name: Invernizzi
Name: Pietro Luigi
Address: via Kramer 4/A, 20129 Milan (Italy)
E-mail: pietro.invernizzi1@unimi.it

Pietro Luigi INVERNIZZI was born in Melzo (MI) on July 26, 1961.

On January 2005, he was hired as Assistant Professor (full time) in the sector M-EDF/02 - Teaching Methods for Sport, at the Faculty of Exercise Sciences of the University of Milan. He taught Swimming and Combat Sports in the "Exercise, Sport and Health Sciences" bachelor programme and in the "Individual and Team Sport Science" Master programme.

On November 2010 Pietro Luigi Invernizzi became Associate Professor (full time) in the sector M-EDF/02 - Teaching Methods for Sport, at the Department of Sport, Nutrition and Health of the University of Milan.

Since 2010 he has the professorships in Swimming, in Combat Sports and in Didactics of the Human Movement in the "Exercise, Sport and Health Sciences" bachelor programme, in the "Individual and Team Sport Science" Master programme and in the "Exercise Science for Healthy Life" Master programme.

Since April 2012, he belongs to the Department of Biomedical Sciences for Health of the University of Milan.

Since August 2012, he belongs to the examination path 11/D2 – Didactics, Special Pedagogy and Education Research

Memberships

Member of the European College of Sports Sciences.

Member of the Carabà's Editorial Board (of which he is the didactic and scientific consultant)

Member of the Journal of Sports Medicine and Physical Fitness's Editorial Board

Reviewer of the Sport Sciences for Health Journal

Reviewer of the Sports Medicine and Physical Fitness Journal

Reviewer of the Perceptual and Motor Skills

Research fields

The scientific activity of Pietro Luigi Invernizzi is mainly addressed to pedagogic research, on the study of projects, didactics, organization and methodology for physical education and exercise for health, in particular.

Further studies are addressed to the:

- motor control, with special regards to sensory-perception and coordination as keystone for learning, perfecting and performance, even during fatiguing tasks;

- sport performance, in both young and high-level athletes, especially referring to exercise physiology, metabolism, endocrinology and perception;
- effects of food supplementation on health and performance.

PUBLICATIONS OF THE LAST 7 YEARS

Books

Dugnani S, Invernizzi P.L., Longo S., Mauro F. (2015). *Didattica del Movimento Umano Vol. 2 - Qualità utili per l'Apprendimento e la Gestione del Controllo Motorio*. Carabà Srl edizioni, ISBN 978-88-86613-88-0 (in press)

Invernizzi P.L., Caldarelli R., Genovesi E. (2014). *La didattica nell'insegnamento del judo* – Carabà Srl edizioni. ISBN:9788886613835

Invernizzi P.L., Dugnani S (2014). *Didattica del Movimento Umano Vol. 1 - Qualità utili per la Salute*. Carabà Srl edizioni, ISBN 978-88-86613-75-0

Dugnani S., Invernizzi P.L. (2013). *Progettare in Educazione Fisica e nelle Scienze Motorie – Per la Programmazione ed Organizzazione della Didattica nella Scuola Secondaria*. Carabà Srl Edizioni, ISBN 9788886613736, Milano

Invernizzi P.L., Saronni S., Romagialli B. (2013). *Il training nella Scuola Nuoto - Allenare per la Salute e per l'Educazione*. Carabà Srl Edizioni ISBN 978-88-86613-59-0, Milano

Invernizzi P.L., Romagialli B (2009) *La Didattica nell'Apprendimento delle Partenze e Virate di Base della Scuola Nuoto*, Carabà Srl Edizioni, Milano

Full papers in International Journals

P.L. Invernizzi, E. Limonta, R. Scurati, A. Bosio, A. Riboli, F. Esposito (2015). Effects of acute carnosine and beta-alanine on isometric force and jumping performance. *International Journal of Sports Physiology and Performance* (in press).

Invernizzi P.L., Longo S., Scurati R., Maggioni M.A., Michielon G., Bosio A. (2014). Interpretation and Perception of Slow, Moderate and fast swimming paces in endurance and sprint swimmers, *Perceptual and Motor Skills* Ms. No. AMSCI-D-13-00183

P.L. Invernizzi, R. Scurati, S. Longo, G. Gatta, G. Michielon (2014). Relationships between swimming style and dry-land strength in breaststroke. DOI:10.1007/s11332-013-0165-6. pp.11-16. In *SPORT SCIENCES FOR HEALTH - ISSN:1824-7490* vol. 10 (1)

P.L. Invernizzi, E. Limonta, A. Bosio, R. Scurati, A. Veicsteinas, F. Esposito (2014). Effects of a 25-km trial on psychological, physiological and stroke characteristics of short- and mid-distance swimmers. pp.53-62. In *JOURNAL OF SPORTS MEDICINE AND PHYSICAL FITNESS - ISSN:0022-4707* vol. 54 (1)

G. Merati, M.A. Maggioni, P.L. Invernizzi, C. Ciapparelli, L. Agnello, A. Veicsteinas, P. Castiglioni (2014). Autonomic modulations of heart rate variability and performances in

short-distance elite swimmers. DOI:10.1007/s00421-014-3064-x. pp.1. EUROPEAN JOURNAL OF APPLIED PHYSIOLOGY - ISSN:1439-6319

Invernizzi P.L., Benedini S., Saronni S., Merati G., Bosio A. (2013), The acute administration of carnosine and β -alanine does not improve running anaerobic performance and has no effect on the metabolic response to exercise. In: *Advances in Physical Education (APE)*. - ISSN: 2164-0386 (print version) ISSN: 2164-0408 (electronic version) - reg. nr. 1600090, in press

Benedini S., Longo S., Caumo A., Luzi L., Invernizzi P. L. (2012) Metabolic and hormonal responses to a single session of kumite (free non-contact fight) and kata (highly ritualized fight) in karate athletes - In: *Sport Sciences for Health*. - ISSN 1824-7490. - ISSN 1825-1234 ; 8: 2-3 pp. 81-85

Lovecchio N., Casolo F., Invernizzi P.L, Eid L. (2012), Strength in young italian students: results from eurofit test and comparison among european data. Fitness level in students. In: *Polish Journal of Sport and Tourism*. - ISSN: 1899-1998 (print version) ISSN: 2082-8799 (electronic version) – 19, pp. 13-15.

Invernizzi P.L., Longo S, Scurati R, Michielon G (2010) Evaluation of kinaesthetic differentiation abilities in male and female swimmers. In: *Biomechanics and Medicine in Swimming XI*, ISBN 978-82-502-0438-6 (print version) ISBN 978-82-502-0439-3 (electronic version)Oslo, pp. 324-325

Invernizzi P.L., Longo S, Tadini F, Scurati R (2010) Swimming in eyesight deprivation: relationships with sensory-perception, coordination and laterality . In: *Biomechanics and Medicine in Swimming XI*, ISBN 978-82-502-0438-6 (print version) ISBN 978-82-502-0439-3 (electronic version) Oslo, pp. 326-328

Scurati R, Michielon G, Longo S, Invernizzi P. (2010) Imagery training in young swimmers: effects on the flow state and on performance. In: *Biomechanics and Medicine in Swimming XI*, ISBN 978-82-502-0438-6 (print version) ISBN 978-82-502-0439-3 (electronic version) Oslo, pp. 336-338

Scurati R, Michielon G, Longo S, Invernizzi P. (2010) Shallow or deep water for adjustment? a study in children aged 3 to 6 years. In: *Biomechanics and Medicine in Swimming XI*, ISBN 978-82-502-0438-6 (print version) ISBN 978-82-502-0439-3 (electronic version) Oslo, pp. 339-340

G. Perseghin, F. De Cobelli, A. Esposito, E. Belloni, G. Lattuada, T. Canu, Invernizzi P.L. , F. Ragona, A. La Torre, P. Scifo, G. Alberti, A. Del Maschio, L. Luzi (2009). Left ventricular function and energy metabolism in middle-age men undergoing long lasting sustained aerobic oxidative training. *Heart*, ISSN: 1355-6037, doi: 10.1136/hrt.2008.154716 vol. 95; pp. 630-635,

Benedini, G. Perseghin, I. Terruzzi, P. Scifo, Invernizzi P.L., A. Del Maschio, A. Lazzarin, L. Luzi (2009). Effect of L-acetylcarnitine on body composition in HIV related lipodystrophy. *Hormone and Metabolic Research*, , ISSN: 0018-5043, doi: 10.1055/s-0029-1225625 vol. 41; pp. 840-845

Full papers in National Journals

P.L. Invernizzi, M. Crotti, R. Scurati, N. Lovecchio (2015). Sportivi e felici. pp.45-50. In SPORT & MEDICINA - ISSN:0392-9647

M. Tornaghi, P.L. Invernizzi, A. La Torre, A. Bosio (2014). RPE e prestazione isometrica. pp.57-62. In SDS. SCUOLA DELLO SPORT - ISSN:1125-1891 vol. 33

M. Bonato, L. Guiati, S. Gobbo, P.L. Invernizzi, A. La Torre (2014). La capacità di reazione e i fattori che la influenzano. pp.53-62. In SDS. SCUOLA DELLO SPORT - ISSN:1125-1891 vol. 33 (102)

P.L. Invernizzi, M. Ghisleni, A. La Torre (2014). Nuotare in musica : una questione di ritmo. In SPORT & MEDICINA - ISSN:0392-9647 vol. 31 (3)

Invernizzi P.L., Mantegazza A., La Torre A., Benedini S., Bosio A. (2013). Analisi della prestazione dei 300 m nel Pattinaggio a Rotelle Pista - Differenze tra le categorie Allievi, Junior e Senior. S.D.S. Scuola Dello Sport, ISSN 1125-1891, vol. 98, pp. 47-54

Invernizzi P.L., Del Bianco R., Scurati R., Michielon G., La Torre A. (2012). Ricerca: il collegamento fra il lavoro di base e la performance. La Tecnica Del Nuoto, organo del settore istruzione tecnica della FIN vol XXXVII; pp. 4 -15

Invernizzi P.L., Gatta G., Ciapparelli C., Scurati R., Michielon G. (2012). Le prestazioni dei costumi - valutazione con un software sperimentale, Scienza & Sport, ISSN 2039-0726 vol. 15, pp. 62-65

Gatta G., Cortesi M., Scurati R., Invernizzi P.L. (2012). Training con hand - paddles nel nuoto a crawl. Scienza & Sport - ISSN 2039-0726 vol. 13, pp. 44-49

Invernizzi P.L., Scurati R., Ciapparelli C., Gatta G., La Torre A. (2011). Performance natatoria, controllo motorio e apprendimento tecnico. S.D.S. Scuola dello Sport, ISSN 1125-1891, vol. 88; pp. 47-54

Arcelli E., Invernizzi P.L., Baj B., Alberti G. (2010). I costumi hi-tech. Scienza & Sport ISSN 2039-0726 vol. 5; p. 88-91

Invernizzi P.L., Arcelli E., Alberti G., Ciapparelli C., La Torre A. (2009). Il costume magico - doping tecnologico: quanto ha cambiato i record nel nuoto?. SDS. Scuola dello Sport, vol. 28, ISSN 1125-1891; pp. 15-22

Invited speaker

Invernizzi P.L. (2014) La Didattica nell’Insegnamento delle Discipline Marziali e di Combattimento ai Bambini.

Seminario di aggiornamento scientifico e culturale per praticanti di karate - Dipartimento di Scienze Biomediche per la Salute Facoltà di Medicina e Chirurgia - Università degli Studi di Milano, 13 aprile 2014

Invernizzi P.L. (2014) Presupposti per la Progettazione delle Scienze Motorie nella Scuola secondaria di Secondo Grado

Esempi di Progetti per le Scienze Motorie nella Scuola Secondaria di Secondo Grado
“La didattica del futuro” Convegno EduMoto – Milano - 17 Febbraio 2014

Invernizzi P.L. (2014) La valutazione della fatica nel lavoro scolastico

“ Il Benessere dello Studente: dalle Scienze all’Educazione Fisica” “dialogo fra le scienze applicate e la didattica del movimento” Convegno Università di Verona - Scienze Motorie, Verona – venerdì 28 marzo 2014

Invernizzi P.L. (2013) Fasi di sviluppo della forza nell’adolescenza – Intervento al Convegno Scientifico Nazionale “Le nuove frontiere della forza nella preparazione fisica“ organizzato da CONI – F.I.P.E, Milano Novembre 2013

Invernizzi P.L. (2011) L'attività motoria nei processi formativi. Intervento presentato al convegno "Un Paradigma per l'Educazione, Il Contributo del Judo" . Organizzato dall’Università degli Studi del Piemonte Orientale - Facoltà di Lettere e Filosofia, tenutosi a Vercelli nel 2011.

Invernizzi P.L., Longo S. (2011) Test da Campo per la Valutazione degli Sport da Combattimento. In: 6th International Symposium on Traditional Karate BudoArts and Combat Sports, Dipartimento di Morfologia Umana e Scienze Biomediche, Università degli Studi di Milano, Milano

Abstracts

R. Scurati, D. Formenti, A. Rossi, P.L. Invernizzi, G. Michielon (2015). Acute effects of low-intensity resistance training with slow movement in swimming: a pilot study. pp.589-590. Book of Abstracts of the 20th Annual Congress of European College of Sport Science - ISBN:978-91-7104-567-6

C. Ciapparelli, M. Caspani, B. Romagialli, P.L. Invernizzi (2014). Analysis of the entry speed in the swimming start. In Book of abstracts of the 19th annual Congress of the European College of Sport Science, 2nd - 5th July 2014, Amsterdam – The Netherlands - ISBN:978-94-622-8477-7

M. Caspani, B. Romagialli, C. Ciapparelli, P.L. Invernizzi (2014). Analysis and comparison by gender of lactate production in young breaststroke swimmers. In Book of abstracts of the 19th Annual Congress of the European College of Sport Science, 2nd - 5th July 2014, Amsterdam – The Netherlands - ISBN:978-94-622-8477-7

Merati G., Veisteinas A., Nurra S., Ciapparelli C., Belletti C., Invernizzi P.L. (2013). Front Crawl Swimming In Down Syndrome: A Biomechanical Analysis - American College of Sports Medicine, Congress Orlando 2014, Florida

Ciapparelli C., Scurati R., Michielon G., Longo S., Invernizzi P.L. (2013) (Poster presentation)

Evaluation of the underwater butterfly start after sensory-perceptive training
18th Annual Congress of European College of Sport Science- ISBN 9788469577868, Barcelona, pp. 84-84

Ciapparelli C., Scurati R., Michielon G., Longo S., Invernizzi P.L. (2013) (Poster presentation)

Field tests to evaluate the glide ability in master swimmers
18th Annual Congress of European College of Sport Science- ISBN 9788469577868
Barcelona, pp. 206-206

Invernizzi P.L., Scurati R., Longo S., Michielon G. (2013) (Poster presentation)

Correlation between handgrip strength and performance in non-professional boxers
18th Annual Congress of European College of Sport Science- ISBN 9788469577868,
Barcelona,
pp. 687-687

Invernizzi P.L., Michielon G., Longo S., Scurati R. (2012) (Poster presentation)

Perception of effort during local and general exercise in judokas
17th Annual Congress of European College of Sport Science, ISBN 9789090268682,
Bruges, pp. 616-616

Invernizzi P.L., Michielon G., Longo S., Scurati R. (2012) (Poster presentation)

Analysis of the perception of the effort in front crawl and breaststroke swimming
17th Annual Congress of European College of Sport Science, ISBN 9789090268682, Bruges,
pp. 304-304

Scurati R., Michielon G., Longo S., Invernizzi P.L. (2012) (Poster presentation)

Perception of effort under fatigue and control of pacing in young swimmers
17th Annual Congress of European College of Sport Science, ISBN 9789090268682, Bruges,
pp. 437-437

Scurati R., Michielon G., Longo S., Invernizzi P.L. (2012) (Poster presentation)

Sensory-perception and control of displacement during swimming and walking in blind subjects
17th Annual Congress of European College of Sport Science, ISBN 9789090268682,
Bruges, pp. 383-383

Invernizzi P.L., Scurati R., Longo S., Michielon G. (2011) (Poster presentation)

Visual feedback and motor control in swimming and walking
16th Annual Congress of European College of Sport Science, ISBN 9780956890306,
Liverpool ,pp. 576-576

Invernizzi P.L., Scurati R., Longo S., Michielon G. (2011) (Poster presentation)

Evaluation of training and performance in thai boxe
16th Annual Congress of European College of Sport Science, Liverpool , ISBN
9780956890306, pp. 580-581

Invernizzi P.L. , Scurati R, Longo S, Michielon G (2010)

Physical fitness in different judokas categories.
15th Annual Congress of European College of Sport Science, Antalya, pp. 394-394

Invernizzi P.L. , Scurati R, Longo S, Michielon G (2010)

Differentiation abilities in professional wrestlers.

15th Annual Congress of European College of Sport Science, Antalya, pp. 593-593

Scurati R, Michielon G, Longo S, Invernizzi P.L. (2010)

Effects of prescriptive and multilateral swimming teaching approaches on learning to swim and on general abilities.

15th Annual Congress of European College of Sport Science, Antalya, pp. 102-102

Scurati R, Michielon G, Longo S, Invernizzi P.L. (2010)

Building the lift element of the synchronized swimming: comparison in 11 to 16 years old subjects.

15th Annual Congress of European College of Sport Science, Antalya, pp. 106-106-106

Michielon G, Scurati R, Longo S, Invernizzi P.L. (2010)

Self-defence and reaction to a sudden attack: comparison in athletes practicing fighting and team sports.

15th Annual Congress of European College of Sport Science, Antalya, pp. 106-107-107

Michielon G, Scurati R, Longo S, Invernizzi P.L. (2010)

Comparisons of swim training at different paces in young children.

15th Annual Congress of European College of Sport Science, Antalya, pp. 394-394

Invernizzi P.L., Scurati R, Longo S, Michielon G (2009)

Improvement of kinesthetic awareness in synchronised swimming.,

14th Annual Congress of European College of Sport Science. Oslo - Norway, pp. 426-427

Michielon G., Invernizzi P.L, Scurati R., Longo S. (2009)

The impact of a 6 months jeet kune do training programme on physical fitness in untrained males.

14th Annual Congress of European College of Sport Science.

Oslo - Norway, pp. 39-39

Michielon G., Scurati R., Longo S., Invernizzi P.L. (2009)

Gender and learning the butterfly stroke technique. book of abstracts.

14th Annual Congress of European College of Sport Science. Oslo - Norway, pp. 403-404

Scurati R., Michielon G., Longo S., Invernizzi P.L. (2009)

technical-coordinative skills and performance : improvements and correlations in swimming.

14th Annual Congress of European College of Sport Science. Oslo - Norway, pp. 425-426,