

CURRICULUM VITAE

Nationality: Italian

Civil status: Married to Marco Signoretto

Two children: Maria (2002) and Emma (2004)

Citizenship: Italian

Present Position:

2005-present Tenured Assistant Professor in Human Physiology, Department of Neurosciences, Biomedicine and Movement Sciences, University of Verona (Italy)

2016-present Adjunct Assistant Professor in the School of Kinesiology at The University of Western Ontario, London (ON), Canada

Education

2003-05 Post-Doctoral Fellow in Human Physiology in the Center for Research in Movement Sciences (CeRiSM), University of Trento (Italy), Supervisor Prof. Federico Skena

2002 PhD in Human Physiology in the Department of Biomedical Sciences and Technologies, School of Medicine, University of Milano (Italy), Thesis: "Non-invasive functional evaluation of muscle oxidative metabolism in healthy subjects and patients". Supervisor Prof. Bruno Grassi

1995-96 Post-doctoral fellow at University of New York at Buffalo (NY, USA), Department of Physiology and Center for Research in Special Environments, School of Medicine. Supervisor: Prof. David R. Pendergast

1996 Specialization in Sports Medicine at the University of Brescia. Thesis: "Nitric Oxide lung exhalation under varying gravitational conditions (from 0 to 2 G_z)" (grades 50/50 cum laude). Supervisor Prof. Arsenio Veicsteinas

1992 MD (medical doctor) at the State University of Brescia, Italy. Thesis: "Study of the cardiovascular control system by means of spectral analysis of heart rate variability" (grades: 110/110). Supervisor Prof. Arsenio Veicsteinas

1986 Baccalaureate (Liceo Classico S. Maria, Verbania, Italy)

RESEARCH

- Vast of experience working in an exercise physiology laboratory; exclusively with human subjects (healthy sedentary women and men, overweight, myopathic and type 2 diabetic subjects, elderly, athletes, heart transplant recipients).
- Vast experience in traditional (Douglas bags) and automated (Sensor Medics, Med Graphics, Cosmed-K4 and K5, Cosmed Quark b²) acquisition of pulmonary gas exchange measures with particular expertise in the modeling of VO₂ kinetics.
- Recognized expert in near-infrared spectroscopy (NIRS) measures to determine skeletal muscle oxygenation under various experimental conditions.
- Extensive experience with non-invasive techniques for measuring cardiovascular variables such as blood pressure (Finapres, Portapres), heart-rate variability and cardiac output (impedance cardiography, photoplethysmography and inert gas rebreathing techniques).
- Vast practical experience in evaluation of anthropometrics and performance, using both field and laboratory methods and in sports nutrition.

Visiting scientist:

- 2017 Visiting Scholar, Faculty of Kinesiology, University of Calgary –May-September 2017, with the research project “Exercise tolerance: from functional indexes to individualised prescription” supported by an International cooperation grant of the University of Verona (Dr. Juan Murias, Dr. Brian McIntosh).
- 2016 Visiting Scholar, Faculty of Kinesiology, University of Calgary –October 2016, with the research project “Exercise tolerance: from functional indexes to individualised prescription” supported by an International cooperation grant of the University of Verona (Dr. Juan Murias, Dr. Brian McIntosh).
- 2014 Visiting Scholar, Faculty of Kinesiology, University of Calgary –May-June 2014 as part of CIHR planning grant “Relevance of vascular adaptations to exercise training in improving quality of life in aging populations: transitioning from the laboratory to the community” (Dr. Don Paterson and Dr. Juan Murias).
- 2013 International Visiting Scholar Assistant Professor in the School of Kinesiology, Faculty of Health Sciences, University of Western Ontario – London, Ontario, Canada from June-August 2013 (Dr. Don Paterson, Dr. John Kowalchuk and Dr. Juan Murias).
- 2010 Visiting Professor/Scholar experience and partnership with the Canadian Centre for Activity and Aging (CCAA) at The University of Western Ontario – London, Ontario, Canada from June 2010 (Dr. Donald Paterson)

Participation in International Scientific Expeditions:

- 2008 Co-investigator in the study “Cardiovascular determinants of maximal oxygen consumption after bed rest: a comparison of upright and supine posture”, in the Italian Space Agency (ASI) campaign in Slovenia, July-August 2008. Scientific Coordinator Prof. Guido Ferretti. I was in charge of the logistic organization of the temporary laboratory and coordination of staff.

- 1997 Researcher and Physician of the climbing-scientific expedition Extreme Altitude Survival Test 1997 -Lhotse 8501m, at the high altitude laboratory "Piramide" in Nepal (April-May 1997), Scientific coordinator Prof. Paolo Cerretelli. I was the physician in charge of conducting stress tests and provided medical assistance for the 30 members of the expedition, for the Pyramid staff and for by-passing trekkers and climbers in the Kumbo Valley.

PUBLICATIONS

Articles in Peer-Reviewed International Journals (32):

* indicates trainees under my supervision

1. Fontana FY*, Colosio, AL*, Keir DA*, Murias JM, **Pogliaghi S**. Identification of critical intensity from a single lactate measure during a 3-min, submaximal cycle-ergometer test. *Journal of Sports Sciences*, 2016 Dec 6:1-7. doi: 10.1080/02640414.2016.1261177. [Epub ahead of print]
2. Colosio AL*, Fontana FY*, **Pogliaghi S**. Attrition in Italian Ranger Trainees During Special Forces Training Program: A preliminary Investigation. *Sport Sciences for Health*, July 2016, DOI 10.1007/s11332-016-0299-4
3. Fontana FY*, Colosio AL*, Da Lozzo G, **Pogliaghi S**. Player's success prediction in rugby union: From youth performance to senior level placing. *J Sci Med Sport*. 2016 Sep 1. pii: S1440-2440(16)30160-8. doi: 10.1016/j.jsams.2016.08.017. [Epub ahead of print]
4. Calabria E, Mazza EM, Dyar KA, **Pogliaghi S**, Bruseghini P, Morandi C, Salvagno GL, Gelati M, Guidi GC, Bicciato S, Schiaffino S, Schena F, Capelli C. Aging: a portrait from gene expression profile in blood cells. *Aging (Albany NY)*. 2016 Aug;8(8):1802-21. doi: 10.18632/aging.101016
5. McLay KM*, Gilbertson JE, **Pogliaghi S**, Paterson DH, Murias JM. Vascular responsiveness measured by tissue oxygen saturation reperfusion slope is sensitive to different occlusion durations and training status. *Exp Physiol*. 2016 Oct 1;101(10):1309-1318. doi: 10.1113/EP085843. Epub 2016 Sep 11
6. Keir DA, Copithorne DB, Hodgson MD, **Pogliaghi S**, Rice CL, Kowalchuk JM. The slow component of pulmonary O₂ uptake accompanies peripheral muscle fatigue during high-intensity exercise. *J Appl Physiol*. 2016 Aug 1;121(2):493-502. doi: 10.1152/jappphysiol.00249.2016. Epub 2016 Jun 23
7. McLay KM*, Nederveen JP, **Pogliaghi S**, Paterson DH, Murias JM. Repeatability of vascular responsiveness measures derived from near-infrared spectroscopy. *Physiol Rep*. 2016 May;4(9). pii: e12772. doi: 10.14814/phy2.12772
8. McLay KM*, Fontana FY*, Nederveen JP, Guida FF*, Paterson DH, **Pogliaghi S**, Murias JM. Vascular responsiveness determined by near-infrared spectroscopy measures of oxygen saturation. *Exp Physiol*, 1;101(1):34-40, 2016.

9. Tam E, Bruseghini P, Calabria E, Dal Sacco L, Doria C, Grassi B, Pietrangelo T, **Pogliaghi S**, Reggiani C, Salvadego D, Schena F, Toniolo L, Verratti V, Vernillo G, Capelli C. Gokyo Khumbu/Ama Dablam Trek 2012: effects of physical training and high-altitude exposure on oxidative metabolism, muscle composition, and metabolic cost of walking in women. *Eur J Appl Physiol*, 116(1):129-44, 2016.
10. Bruseghini P, Calabria E, Tam E, Milanese C, Oliboni E, Pezzato A, **Pogliaghi S**, Salvagno GL, Schena F, Mucelli RP, Capelli C. Effects of eight weeks of aerobic interval training and of isoinertial resistance training on risk factors of cardiometabolic diseases and exercise capacity in healthy elderly subjects. *Oncotarget*, 6(19):16998-7015, 2015.
11. Fontana FY*, Colosio A*, De Roia GF*, Da Lozzo G*, **Pogliaghi S**. Anthropometrics of Italian Senior Male Rugby Union Players: From Elite to Second Division. *Int J Sports Physiol Perform*, 10(6):674-80, 2015.
12. Keir DA*, Fontana FY*, Robertson TC, Murias JM, Paterson DH, Kowalchuk JM, **Pogliaghi S**. Exercise Intensity Thresholds: Identifying the Boundaries of Sustainable Performance. *Med Sci Sports Exerc*, 47(9):1932-40, 2015.
13. Fontana FY*, Keir DA*, Bellotti C*, De Roia GF*, Murias JM, **Pogliaghi S**. "Determination of RCP in healthy adults: can NIRS help?" *J Sci Med Sport*, 18(5):590-5, 2015.
14. **Pogliaghi S**, Bellotti C*, Paterson DH. "Tailored" Submaximal Step Test for VO₂max Prediction in Healthy Older Adults. *J Aging Phys Act*, 22(2): 261-8, 2014
15. Spencer MD, Gravelle BMR, Murias JM, Zerbini L, **Pogliaghi S**, Paterson DH. Duration of "Phase I" VO_{2p}: a comparison of methods used in its estimation and the effects of varying moderate-intensity work rate. *Am J Physiol Regul Integr Comp Physiol*, 304(3): R238-47, 2013
16. Bellotti C*, Calabria E, Capelli C, **Pogliaghi S**. Anaerobic threshold determination in healthy adults: can NIRS help? *Med Sci Sports Exer*, 45(6): 1208-16, 2013
17. Murias JM, Spencer MD, **Pogliaghi S**, Paterson DH. Non-invasive estimation of microvascular O₂ provision to the working muscles during the exercise on-transients in healthy young males. *Am J Physiol Regul Integr Comp Physiol*, 303(8): R815-23, 2012
18. De Roia G*, Adami A, Papadopulos C, **Pogliaghi S**, Capelli C. Effects of priming exercise on the speed of adjustment of muscle oxidative metabolism at the onset of moderate-intensity step transitions in older adults. *Am J Physiol Regul Integr Comp Physiol*, 302(10): R1158-R1166, 2012
19. Adami A, **Pogliaghi S**, De Roia G*, Capelli C. Comment on "On the method of fitting cardiac output kinetics in severe exercise" by Richard L. Hughson and Azmy Faisal in *Eur J Appl Physiol* DOI 10.1007/s00421-010-1787-x. *Eur J Appl Physiol*, 112(1): 397-8, 2012
20. Doria C, Toniolo L, Verratti V, Cancellara P, Pietrangelo T, Marconi V, Paoli A, **Pogliaghi S**, Fano G, Reggiani C, Capelli C. Improved VO₂ uptake kinetics and shift in muscle fiber type in high altitude trekkers. *J Appl Physiol*, 111(6): 1597-605, 2011

21. Bringard A, **Pogliaghi S**, Adami A, De Roia G*, Lador F, Lucini D, Pizzinelli P, Capelli C, Ferretti G. Cardiovascular determinants of maximal oxygen consumption in upright and supine posture at the end of prolonged bed rest in humans. *Respir Physiol Neurobiol*, 172(1-2): 53-62, 2010
22. Capelli C, Cautero M, **Pogliaghi S**. Algorithms, modelling and VO₂ kinetics. *Eur J Appl Physiol*, 111(3): 331-42, 2011; mistake under the names: Carlo C, Michela C, Silvia P.
23. Adami A, **Pogliaghi S**, De Roia G*, Capelli C. Oxygen uptake, cardiac output and muscle deoxygenation at the onset of moderate and supramaximal exercise in humans. *Eur J Appl Physiol*, 111(7): 1517-27, 2011
24. Capelli C, **Pogliaghi S**. Comments on point: counterpoint: the kinetics of oxygen uptake during muscular exercise do/do not manifest time-delayed phase. Time delays are not artifacts generated by the algorithms used for calculations. *J Appl Physiol*, 107(5): 1671-2, 2009
25. **Pogliaghi S**, Dussin E, Tarperi C, Cevese A, Schena F. Calculation of oxygen uptake efficiency slope based on heart rate reserve end-points in healthy elderly subjects. *Eur J Appl Physiol*, 101(6): 691-6, 2007
26. **Pogliaghi S**, Terziotti P, Cevese A, Balestreri F, Schena F. Adaptations to endurance training in healthy elderly: arm cranking versus leg cycling. *Eur J Appl Physiol*, 97(6): 723-31, 2006
27. Borrelli E, **Pogliaghi S**, Molinello A*, Diciolla F, Maccherini M, Grassi B. Serial assessment of peak VO₂ and VO₂ kinetics early after heart transplantation. *Med Sci Sports Exerc*, 35(11): 1798-1804, 2003
28. Grassi B, **Pogliaghi S**, Rampichini S, Quaresima V, Ferrari M, Marconi C, Cerretelli P. Muscle oxygenation and pulmonary gas exchange kinetics during cycling exercise on-transitions in humans. *J Appl Physiol*, 95(1): 149-158, 2003
29. Sartorio A, Lafortuna CL, **Pogliaghi S**, Trecate L. The impact of gender, body dimension and body composition on hand-grip strength in healthy children. *J Endocrinol Invest*, 25(5): 431-5, 2002
30. **Pogliaghi S**, Veicsteinas A. Influence of low and high dietary fat intake on physical performance in untrained males. *Med Science Sports Exerc*, 31(1): 149-155, 1999
31. **Pogliaghi S**, Malgrati D. A new taping technique for shoulder impingement. Pilot study. *Europa Medicophysica*, 10: 145-152, 1998
32. **Pogliaghi S**, Krasney JA, Pendergast DR. Effect of gravity on lung exhaled nitric oxide at rest and during exercise. *Respiration Physiology*, 107(2): 157-164, 1997

Letters to the Editor/Commentaries (3):

1. McLay KM, Fontana FY*, Nederveen JP, Paterson DH, **Pogliaghi S**, Murias JM. Response to Letter from Tremblay & King: Near-infrared spectroscopy: can it measure conduit artery endothelial function? *Exp Physiol*. 2017 Jan 1;102(1):128-129. doi: 10.1113/EP085909. Epub 2016 Nov 28.

2. Keir DA*, Fontana FY*, Robertson TC, Murias JM, Paterson DH, Kowalchuk JM, **Pogliaghi S**. Response. *Med Sci Sports Exerc*, 47(9):1998-9, 2015.
3. **Pogliaghi S**. Accuracy of oxygen desaturation of haemoglobin in muscle by near-infrared oximeters. Author reply. *Med Sci Sports Exerc*, 45(6):1218, 2013

Manuscripts Under Review (6):

* indicates trainees under my supervision

1. McLay K, Iannetta D, Inglis CE, **Pogliaghi S**, Murias JM. Reliability of vascular responsiveness measures derived from near-infrared spectroscopy across a variety of ischemic challenges. *Physiological Reports* PHY2-2017-07-0288, 25th July 2017
2. Iannetta D, Fontana FY*, Mattioni Maturana F, Inglis CE, Pogliaghi S, Keir DA, Murias JM. An equation to predict MLSS from ramp incremental exercise test data in cycling. *MSSE* July 2017
3. Mattioni Maturana F, Fontana FY*, **Pogliaghi S**, Passfield L, Murias JM. Critical power: How different protocols and modelling strategies affect its determination. *Journal of Science and Medicine in Sport*, 16th July 2017
4. Murias JM, **Pogliaghi S**, Paterson DH. Measurement of a True $\dot{V}O_{2max}$ During Ramp Incremental Tests: No Evidence for the Need of a Constant Load Validation. *Frontiers in Physiology*, 30th June 2017
5. Colosio AL*, **Pogliaghi S**. Internal Load, Energy Expenditure and Training Load Quantification of Three Medium-Distance Military Loaded Runs of the Italian Ranger Regiment. *EJAP-D-17-00315-R1*
6. Tam E, Bruseghini P, Capelli C, Oliboni E, Pezzato A, **Pogliaghi S**, Pozzi Mucelli R, Schena F, Calabria E. Effects of high intensity interval training and isoinertial resistance training on VO_2 kinetics and muscle oxygenation during moderate- and heavy-intensity exercise in elderly men. *European Journal of Applied Physiology*, *EJAP-D-16-00821*

Manuscripts in Preparation (11):

* indicates trainees under my supervision

1. **Pogliaghi S**, Keir DA, Weir JM, Murias JM, McIntosh B. Exercise intensity boundaries: from the physiological bases to exercise prescription. (Review under preparation)
2. Fontana FY*, Spigolon G*, Colosio A*, Murias JM, **Pogliaghi S**. Effect of strength training on "excess" VO_2 in Older Adults. (Data analysis completed, first draft under preparation)
3. Fontana FY*, **Pogliaghi S**. Strength training between science and practice. (Data analysis completed, first draft under preparation)
4. Fontana FY*, Spigolon G*, Colosio A*, Murias JM, **Pogliaghi S**. VO_2 Slow Component: the effect of Strength training on Metabolic Efficiency and Exercise Tolerance. (Data analysis completed, first draft under evaluation by co-authors)

5. **Pogliaghi S**, Keir DA*, Kowalchuck JM, Capelli C. "Effect of incomplete recovery on VO₂-on kinetics in humans at the onset of moderate-intensity cycling exercise". (Final draft under evaluation by co-authors)
6. **Pogliaghi S**, De Roia GF*, Murias JM, Capelli C. "Endurance Exercise Training and Heavy-intensity Priming Exercise: Effect on Muscle Oxidative Metabolism in Older Adults." (Final draft under evaluation by co-authors)
7. Bacchi E, Spigolon G*, Donà S, Negri C, Fontana FY*, Moghetti P, **Pogliaghi S**. "Glycemic response to acute exercise in type 2 diabetes: is energy expenditure the "active ingredient"?" (First draft of the manuscript under evaluation by co-authors)
8. **Pogliaghi S**, De Roia GF*, Murias JM. "Can a long-term normocaloric high-fat diet affect the speed of adjustment of oxidative metabolism in healthy young males?" (Completed data collection, data analysis in progress)
9. Vitali F, Fontana FY*, Squassabia S, Pogliaghi S. Motivational process and prevention of burnout in youth rugby. (Completed data collection and analysis, first draft under preparation)
10. Artuso P, Fontana FY*, **Pogliaghi S**. A longitudinal monitoring study in a top professional cycling team of type I diabetic athletes. (First draft of the manuscript under evaluation by co-authors)
11. Pizzolato F., Bellotti C*, Fontana FY*, **Pogliaghi S**. Is OUES sensitive to changes in VO₂max? (First draft under revision from co-authors)

Papers in Peer-Reviewed Congress Proceedings (3):

* indicates trainees under my supervision

1. Da Lozzo G*, **Pogliaghi S**. What is the work-load during training sessions in Rugby Union? Science and Football VII, The Proceedings of the Seventh World Congress on Science and Football Edited by Hiroyuki Nunome, Barry Drust, Brian Dawson Routledge 2013 ISBN: 978-415-68991-5.
2. **Pogliaghi S**, Da Lozzo G*, Ceradini V*, De Roia G* Physiological and anthropometric characteristics of elite women's rugby union players. Science and Football VII, The Proceedings of the Seventh World Congress on Science and Football Edited by Hiroyuki Nunome, Barry Drust, Brian Dawson Routledge 2013 ISBN: 978-415-68991-5.
3. **Pogliaghi S**, Da Lozzo G*, De Roia G* Anthropometrics of elite senior male Italian rugby union players. Science and Football VII, The Proceedings of the Seventh World Congress on Science and Football Edited by Hiroyuki Nunome, Barry Drust, Brian Dawson Routledge 2013 ISBN: 978-415-68991-5.

Book Chapters (2):

1. Paola Zamparo, Carlo Capelli and **Silvia Pogliaghi**. "Bioenergetics of Cyclic Sports Activities on Land. Walking, Running and Cycling" in *Nutrition and enhanced sports performance. Muscle building, endurance and strength*, edited by D. Bagchi, S. Nair, C.K. Sen, Elsevir Inc. 2013. ISBN: 978-0-12-396454-0.
2. **Silvia Pogliaghi**. "Alimentazione e sport in età giovanile (Nutrition for young athletes)" in "Doping: aspetti medici, nutrizionali, psicopedagogici, legali ed etici ed

indicazioni per la prevenzione. Manuale teorico-pratico per operatori di prevenzione e dei dipartimenti delle dipendenze.” Serpelloni G. A. Rossi, 2006. www.dronet.org.

Non-indexed Articles (3)

* indicates trainees under my supervision

1. Zamparo P, Licari G*, Gozzi L, Peterson Silveira R, **Pogliaghi S.** (2012) Come diventare da sedentario a triatleta in sei mesi. *La Tecnica del Nuoto*, 1-2: 9-19.
2. Lopez SM*, **Pogliaghi S**, Capelli C. (2012) Quantificazione del dispendio energetico in diverse situazioni nello sport della vela in bambini della classe Optimist. *Optimist*, 3: 36-42.
3. Beccati D*, **Pogliaghi S**, Moser L, Zamparo P. (2011) Effetti dell'integrazione idrica ed energetica in giovani nuotatori. *La Tecnica del Nuoto*, 1: 26-34.

Invited Speaker – Conferences- (21)

§ indicates International Conferences

1. Pogliaghi S. “Landmarks of exercise intensity: from measurement to individualised exercise prescription” in the Symposium: “Exercise tolerance: from functional indexes to individualised prescription” Italian Physiological Society annual conference, Pavia (Italy), 6-8 September 2017.
2. Pogliaghi S. “Laboratory- derived measures of critical intensity: what's new?” in the Symposium: “Can we give relevant perceptual and physiological names to ranges of exercise intensity?” CSEP Annual conference 2017, Winnipeg (MB, Canada), 25-28 October 2017§
3. Pogliaghi S. “Endurance sports: what and when to eat for optimal performance”. App & Bike: International Workshop on Technology applied to Cycling. Verona, 07 April 2017§.
4. Pogliaghi S. “Methods for the evaluation and monitoring of physical activity in patients with schizophrenia: the contribution of sports medicine” National Conference of the Italian Society of Psychopathology, Rome, 22-25 February 2017.
5. Pogliaghi S. “Should practitioners consider VO₂ as a "vital sign"?” in the Symposium: “VO₂ and O₂ extraction during exercise: Implications for health and performance” CSEP Annual conference 2016, Victoria (BC, Canada), 12-15 October 2016§
6. Pogliaghi S. “Physical exercise and nutrition in Parkinson’s disease patients”. Invited speaker, National Congress “Management of Parkinson from diagnosis to advanced disease: pharmacological treatment, nutrition, physical activity”, Verona 19 November 2015.
7. Pogliaghi S. “Vegetarian diet and Health”. Invited speaker, National Conference “Food and Culture: interdisciplinary dialogues” MilanoEXPO 2015 Initiatives of the University of Verona, May 2015.

8. Pogliaghi S. "Valutazione funzionale nell'adulto e nell'anziano". Invited speaker, National Congress on Exercise prescription in metabolic disorders, Verona, 12 December 2014.
9. Pogliaghi S. "Guidelines for optimal hydration in youth practicing sports". Invited speaker, 5th National Congress on Nutrition, metabolism and diabetes in children and adolescents, Verona, 14-15 September 2012.
10. Pogliaghi S. "The benefits of physical activity at all ages" conference on the occasion of the 2010 WHO Health day, 1000Cities-1000Lives initiative, Arezzo, Italy, 10 April, 2010.
11. Pogliaghi S. "Cardio-pulmonary testing in sports medicine: who should we be testing and why?" invited seminar within the course for continuing medical education "Interactive course on Stress Testing: methods, interpretation of results and application in clinical cardiology, 2nd Edition" organized by Istituto Cardiovascolare Camogli (ISCC), Camogli, Genova, 7-9 May, 2009.
12. Pogliaghi S. "Cardio-pulmonary testing in sports medicine: who should we test?" invited seminar within the course for continuing medical education "Interactive course on Stress Testing: methods, interpretation of results and application in clinical cardiology" organized by Istituto Cardiovascolare Camogli (ISCC), Camogli, Genova, 7-8 May 2008.
13. Pogliaghi S. "Planning of physical activity for health: principles and practicalities" National Congress on Nordic Walking, National Italian Nordic Walking association, Riva del Garda 24 May 2008.
14. Pogliaghi S. "Nutritional support to physical conditioning in team sports" Verona-Ghirada Team Sport Conference, Treviso, 7-8 June, 2008. §
15. Pogliaghi S. "Nutritional support for physical conditioning" within the workshop "Physical preparation for rugby: a repeated-sprint activity" organized by the Italian Rugby Federation, Verona, 14th January 2008.
16. Pogliaghi S. "Why and how physical exercise: theory and practice of exercise prescription". Practical Workshop. 2nd Mountain, Sport and Health International Congress, Rovereto (TN), 18-20 ottobre 2007. §
17. Pogliaghi S. "Near-infrared Spectroscopy (NIRS): a non-invasive technique for the functional evaluation of muscle oxidative metabolism". 2nd Mountain, Sport and Health International Congress, Rovereto (TN), 18-20 ottobre 2007. §
18. Pogliaghi S. "Urban mobility strategies for health promotion" seminar within the Conference "Urban mobility and traffic moderation", Administrative Council of Verona, Verona, 20 September, 2005.
19. Pogliaghi S. "Basic techniques for the monitoring of training", Italian Sports Medicine Federation Annual Conference, Verona, Italy, 8 May, 2004.
20. Pogliaghi S. "Introduction to aerobic quality testing" European College of Sport Science Satellite Workshop "Functional evaluation of physical performance in elderly" Salzburg, 7-9 July, 2003. §

21. Pogliaghi S. "Exercise prescription in healthy elderly people: case presentation." European College of Sport Science Satellite Workshop "Functional evaluation of physical performance in elderly" Salzburg, 7-9 July, 2003. §

Invited Speaker – University Lectures and Seminars - (8)

§ indicates International Universities

1. Pogliaghi S. "Should practitioners consider VO₂max as a vital sign?" Kinesiology Graduate Seminar Series, School of Kinesiology, Faculty of Health Sciences, The University of Western Ontario, London (ON), Canada, London, 24th October 2016. §
2. Pogliaghi S. "Should practitioners consider VO₂ as a "vital sign"?" Invited Exercise Physiology Seminar, Faculty of Kinesiology, University of Calgary, Clagary (AL), Canada, 20th October 2016. §
3. Pogliaghi S. "The training diary: from couch to Olympic triathlon in 6 months" Invited seminar at the Canadian Center for Activity and Ageing, University of Western Ontario, London, Ontario, Canada, London, 18th July 2013. §
4. Pogliaghi S. "Non-invasive functional evaluation of aerobic exercise capability: filed tests from Verona" Invited lecture for the International Scholar-in-Residence Program of the Faculty of Health Sciences, University of Western Ontario, London, Ontario, Canada, London, 17th July 2013. §
5. Pogliaghi S. "Non-invasive functional evaluation of muscle oxidative metabolism under physiological and pathological conditions" Faculty seminar, Canadian Center for Activity and Ageing - Faculty of Health Sciences- University of Western Ontario, Ontario Canada, 2006. §
6. Pogliaghi S. "Non-invasive functional evaluation of muscle oxidative metabolism under physiological and pathological conditions" Special Seminars of the Center for Imaging Science and Technology - Swiss Federal Institute of Technology – Zurich, Switzerland, 2006. §
7. Pogliaghi S. "Lung and muscle VO₂ kinetics in healthy subjects and in heart transplant recipients". Invited seminar, CeBiSM, University of Trento, Italy, 2001.
8. Pogliaghi S. "Nitric oxide elimination through the lungs under different experimental conditions". Invited seminar at Faculty of Science, University of Trento, Italy, 1999.

International Conference Communications (68)

* indicates trainees under my supervision

1. Murias JM, **Pogliaghi S**, Paterson DH. Measurement of a true VO₂max during ramp incremental tests: Is there evidence for a constant load validation trial? CSEP Annual conference 2017, Winnipeg (MB, Canada), 25-28 October 2017

2. **Pogliaghi S**, Colosio AL. Quantification of the Energy Expenditure of Three Medium-Distance Military Loaded Runs in the Italian Ranger Regiment. CSEP Annual conference 2017, Winnipeg (MB, Canada), 25-28 October 2017
3. **Pogliaghi S**, Fontana FY, Ferrari L, Murias JM, Colosio AL. Validation of a single 3-min submaximal test to predict Critical Power. CSEP Annual conference 2017, Winnipeg (MB, Canada), 25-28 October 2017
4. Iannetta D, Inglis CE, Spigolon G*, **Pogliaghi S**, Murias JM. Single sprint interval training session induces faster VO₂ kinetics that is sustained for 72 hours. ACSM Annual Congress, Denver, CO, USA, 2017
5. Spigolon G*, Colosio AL*, Fontana FY*, **Pogliaghi S**. Effect of strength training on “excess” VO₂ in Older Adults. ACSM Annual Congress, Denver, CO, USA, 2017
6. Colosio AL*, Spigolon G*, Fontana FY*, **Pogliaghi S**. Strength training between Science and Practice. ACSM Annual Congress, Denver, CO, USA, 2017
7. Fontana FY*, Muollo V*, Spigolon G*, **Pogliaghi S**. Effect of strength training on “excess” VO₂ in Older Adults. CSEP Annual Conference, Victoria (BC), Canada, 2016
8. Fontana FY*, Pacifici A*, **Pogliaghi S**. May the Force be with you: strength training between science and practice. CSEP Annual Conference, Victoria (BC), Canada, 2016
9. Fontana FY*, Colosio AL*, Da Lozzo G, **Pogliaghi S**. Player's Success Prediction in Rugby Union: from Youth Performance to Senior Level Placing. ECSS Annual Conference, Vienna, Austria, 2016
10. Capelli C, Bruseghini P, Calabria E, **Pogliaghi S**, Tam E. Effect of aerobic and strength training on gas exchange kinetics during moderate and heavy-intensity exercise in elderly. ECSS Annual Conference, Vienna, Austria, 2016
11. Bruseghini P, Tam E, Calabria E, **Pogliaghi S**, Capelli C. Effects of high-intensity isoinertial on muscle functions in older adults. ECSS Annual Conference, Vienna, Austria, 2016
12. Fontana FY*, Spigolon G*, **Pogliaghi S**. VO₂ Slow Component: the effect of Strength training on Metabolic Efficiency and Exercise Tolerance. ACSM Annual Congress, Boston, MA, USA, 2016.
13. **Pogliaghi S**, Spigolon G*, Fontana FY*. “Excess” VO₂: the effect of Strength Training on Metabolic Efficiency and Exercise Tolerance. ACSM Annual Congress, Boston, MA, USA, 2016.
14. Spigolon G*, Fontana FY*, Bacchi E, Moghetti P, **Pogliaghi S**. VO₂/PO relationship in Type 2 diabetic subjects. ACSM Annual Congress, Boston, MA, USA, 2016.
15. Fontana FY*, Colosio AL*, Keir DA*, Murias JM, **Pogliaghi S**. Critical power: a single lactate measure from a 3-min sub-maximal test can predict it. 1st Endurance Research Conference, Sept. 02-04, 2015 – Kent, UK.
16. Artuso P, Fontana FY*, **Pogliaghi S**. A longitudinal monitoring study in a top professional cycling team of type I diabetic athletes. 1st Endurance Research Conference, Sept. 02-04, 2015 – Kent, UK.

17. Fontana FY*, Colosio AL*, Keir DA*, Murias JM, **Pogliaghi S.** A Single Sub-maximal 3-min Test For Critical Power Estimation. ACSM Annual Congress, San Diego, CA, USA, 2015.
18. Spigolon G*, Bacchi E, Negri C, Moghetti P, **Pogliaghi S.** Glycemic response to acute exercise in type II diabetes: training type, sequence or energy expenditure? ACSM Annual Congress, San Diego, CA, USA, 2015.
19. Colosio AL*, Fontana FY*, **Pogliaghi S.** Drop-out rate of Italian Ranger trainees: who is the enemy? ECSS Annual Conference, Maalmo, Sweden, 2015.
20. Vitali F. Squassabia S.*, **Pogliaghi S.** Motivational process and prevention of burnout in youth rugby. 50th Anniversary of International Society of Sport Psychology, Rome 2015.
21. Capelli C., Bruseghini P., Calabria E., Tam E., **Pogliaghi S.** Speeding of VO₂ kinetics in response to high-intensity interval training in older, healthy men. 19th annual Congress of the European College of Sport Science, Amsterdam – The Netherlands, 2014.
22. Fontana F.*, De Roia G.F., Pagan Griso F.*, Colosio A.*, Testoni M.*, Da Lozzo G., **Pogliaghi S.** Anthropometrics Of Senior Male Italian Rugby Union Players: From Elite To Second Division. ACSM Annual Congress, Orlando, FL, USA, 2014.
23. Tam E., Bruseghini P., Calabria E., Milanese C., **Pogliaghi S.**, Schena F., Capelli C.. Effects of high-Intensity-Interval-Training (HIT) on cardiovascular fitness and cardiometabolic risk factors in older adults. ACSM Annual Congress, Orlando, FL, USA, 2014.
24. **Pogliaghi S.**, Tam E., Capelli C. Effect Of Incomplete Recovery On Vo₂-on Kinetic During Moderate-intensity Exercise Transitions In Healthy Males. ACSM Annual Congress, Orlando, FL, USA, 2014.
25. Calabria E., **Pogliaghi S.**, Dyar K., Salvagno G., Morandi C., Guidi G., Schiaffino S., Schena F., Capelli C.. Physical exercise and immunosenescence: can we play for healthy ageing. ACSM Annual Congress, San Francisco, CA, 29 May-2 June, 2013.
26. **Pogliaghi S.**, Da Lozzo G.*, De Roia G.F.*. Anthropometrics of elite male Italian rugby union players. VII World Congress of Science and Football, Nagoya, Japan, May 2011.
27. **Pogliaghi S.**, Da Lozzo G.*, Ceradini V.*, De Roia G.F.* Physiological and anthropometric characteristics of elite women rugby union players. VII World Congress of Science and Football, Nagoya, Japan, May 2011.
28. Da Lozzo G.*, **Pogliaghi S.** What is the work-load during training sessions in rugby union? VII World Congress of Science and Football, Nagoya, Japan, May 2011.
29. **Pogliaghi S.**, Bellotti C.*, De Roia G.F.*, Schena F.. Anaerobic threshold determination in young males: can NIRS help? ACSM Annual Congress, Baltimore, MD, USA, 2-5 June, 2010.
30. Capelli C., De Roia G.F.*, Schena F. **Pogliaghi S.** Isotonic training added to aerobic training and heavy warm-up: effect on muscle oxidative metabolism in the elderly. ACSM Annual Congress, Baltimore, MD, USA, 2-5 June, 2010.

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31. De Roia G.F.*, Capelli C., Schena F. **Pogliaghi S.** Aerobic training and heavy warm-up: effect on muscle oxidative metabolism in the elderly. ACSM Annual Congress, Baltimore, MD, USA, 2-5 June, 2010.
 32. Adami A., Brigard A., **Pogliaghi S.**, De Roia G.*, Lador F., Lucini D., Pizzinelli P., Pagani M., Simunic B., Pisot R., Capelli C., Ferretti G.. Cardiovascular responses to standing at the end of 35-day bed rest in humans. European Space agency Conference “Life in Space for Life on Earth”, Trieste, 14-17 July 2010.
 33. Brigard A., **Pogliaghi S.**, Adami A., De Roia G.*, Lador F., Lucini D. Pizzinelli P., Capelli C., Ferretti G.. Cardiovascular determinants of maximal oxygen consumption in upright and supine posture at the end of prolonged bed rest in humans. European Space agency Conference “Life in Space for Life on Earth”, Trieste, 14-17 July 2010.
 34. De Roia G.*, **Pogliaghi S.** Effect of a medium-term high fat diet on muscle oxidative metabolism in healthy males. ACSM Annual Congress, Seattle, WA, USA, 27-30 May, 2009.
 35. Da Lozzo G.*, Ceradini V.*, De Roia G.*, De Cesaro A., **Pogliaghi S.** Physiological and anthropometric characteristics of the Italian national women rugby union team. ACSM Annual Congress, Seattle, WA, USA, 27-30 May, 2009
 36. Bellotti C.*, Casiello L.*, **Pogliaghi S.** “Tailored” step test for rapid, accurate and safe VO₂max determination in healthy elderly. ACSM Annual Congress, Seattle, WA, USA, 27-30 May, 2009.
 37. **Pogliaghi S.**, Casiello L.*, Bandera A. Validation of a continuous-wave, single-distance NIRS oxymeter for the determination of muscle oxygenation during cycling. ACSM Annual Congress, Seattle, WA, USA, 27-30 May, 2009.
 38. Adami A., De Roia G.*, **Pogliaghi S.**, Capelli C. Kinetics of O₂ uptake and muscle deoxygenation during moderate and supra maximal intensity cycling exercise in humans. in Book of Abstract. Sport Sciences: nature, nurture and culture, 14th Annual Congress of the European College of Sport Sciences, Oslo, Norway , 24-27 June 2009 , pp. 213.
 39. Capelli C., Marconi V., Adami A., Cevese A., De Roia G.*, Ferretti G., **Pogliaghi S.**, Schena F. Oxygen deficit and cardiovascular oxygen transport after prolonged exposure to hypobaric hypoxia. 3rd International Congress: Mountain, Sport & Health Rovereto, Italy, 12-14 November 2009.
 40. Bringard A., **Pogliaghi S.**, Adami A., De Roia G.*, Lador F., Lucini D., Pizzinelli P., Capelli C., Ferretti G. Maximal oxygen consumption in upright and supine posture at the end of prolonged bed rest in humans. in Book of Abstract FEPS 2009, Lubjiana, 12-15 November 2009, pp. 226.
 41. Venturelli M.*, Armani G., **Pogliaghi S.** Determinants of swing performance in young baseball players. Verona-Ghirada Team Sport Conference, Treviso, 7-8 June, 2008.
 42. De Roia G.F.*, **Pogliaghi S.**, Schena F. Physiological and anthropometric characteristics of rugby union players of an Italian senior A team. Verona-Ghirada Team Sport Conference, Treviso, 7-8 June, 2008.

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43. **Pogliaghi S.**, De Roia G.F.*, Melegati G. Anthropometric characteristics of elite male Italian Rugby Union Players. Verona-Ghirada Team Sport Conference, Treviso, 7-8 June, 2008.
 44. **Pogliaghi S.**, Ceradini V.*, Da Lozzo G.*, De Roia G.F.*, Schena F., Di Cesare A. Physiological and anthropometrical characteristics of the Italian national women rugby union team. Verona-Ghirada Team Sport Conference, Treviso, 7-8 June, 2008.
 45. Da Lozzo G.*, **Pogliaghi S.**, Schena F., Brasili P., Di Michele R., Giovanetti G., Magnani B., Merni F., Tedeschini L., Toselli S., Valenti M., Lusi G. Anthropometric and functional evaluation of junior Italian rugby union players. Verona-Ghirada Team Sport Conference, Treviso, 7-8 June, 2008.
 46. Schena F., Lanza M., **Pogliaghi S.**, Zandonai T., Morandi C.. Adapted motor activity, limiting factors and effects of physical training in the elderly. XI Congreso International de Educacion Fisica, Deporte y Recreacion "Actividad Fisica, Envejecimiento y Obesidad, Chihuahua, Messico, 14-19 May 2007.
 47. **Pogliaghi S.**, De Roia G.F.*. Muscle Oxygenation during Incremental Arm and Leg Exercise in Professional Rugby Union Players. ACSM Annual Congress, New Orleans, LU, USA, 30 May-2 June, 2007.
 48. Schena F., Adami A., Dussin E., De Roia G.*, Tarperi C., Cevese A., **Pogliaghi S.**. Effect of aerobic training on muscle oxygenation during incremental cycling exercise in healthy and hypertensive elderly. ACSM Annual Congress, New Orleans, LU, USA, 30 May-2 June, 2007.
 49. **Pogliaghi S.**, C. Tarperi, A. Cevese, F. Schena. Muscle oxygenation during incremental cycling exercise in healthy and hypertensive elderly humans. ACSM Annual Congress, Denver, Colorado, USA, 31 May-3 June, 2006.
 50. **Pogliaghi S.**, E. Dussin, C. Tarperi, A. Cevese, F. Schena. Muscle oxigenation during incremental arm-cranking exercise in healthy and hypertensive elderly humans. ACSM Conference on Integrative Physiology of Exercise – Indianapolis 27-30 settembre 2006.
 51. **Pogliaghi S.**, F. Balestreri, A. Cevese, B. Grassi, F. Schena. Effect of aerobic training on muscle oxygenation during incremental cycling exercise in healthy elderly. ACSM Annual Congress, Indianapolis, Indiana, USA, June 2-5, 2004.
 52. **Pogliaghi S.**, A. Cevese, F. Schena. NIRS evaluation of muscle oxygenation kinetics during cycling on-transitions in elderly subjects. Effect of aerobic arm training. ECSS Annual Congress, Belgrad, July 2004.
 53. **Pogliaghi S.**, A. Cevese, F. Schena. Effect of training on muscle oxygenation kinetics during cycling exercise on-transitions in elderly subjects. 6th World Congress on Ageing and Physical Activity, London, Ontario, Canada, August 3rd-7th 2004.
 54. Balestreri F., **Pogliaghi S.**, Terziotti P., Cevese A, Schena F. Effect of two training modalities on exercise tolerance in the elderly. ECSS Annual Congress, Salzburg, July 2003.

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55. Terziotti P., **Pogliaghi S.**, Balestreri F., Cevese A., Schena F. Workload corrections during arm and leg ergometry training in elderly people. ECSS Annual Congress, Salzburg, July 2003.
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 57. Morandi L., Grassi B., **Pogliaghi S.**, Marconi C., Cerretelli P. Functional evaluation during exercise of patients with metabolic myopathies. VII International Congress of the World Muscle Society, Rotterdam (NL), october 2-5, 2002.
 58. Balestreri F. Terziotti P., **Pogliaghi S.**, Schena F. Factors limiting maximal aerobic performance in the elderly. *Biogerontology* 3(1): 3, 2002.
 59. **Pogliaghi S.**, Grassi B., Rampichini S., Quaresima V., Ferrari M., Cerretelli P. On-kinetics of muscle oxygenation during constant-load cycling at different workloads. *Medicine and Science in Sports and Exercise*, 33(5): S330, 2001.
 60. Borrelli E., **Pogliaghi S.**, Grassi B., Cerretelli P. Longitudinal evaluation of exercise performance during the first 2 years after heart transplantation. *Medicine and Science in Sports and Exercise*, 33(5): S62, 2001.
 61. Perini R., **Pogliaghi S.**, Veicsteinas A. Weight-reducing diet in post-menopausal women. Effects on cardiovascular responses. *Medicine and Science in Sports and Exercise*, 33(5): S336, 2001.
 62. Perini R., **Pogliaghi S.**, Veicsteinas A. Cardiac autonomic modulation in post-menopausal women. ECSS Annual Congress, Rome, 14-17 July, 1999.
 63. **Pogliaghi S.**, Benassa A., Mognoni P. Tennis: what can heart rate tell us? 1st International Tennis Symposium, Milano, 20-21 November 1999.
 64. **Pogliaghi S.**, Veicsteinas A. Dietary fat intake: influence on physical performance and blood lipids in sedentaries. *Medicine and Science in Sports and Exercise*, 30(5): S4, 1998.
 65. Marconi C., **Pogliaghi S.**, Grassi B, Rasia Dani E., Colombini A., Cerretelli P. Energy metabolism at 7.600M. *FASEB Journal* 12: A724, 1998.
 66. **Pogliaghi S.**, Veicsteinas A. Dietary fat: influence on physical performance in sedentaries. ECSS Annual Congress, Copenhagen, 20-23 August, 1997.
 67. **Pogliaghi S.**, Krasney J.A., Pendergast D.R. Nitric oxide exhalation during graded exercise in air and water immersion. The 3rd International head-out water immersion symposium, Copenhagen, August 28-29 1995.
 68. Perini R., Milesi S., Biancardi L., **Pogliaghi S.**, Veicsteinas A. Thermoregulatory effects on heart rate variability at rest. *FASEB Journal* 8(4): A369, 1994.

National Conference Communications (35)

* indicates trainees under my supervision

1. **Pogliaghi S**, Marra C*, Colosio AL*, Da Lozzo G. Anthropometric and functional characteristics of female “Coppa Italia” rugby players. 9th National Congress of Society of Sport and Movement Sciences, Brescia, 29th September-1st October 2017
2. **Pogliaghi S**, Paterson DH, Murias JM. Measurement of a true VO₂max during ramp incremental tests: Is there evidence for the necessity of a constant load validation trial? 9th National Congress of Society of Sport and Movement Sciences, Brescia, 29th September-1st October 2017
3. Colosio AL*, Fontana FY, Ferrari L*, Murias JM, **Pogliaghi S**. Validation of a single 3-min submaximal test to predict Critical Power. 9th National Congress of Society of Sport and Movement Sciences, Brescia, 29th September-1st October 2017
4. Colosio AL*, Pedrinolla A, Da Lozzo G. **Pogliaghi S**. HR-index: A Valid and Practical Way to Estimate VO₂ and Energy Expenditure in Rugby Players. 9th National Congress of Society of Sport and Movement Sciences, Brescia, 29th September-1st October 2017
5. Ferrari L*, Fontana FY, Zamparo P, **Pogliaghi S**. Analysis of the barbell trajectory as an index of technical ability in squat. 9th National Congress of Society of Sport and Movement Sciences, Brescia, 29th September-1st October 2017
6. Muollo V*, Fontana FY*, Spigolon G*, **Pogliaghi S**. Effect of strength training on “excess” VO₂ in Older Adults. 8th National Congress of Society of Sport and Movement Sciences, Roma, 2016
7. **Pogliaghi S**, Spigolon G*, Fontana FY*. VO₂ slow component: the effect of strength training on metabolic efficiency and exercise tolerance. 67^o National Congress of Italian Physiological Society, Catania, 2016
8. Spigolon G*, Bacchi E, Donà S, Negri C, Moghetti P, **Pogliaghi S**. Glycemic response to acute exercise in type II diabetes: training type or energy expenditure? 7th National Congress of Society of Sport and Movement Sciences, Padova, 2015
9. Fontana FY*, Artuso P, **Pogliaghi S**. Changing diabetes® professional cycling team: characterization of type I diabetic athletes during the competitive season. 7th National Congress of Society of Sport and Movement Sciences, Padova, 2015
10. Colosio AL*, **Pogliaghi S**. Drop-out rate of Italian Ranger trainees: a pilot study. 7th National Congress of Society of Sport and Movement Sciences, Padova, 2015
11. Colosio AL*, **Pogliaghi S**. Estimated energy expenditure of Army Loaded Run in Italian Ranger trainees. 7th National Congress of Society of Sport and Movement Sciences, Padova, 2015
12. Guida FF*, McLay KM, Fontana FY*, Nederveen JP, Paterson DH, Murias JM, **Pogliaghi S**. Vascular health: can we measure it with NIRS? 7th National Congress of Society of Sport and Movement Sciences, Padova, 2015
13. Capelli C., Tam E., Bruseghini P., Calabria E., **Pogliaghi S**. VO₂ kinetics in response to High-Intensity Interval Training (HIT) and isoinertial resistance training (IRT) in older, healthy men. 65^o National Congress of Italian Physiological Society, Verona, 28-30 September 2014.

14. Bruseghini P, Tam E, Calabria E, **Pogliaghi S.**, Dal Sacco L, Capelli C. Effect of hiking training at high-altitude on VO₂ and Q kinetics in healthy sedentary women. 5th National Congress of Society of Sport and Movement Sciences, Pavia, 27-29 September 2013.
15. Vitali F, Squassabia S*, **Pogliaghi S.** Motivational processes and prevention of burnout in youth rugby. 5th National Congress of Society of Sport and Movement Sciences, Pavia, 27-29 September 2013.
16. **Pogliaghi S.**, Molesini M.*, Capelli C. Effect of recovery time, following moderate-intensity exercise on VO₂ kinetics in healthy males. 63^o National Congress of Italian Physiological Society, Verona, 21-23 September 2012. Publication: Pogliaghi S. et al., *Acta Physiologica*, 206 (suppl. 692): 178 (September 2012).
17. Tam E., Bruseghini P., **Pogliaghi S.**, Capelli C. Can a short-term hiking training speed up VO₂ kinetics in healthy sedentary women? 63^o National Congress of Italian Physiological Society, Verona, 21-23 September 2012. Publication: Pogliaghi S. et al., *Acta Physiologica*, 206 (suppl. 692): 149 (September 2012).
18. Calabria E., **Pogliaghi S.**, Mazza M.E., Dyark K., Bellotti C.*, Salvagno G., Mottes M., Guidi G., Bicciato S., Schiaffino S., Schena F., Capelli C. Immunosenescence and physical exercise: search for healthy ageing. 63^o National Congress of Italian Physiological Society, Verona, 21-23 September 2012. Publication: Calabria. et al., *Acta Physiologica*, 206 (suppl. 692): 38 (September 2012)..
19. Adami A., Brigard A., **Pogliaghi S.**, De Roia G*, Lador F., Lucini D., Pizzinelli P., Pagani M., Simunic B., Pisot R., Capelli C., Ferretti G.. Cardiovascular responses to standing at the end of 35-day bed rest in humans 61^o National Congress of Italian Physiological Society, Varese, 15-17 September 2010.
20. Marconi V., Adami A., Capelli C., Cevese A., De Roia G.*, Ferretti G., **Pogliaghi S.**, Schena F. Oxygen supply and oxygen utilization in muscle after chronic exposure to hypobaric hypoxia. 2009 Spring Padua Muscle Days, Padova, Italy, 26-28 April 2009. *BAM - Basic Applied Myology, European Journal of Translational Myology - 2009 Vol. 19(4)*.
21. Adami A., De Roia G.*, **Pogliaghi S.**, Capelli C. O₂ uptake and cardiac output kinetics during moderate and supra-maximal intensity exercise in humans. 59^o National Congress of Italian Physiological Society, Villasimius (CA), 17-20 September 2008. Publication: Adami A. et al., *Acta Physiologica*, 194 (suppl. 665):18-19 (September 2008).
22. Tarperi C., **Pogliaghi S.**, Dussin E. and Cevese A. Changes in cardiovascular variables in time and frequency domain after aerobic training in hypertensive older people. XIII Congresso Nazionale della Società Italiana di Ricerche Cardiovascolari, Imola (Bologna), 21-23 settembre 2006.
23. Tarperi C., **Pogliaghi S.**, Dussin E. and Cevese A. Changes in stroke volume and cardiac stroke work after aerobic training in hypertensive older people. XIII Congresso Nazionale della Società Italiana di Ricerche Cardiovascolari, Imola (Bologna), 21-23 settembre 2006.

24. Dussin E., **Pogliaghi S.**, Schena F., Tarperi C., Cevese A. Effect of training with two different modalities on exercise tolerance in healthy and in hypertensive elderly. XIII Congresso Nazionale della Società Italiana di Ricerche Cardiovascolari, Imola (Bologna), 21-23 settembre 2006.
25. **Pogliaghi S.**, Tarperi C., DeRoia G.*, Schena F., Cevese A. Muscle oxygenation during incremental cycling exercise in healthy and hypertensive elderly humans. XII Congresso Nazionale, Società Italiana di Ricerche Cardiovascolari, Imola, 22-24 Settembre 2005.
26. Tarperi C., **Pogliaghi S.**, Cevese A. Cardiovascular adaptations to aerobic training in hypertensive older people. XII Congresso Nazionale della Società Italiana di Ricerche Cardiovascolari, Imola, 22-24 Settembre 2005.
27. **Pogliaghi S.**, Schena F. L'apparato cardiorespiratorio, il metabolismo energetico, la termoregolazione. 8° Congresso Nazionale di Medicina dello Sport, Sessione: Donna e sport. La resistenza: ruolo e fattori limitanti, Firenze, 9-11 Maggio 2004.
28. Tarperi C., **Pogliaghi S.**, Terziotti P., Cevese A. Effects of tilting on spectral properties of stroke volume in humans. Congresso SIF, Chieti Settembre 2003.
29. Cevese A., **Pogliaghi S.**, Terziotti P., Tarperi C.. Instant changes in stroke volume and total peripheral resistance on tilting up and down. Congresso SIF, Chieti Settembre 2003.
30. **Pogliaghi S.**, Balestreri F., Terziotti P., Cevese A., Schena F. Muscle oxygenation during incremental arm and leg exercise in healthy elderly. Congresso SIF, Chieti Sett. 2003.
31. Grassi B., Morandi L., Spelta M., Marzorati M., Ferri A., **Pogliaghi S.**, Rampichini S., Marconi C., Cerretelli P. Functional evaluation of oxidative metabolism in patients with metabolic myopathies. Telethon Convention, Riva del Garda 24-26 Novembre, 2002.
32. Grassi B., Morandi L., **Pogliaghi S.**, Rampichini S., Marconi C., Cerretelli P. VO₂ on-kinetics for functional evaluation of myopathy patients. Telethon Convention, Riva del Garda 18-20 Novembre, 2001.
33. Grassi B., **Pogliaghi S.**, Rampichini S., Hogan M.C., Gladden L.B.. VO₂ on-kinetics for functional evaluation of myopathy patients. Telethon Convention, Rimini 14-16 Novembre, 1999.
34. Veicsteinas A., **Pogliaghi S.**, Marzorati M.. Physical activity and sport for women. Congresso Annuale ANASMES UDA "Attività fisico-sportiva: attuale medicina del benessere" Montesilvano (PE) 15-18 Giugno 1997.
35. Perini R., Milesi S., **Pogliaghi S.**, Ferri V., Veicsteinas A.. Heart rate variability in resting man at different ambient temperatures. Riunione Congiunta SIBS, SIF, SINU, Pavia, 8-10 Sett. 1993.

Knowledge translation activities – Initiatives and events:-

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- 2017 Scientific consultant and speaker of the project “Eat well for optimal performance” organised in collaboration by the Verona BluVolley Professional volleyball team, the food services company Marcas and the University of Verona. The project included two conferences respectively for parents and coaches, held during the annual Sport Expo Festival in Verona in March 2017 and one conference for the Faculty of kinesiology students. Finally, a cycle of seven conferences will be held between April and May 2017 for the students of the Sport-Education High schools in Verona.
- 2015-17 Scientific consultant for the exhibit “Science and Sport” at the Natural History Museum of Montebelluna (TV), Italy, 12/12/2016-28/05/2017
- 2013 “From the couch to Olympic Triathlon in 6 months: the diary of an adventure”, Center for Marathon Preparation, University of Verona conference for participants.
- 2012 Scientific coordinator and physician for the project “TriO Challenge: from the couch to an Olympic Triathlon in 6 months”, Organized by the Sport Event Management Agency “In Caso di Evento” in collaboration with the University of Verona. The project had extensive media coverage (Radio and Television) and was followed by hundreds of people.
- 2002 “Use it or lose it: Physical activity to maintain health and function in the third age”. Sporting Club Mondadori, Verona, Italy
- 2002 “Use it or lose it: Physical activity to maintain health and function in the third age”. Università della terza età, Verona, Italy
- 2001 “What should I eat? Optimal nutrition during childhood”, Polisportiva Passirano
- 1998 “Optimal nutrition to maintain and promote health in menopause” Brescia Housewives Association, Brescia
- 1997 “Meet the participants to the E.A.S.T. (Extreme Altitude Survival Test) expedition”, organized by Mountain Equipe, Bergamo
- 1996 “Physical exercise and Sport during pregnancy” within the divulgative event “Women in sport” organized by the Provincial Council of Brescia and the sport newspaper “La Gazzetta dello Sport”.

Knowledge translation activities – Community Engagement courses (32):

- 2017 “Nutrition for sport: what role for sport clubs and federations?” course for volleyball coaches and staff organized by the BluVolley, Verona (2 hrs)
- 2017 “Optimal nutrition for youth volleyball players” course for young athletes, their families organized by the BluVolley, Verona (2 hrs)
- 2016 “Optimal Nutrition for Mountain Sports: things to do and mistakes to avoid” course for athletes and amateurs organized by the climbing association “Le pernici della Piof”, Rovereto, Trento (2 hrs)

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- 2016 “Optimal Nutrition for Cyclotourism” course for cyclotourism guides organized by the Italian Committee for Olympic Sport (CONI), Bolzano (4 hrs)
- 2015 “Optimal Nutrition for Cyclotourism” course for cyclotourism guides organized by the Italian Committee for Olympic Sport (CONI), Paderno del Grappa (TV) (4 hrs)
- 2015 “Optimal Nutrition for young rugby players” for the annual course for young athletes and their families held by the CUS Verona Rugby Team (4 hrs/year).
- 2013 “Optimal nutrition for health and sport performance” course for young athletes, their families and the technical staff of the club organized by the Polisportiva Bussolengo, Bussolengo, Verona (4 hrs)
- 2012 “Common nutritional mistakes in young athletes: how to avoid them” course for sport coaches and managers organized by the Administrative Council of Rovereto, Italy (2 hrs)
- 2011 “Optimal Nutrition for young basketball players” course for young athletes and their families held by the Center for Basketball, University of Verona, (2 hrs).
- 2010 “Optimal nutrition for health and sports” organized by the Italian Committee for Olympic Sport (CONI)-Veneto Chapter for Zevio’s Middle School, Zevio, Verona (4 hrs)
- 2010 “Physical exercise for health and well-being” a cycle of conferences (3 for the children and one for their parents) organized by the Italian Committee for Olympic Sport (CONI)-Veneto Chapter for Zevio’s Middle School, Zevio, Verona (4 hrs)
- 2010 “Functional evaluation for exercise prescription” Workshop for regional and local coordinators of health promotion interventions, Territorial Health Management Unit of Verona, Italy (6 hrs).
- 2010 “Optimal Nutrition for young basketball players” course for young athletes and their families held by the Polisportiva San Giorgio, Villafranca, Verona (4 hrs).
- 2010 “Doping in sports: problems and diffusion” conference of the Verona’s Lawyers Association, (1 hr)
- 2010-14 “Optimal Nutrition for young rugby players” for the annual course for young athletes and their families held by the CUS Verona Rugby Team (4 hrs/year).
- 2010-14 “Optimal Nutrition for runners” for the annual course for participants held by the Center for Marathon Preparation, University of Verona (2 hrs/year).
- 2008 “Optimal nutrition for young athletes” course for young athletes and their families organized by the Administrative Council of Verona, Italy (2 hrs)

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- 2009-13 “Why and how should a sport club care about diet?” for the annual course for rugby managers held by the Italian Rugby Federation (4 hrs/year).
- 2006-09 “Sports Nutrition” and “Exercise Physiology” for the annual course for rugby physical coaches held by the Italian Rugby Federation (8 hrs/year).
- 2008 “Exercise prescription for older adults: actions and synergies for health professionals. 2nd Edition” Continuing Education for family physicians and Nurses, Territorial Health Management Unit of Trento, Italy (8 hrs)
- 2006 “Exercise prescription for older adults: actions and synergies for health professionals” Continuing Education for family physicians and Nurses, Territorial Health Management Unit of Trento, Italy (8 hrs)
- 2006 “Exercise prescription for type II diabetes”, Invited course, Continuing Education for family physicians, Territorial Health Management Unit of Trieste, Italy (8 hrs).
- 2006 “Exercise prescription for health promotion” Continuing Education for family physicians and Nurses, Territorial Health Management Unit of Trieste, Italy (8 hrs)
- 2004 “Nutrition for sports” course for participants of the Caldiero Bowling Club, Caldiero, Verona (2 hrs)
- 2004 “Functional evaluation for long distance competitions: field tests” Invited lecture, Italian Athletics Federation, Verona, Italy (2 hrs).
- 2004 “Nutrition for sports” course for athletes of the Polisportiva Paderno Franciacorta, Paderno, Italy
- 2003 “Optimal nutrition for power sports” Invited lecture, Italian Weight Lifting Federation, Rovigo, Italy (4 hrs)
- 2003 “Aerobic training in the third age” Invited lecture, Italian Fitness Federation, Ravenna, Italy (4 hrs).
- 2003 “Physiology of head-out water immersion” European Aquatic Association, Level 2 Aquafitness course for instructors, Portogruaro (6 hrs)
- 1992-97 Lessons on clinical conditions related to high and low barometric pressure (high altitude sickness and decompression sickness) and hyperbaric oxygen therapy (8 hrs/year), for the Red Cross Association in Mantova Italy.
- 1992-94 Human Anatomy and Physiology at Istituto Ranzetti high school in Brescia (12 hrs/week).
- 1992-95 Science Class at Istituto Artiginaelli professional school for children with different abilities in Brescia (4 hrs/week).

Funding Obtained (~490,000 euro)

- 2016 University of Verona, International Cooperation in the science of education Program, Cooperint outgoing mobility grant, Principal applicant (5000 euro)
- 2016 University of Verona, International Cooperation in the science of education Program, Cooperint incoming mobility grant (1), Principal applicant (2,700 euro)
- 2016 University of Verona, International Cooperation in the science of education Program, Cooperint incoming mobility grant (2), Principal applicant (3,200 euro)
- 2005-16 University of Verona Individual researcher's operating grant (33,000 euro)
- 2016 University of Verona, International Cooperation in the science of education Program, Cooperint teaching grant (2), Principal applicant (3,300 euro)
- 2016 University of Verona, International Cooperation in the science of education Program, Cooperint teaching grant (1), Principal applicant (3,300 euro)
- 2015 University of Verona, International Cooperation in the science of education Program, Cooperint incoming staff mobility grant, Principal applicant (6,700 euro)
- 2015 University of Verona, International Cooperation in the science of education Program, Cooperint teaching grant, Principal applicant (3,300 euro)
- 2014 University of Verona, International Cooperation in the science of education Program, Cooperint incoming mobility grant, Principal applicant (7,500 euro)
- 2013 Canadian Institutes of Health Research, CIHR planning grant entitled "Relevance of vascular adaptations to exercise training in improving quality of life in aging populations: transitioning from the laboratory to the community", International collaborator (21,000 CAD)
- 2012-13 European Space Agency, ESA MAP "Astronaut exercise prescriptions promoting health and fitness on Earth", Work Package "Cardiovascular and skeletal muscle responses to chronic concurrent exercise using flywheel technology in old men", Participant of work package (100,000 euro)
- 2013 University of Western Ontario, International Scholar-In-Residence Program, (8,000 CAD)
- 2012 University of Verona, International Cooperation in the science of education Program, Cooperint outgoing staff mobility grant, Principal applicant (6,000 euro)
- 2011 University of Verona, International Cooperation in the science of education Program, Cooperint outgoing staff mobility grant (3,000 euro)

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- 2010 University of Verona, International Cooperation in the science of education Program, Cooperint Incoming Mobility Grant (2,000 euro)
- 2009-10 CARIVERONA Foundation, Two-year research project: "Rehabilitation in cerebral palsy", Participant (50,000 euro).
- 2009 University of Verona, International Cooperation in the science of education Program, Cooperint Staff Incentive Grant for teaching courses in English (2,000 euro).
- 2007-09 Italian Ministry of University and Research, Progetto di Interesse Nazionale (PRIN) 2-year grant on the project: "Effect of high-intensity training on the cardiopulmonary response to exercise, the gas exchanges and muscle O₂ extraction in heart failure patients." Participant of local unit, at the University of Verona (Local Unit budget: 60,000 euro).
- 2006-09 Italian Rugby Federation research grant for the project "Talent identification and promotion in rugby", Principal Investigator (12,000 euro)
- 2003-05 University of Trento, Post Doc funding (Assegno di Ricerca) (24,000 euro)
- 1999-02 University of Milano, PhD in Human Physiology, PhD fellowship (50,000 euro).
- 1998 Eastern Lombardy University Foundation, EULO: three-year research fellowship for the project: "Physical exercise and health promotion" carried out at the Faculty of Medicine, University of Brescia, Principal Investigator (36,000 euro).
- 1997 Brescia's Milk Central, Centrale del Latte di Brescia s.p.a.: one-year fellowship for the research project: "Dietary fat consumption: effect on blood lipids and aerobic performance in healthy sedentaries", Principal Investigator (12,000 euro).
- 1996 Rehabilitation Clinic "Domus Salutis", Brescia, Italy: one-year fellowship for applied research for the research project: "Development and application of innovative rehabilitation techniques for shoulder impingement", Principal Investigator (12,000 euro).
- 1995 Italian Ministry of Education: one-year student mobility grant, Principal applicant (20,000 euro).
- 1993 Eastern Lombardy University Foundation, EULO: one-year fellowship for integrative teaching activities at the Faculty of Medicine, University of Brescia, Principal applicant (6,000 euro).

TEACHING HISTORY

University courses:

Teaching evaluations have been introduced at the University of Verona in 2010 yet they are systematically conducted for undergraduate and graduate courses only since 2014. The averages of the evaluations for the academic years 2014-15 and 2015-16 are reported when available.

n.a. indicated non-available data; § indicates courses that I teach in English

Year	University/Faculty	title	level	hours	students	evaluation
2017	Verona/PhD Neurosciences	Translation of functional indexes into exercise prescription §	PhD	4	5	n.a.
2016	Verona/PhD Neurosciences	Non-invasive functional evaluation of oxidative metabolism: VO ₂ kinetics §	PhD	4	5	n.a.
2015	Verona/PhD Neurosciences	Non-invasive functional evaluation of oxidative metabolism: Near-infrared spectroscopy §	PhD	4	5	n.a.
2015-today	Verona/Kinesiology	Human Physiology	Graduate	48	120	2.8/4
2012	Verona/PhD Kinesiology	Technical aspects of the study of VO ₂ and muscle oxygenation kinetics §	PhD	4	10	n.a.
2011-today	Pisa/Kinesiology	Advanced nutrition for Soccer	Graduate	8	35	n.a.
2009-2013	Verona/Kinesiology	Functional evaluation for exercise prescription in older, diseased populations	Graduate	24	70	6.9/10
2005-today	Verona/Kinesiology	Physiological Bases of Human Nutrition §	Undergraduate	32	150	3.2/4
2005-today	Verona/Kinesiology	Advanced sports nutrition §	Graduate	16	15	3.4/4
2005-today	Verona/Kinesiology	Sports Physiology §	Undergraduate	24	15	3.2/4
2011-2014	Verona/Medicine	Human Physiology	Undergraduate	20	50	7.5/10
2005-2011	Verona/Kinesiology	Physiology of ageing	Graduate	16	30	n.a.
2005-2011	Verona/Kinesiology	Functional evaluation in older adults	Graduate	16	30	n.a.
2005-2011	Verona/Kinesiology	Functional evaluation sports	Graduate	8	50	n.a.
2001-2002	Verona/Kinesiology	Exercise Physiology	Undergraduate	12	150	n.a.
2000	Milano/Politechnic	Human Physiology	Undergraduate	16	30	n.a.
1997-1998	Brescia/Physical Therapy	Post-Injury recovery of muscle function	Undergraduate	10	30	n.a.

STUDENT MENTORING

PhD Students Supervised (6):

In the Italian University, PhD is a 3-years research-oriented program. The Supervisor/Tutor is responsible for providing laboratory space and funding for the student's research projects as well as guidance.

1. 2016-present Alessandro Colosio, University of Verona "Strength training and health promotion in ageing and obese subjects" (# 2 publications)
2. 2015-present Giorgia Spigolon, University of Verona "Strength training and health promotion in ageing and diabetic subjects"
3. 2014-present Federico Fontana, University of Verona "Strength training and health promotion" (# 6 publications).
4. 2009-12 Cecilia Bellotti, University of Verona "Functional evaluation for a "tailored" exercise prescription in older adults" (# 3 publications)
5. 2008-12 Giorgio Da Lozzo, University of Verona "Elaboration and application of functional evaluation techniques for rugby union" (# 5 publications)
6. 2007-11 Gabriela Fernanda De Roia, University of Verona "Limitations in oxidative metabolism: central and peripheral factors manipulation" (# 8 publications)

International Visiting Students Supervised in my Laboratory (5):

In the Italian University, PhD is a 3-years research-oriented program.

- 2017 Danilo Iannetta, PhD Student from the University of Calgary (Supervisor: Juan M. Murias). Data collection in progress, working on two manuscripts
- 2016 Danilo Iannetta, PhD Student from the University of Calgary (Supervisor: Juan M. Murias). Data collection in progress, working on two manuscripts
- 2016 Felipe Mattioni, MSc from the University of Calgary (Supervisor: Juan M. Murias). Data collection in progress, working on two manuscripts
- 2014 Kait M. McLay, PhD Candidate from the University of Western Ontario (Supervisor: Donald H. Paterson). Three published manuscripts and one letter under revision.
- 2014 Daniel A. Keir, PhD Candidate from the University of Western Ontario (Supervisor: John M. Kowalchuk). Four published manuscripts and two under preparation.

Master's Students Supervised (30):

In the Italian University system Master's degree is heavily based on course-work (approximately 20-30 courses in two years). In this context the research project is limited to basic data collection that may, or more often may not lead to a peer-reviewed publication. As a supervisor my duty is to guide the students through this process.

§ indicates thesis that were written in English

Year	University/Faculty	student	Thesis title
2015-16	Verona/Kinesiology	Valentina Muollo	Strength training attenuates "excess VO ₂ " in young and older adults §
2015-16	Verona/Kinesiology	Samuele Salvucci	Strength training in older adults: application and evaluation of a practice-based protocol vs ACSM guidelines.
2015-16	Verona/Kinesiology	Alessandro Pacifici	Strength training: science vs. practice
2015-16	Verona/Kinesiology	Federico Greco	Diet, physical activity and sleep quality
2014-15	Verona/Kinesiology	Alessandro Colosio	Critical power: a single lactate measure from a 3-min sub-maximal test can predict it §
2014-15	Verona/Kinesiology	Wolmer Armani	Agility testing in rugby
2015-16	Verona/Kinesiology	Sebastiano Chiocchetti	Active electrical stimulation
2013-14	Milano/Dietitian	Francesco Pagan Griso	Anthropometrics of senior male Italian rugby union players: from elite to second division.
2012-13	Verona/Kinesiology	Giorgia Spigolon	Is exercise-generated energy expenditure the main determinant of blood glucose modifications in type II diabetes? §
2012-13	Verona/Kinesiology	Matteo Boscaini	Muscle deoxygenation profile during hypocapnic breathing.
2012-13	Verona/Kinesiology	Federico Fontana	Determination of respiratory compensation point (RCP) in healthy adults: can NIRS help?" §
2011-12	Verona/Kinesiology	Simone Amato	Functional evaluation in rugby
2011-12	Verona/Kinesiology	Chiara Colognese	Determination of work-load in aerobics
2011-12	Verona/Kinesiology	Matteo Pancheri	From the couch to an Olympic triathlon: 6 months to get back to shape.
2011-12	Verona/Kinesiology	MariaGloria Molesini	Effect of recovery time on VO ₂ kinetics during moderate-intensity step transitions
2010-11	Verona/Kinesiology	Deborah Beccati	Effects of water and carbohydrates supplementation on swimming performance
2010-11	Verona/Kinesiology	Milena DeZulian	Functional evaluation in artistic gymnastics
2010-11	Verona/Kinesiology	Giovanni Crotti	Determination of work-load during specific training sessions in rugby
2009-10	Verona/Kinesiology	Emiliano Massei	Determination of work-load during training sessions in rugby
2009-10	Verona/Kinesiology	Riccardo Marzuttin	Oxygen uptake efficiency slope (OUES): sensitivity to changes of VO ₂ max in older adults §

2009-10	Verona/Kinesiology	Federico Colizza	Determination of anaerobic threshold in older adults: possible applications of NIRS
2007-08	Verona/Kinesiology	Veronica Ceradini	Anthropometric and functional characteristics of women rugby players of the National Italian Team
2007-08	Verona/Kinesiology	Cecilia Bellotti	Tailored Astrand step test for the functional evaluation of older adults: effect of variations in step height and step rate
2007-08	Verona/Kinesiology	Alessia Marzari	Competitive sport and coeliac disease
2006-07	Verona/Kinesiology	Cesare Scesa	VO ₂ kinetics in older adults
2006-07	Verona/Kinesiology	Lorenzo Casiello	Step test for the functional evaluation of older adults
2005-06	Buenos Aires/Kinesiology	Gabriela De Roia	Factors limiting oxidative metabolism in professional rugby players
2005-06	Verona/Kinesiology	Alessandra Adami	Non-invasive functional evaluation of oxidative metabolism in older adults using NIRS technology
2001-02	Verona/Kinesiology	Marco Girlanda	Effects of postural load deprivation on the musculoskeletal apparatus
2000-01	Milano/Medicine	Alessandro Molinello	Longitudinal evaluation of oxidative metabolism in the first two years after heart transplant

Undergraduate Students Supervised (70):

In the Italian University system students have to prepare a 30-50-pages thesis, generally consisting in a review of the literature, in order to obtain the equivalent of a B.Sc./B.A. degree. As a supervisor my duty is to support and guide the students through this process.

§ indicates thesis that were written in English

Year	University/Faculty	student	Thesis title
2015-16	Verona/Kinesiology	Vezzoli Diego	Management of Type 2 diabetes through physical exercise
2015-16	Verona/Kinesiology	Michelsoni Laura	Sleep in athletes
2015-16	Verona/Kinesiology	Valmorbida Daniele	Strength training in obese individuals: changes in body weight, body composition and waist circumference
2014-15	Verona/Kinesiology	Dalla Vecchia Francesco	The Paleodiet
2014-15	Verona/Kinesiology	Fiorini Alberto	Effect of Caffeine in endurance sports
2014-15	Verona/Kinesiology	Gennaro Margherita	Microbiota and performance
2014-15	Verona/Kinesiology	Odaro Eghosa Osahon	Life expectancy in former elite athletes
2014-15	Verona/Kinesiology	Cortivo Sarah	Dance-therapy in Parkinson's patients
2014-15	Verona/Kinesiology	Brigadoi Lorenzo	Nutrition for triathlon
2014-15	Verona/Kinesiology	Bonatti Luna	Natural peaking: a new dress for an old lady
2014-15	Verona/Kinesiology	Bochicchio Gianluca	Immunodepression and sports: the role of nutrition
2014-15	Verona/Kinesiology	Betti Matteo	Weight cut in combat sports: strategies, consequences and performance

2014-15	Verona/Kinesiology	Andreolli Alice	Nutrition for nordic sky: theory and practice
2013-14	Verona/Kinesiology	Zerbinato Filippo	Strength training: science vs practice
2013-14	Verona/Kinesiology	Rossignoli Pietro	Vigorexia
2013-14	Verona/Kinesiology	Ponzio Giulia	Physical activity in gestational diabetes
2013-14	Verona/Kinesiology	Peruzzi Federica	Anorexia nervosa and physical activity
2013-14	Verona/Kinesiology	Ignesti Cecilia	Strength conditioning and Energy expenditure: a possible role for weight and obesity management §
2013-14	Verona/Kinesiology	Guida Federico	The possible role of Near-Infrared Spectroscopy in the assessment of vascular reactivity in humans: an experimental study. §
2013-14	Verona/Kinesiology	Arduin Ettore	Strength training in the physical conditioning of rugby players
2013-14	Verona/Kinesiology	Zen Francesca	The secret of Okinawa: caloric restriction
2012-13	Verona/Kinesiology	Alberto Brucato	Hydration and sport
2012-13	Verona/Kinesiology	Sara Squassabia	Motivational processes and burnout in youth rugby
2011-12	Verona/Kinesiology	Alessandro Colosio	Elaboration of a warm-up protocol for injury prevention in rugby
2011-12	Verona/Kinesiology	Mariastella Mantese	Eating disorders in ballet dancers
2011-12	Verona/Kinesiology	Fulvio Castiglioni	Nutritional interventions to support training-induced anabolism
2011-12	Verona/Kinesiology	Michele Cazzola	High-protein diets and obesity
2011-12	Verona/Kinesiology	Raffaella Plungher	Physical activity and cognition in school children
2011-12	Verona/Kinesiology	Caterina Toniolo	Eating disorders in athletes
2011-12	Verona/Kinesiology	Riccardo Mastrotto	High-intensity Interval training for the management of overweight
2011-12	Verona/Kinesiology	Michele Vitagliano	Vegetarian diet and power sports
2011-12	Verona/Kinesiology	Caterina Roncoletta	Guidelines for exercise prescription in overweight and obesity
2011-12	Verona/Kinesiology	Silvia Righetti	High-protein diets for weight loss: is it real?
2011-12	Verona/Kinesiology	Santiago Lopez	Quantification of the energy expenditure of salin in Optimist
2010-11	Verona/Kinesiology	Anna Pedrinolla	Elaboration and application of a group fitness program for health promotion in healthy adults
2010-11	Verona/Kinesiology	Mirko Meneguzzo	Creatine supplementation in soccer: the state of the art
2010-11	Verona/Kinesiology	Francesca Ribiani	Physical activity in pregnancy
2010-11	Verona/Kinesiology	Matteo Boscaini	Effect of Post exercise Excess Oxygen Consumption on weight loss
2010-11	Verona/Kinesiology	Massimo Todeschi	Functional evaluation in tennis
2010-11	Verona/Kinesiology	Matteo Zambello	Indexes of training load in rugby union
2010-11	Verona/Kinesiology	Marco Cagali	The Zone diet: state of the art
2010-11	Verona/Kinesiology	Andrea Sartori	Competitive dancing: athletes' characteristics and work loads
2010-11	Verona/Kinesiology	Damiano Odorizzi	Cross country ski ultra-endurance competitions: what should an athlete eat?
2010-11	Verona/Kinesiology	Francesco Coati	Work-load determination in cross-country biking
2009-10	Verona/Kinesiology	Alessia Pappalardo	Pregnancy and Sport
2009-10	Verona/Kinesiology	Barbara De Bortoli	The Zone diet: does it work?
2009-10	Verona/Kinesiology	Mariagloria Molesini	Diet for exercise induces asthma (EIA)
2009-10	Verona/Kinesiology	Matteo Ferrari	Direct measures of anaerobic threshold
2009-10	Verona/Kinesiology	Manuel Guerra	Diet for youth rugby
2009-10	Verona/Kinesiology	Elisa Bazzoli	Indirect measure of anaerobic threshold
2009-10	Verona/Kinesiology	Bruno Carlotto	The Zone diet: yes or no?

2008-09	Verona/Kinesiology	Sara Goffi	Functional and technical evaluation of elite swimmers: a lesson from the Italian National Team
2008-09	Verona/Kinesiology	Francesco Petrle	Optimal hydration in team sports
2008-09	Verona/Kinesiology	Ambra Venturini	Determination of anaerobic threshold in older adults using NIRS
2008-09	Verona/Kinesiology	Giorgio Zanoni	Sodium bicarbonate and performance
2008-09	Verona/Kinesiology	Andrea De Favari	Warm-up in soccer: evaluation of different pre-match protocols
2008-09	Verona/Kinesiology	Anna Ferrari	Optimization of nutritional choices in amateur mountain bike cyclists: an experimental study
2008-09	Verona/Kinesiology	Annalisa Galas	Functional evaluation in fitness classes
2007-08	Verona/Kinesiology	Zeno Naspri	Functional evaluation in aerobics: an experimental study
2007-08	Verona/Kinesiology	Elena Manea	What and how much exercise for type II diabetes?
2007-08	Verona/Kinesiology	Matteo Bisoffi	Near-infrared spectroscopy for the determination of anaerobic threshold in rugby
2007-08	Verona/Kinesiology	Silvia Costanzi	Determination of the nutritional needs of AC Mezzocorona amateur soccer team: a case report
2006-07	Verona/Kinesiology	Clara Maghin	Nutritional supplements for rugby
2006-07	Verona/Kinesiology	Davide Adami	Green muscles? Pros and cons of vegetarian diets for athletes
2005-06	Verona/Kinesiology	Zeno Sempredoni	Aerobic training for older adults with hypertension: an experimental study
2005-06	Verona/Kinesiology	Giovanna Adami	Physical exercise for the treatment of osteoporosis
2005-06	Verona/Kinesiology	Luca Vitali	Elaboration and application of a battery of field tests for the functional evaluation of youth soccer: a case report
2004-05	Verona/Kinesiology	Erica Mazzoni	OUES (oxygen uptake efficiency slope) as an indicator of aerobic fitness
2001-02	Verona/Kinesiology	Fabiano Zabbeni	Determination of anaerobic threshold in amateur runners by the Conconi Test
2001-02	Verona/Kinesiology	Ermenegildo Bosi	Determination of the energy cost of rowing on a Gondola

Internal examiner at the University of Verona (15):

In the Italian system an internal examiner is the member of the graduation examining board who is responsible for challenging the candidate's dissertation

Year	University/Faculty	student	Thesis title
2016	Verona/Kinesiology	Michele Tebaldi	Three-year observational trial on players' evolution in youth basketball
2015	Verona/Kinesiology	Francesco Rocchetti	Match Analysis in female Futsal
2015	Verona/Kinesiology	Alberto Mancabelli	Effect of smokeless tobacco (snus) on Iowa Gambling Task: a task on decision-making in athletes who are habitual users of snus

2014	Verona/Kinesiology	Alberto Bedin	Instruments for strength evaluation in group courses for older adults
2013	Verona/Kinesiology	Andrea D'Andretta	Return to activity after total knee replacement
2013	Verona/Kinesiology	Magit Zulian	Fatigue perception: effects of "snus" nicotine consumption during an endurance test
2013	Verona/Kinesiology	Alessandra Battizocco	Antropometrics of Ballet Dancers
2012	Verona/Kinesiology	Marco Beato	f-Marc 11+ warm-up protocol for injury prevention in soccer: functional and performance outcomes
2012	Verona/Kinesiology	Federico Fiorini	High-intensity training in basketball
2012	Verona/Kinesiology	Alessandro Morelli	Clinical causes of exclusion from sport: the experience of the CONI-FMSI Medical Center in Verona
2011	Verona/Kinesiology	Marco Ruozzi	Match analysis-based determination of training strategies in volleyball
2011	Verona/Kinesiology	Sara Vianello	Circuit training for physical conditioning in modern rugby players
2010	Verona/Kinesiology	Luca Gasparini	Analysis of the physical development of youth basketball players: models for the observation and strategies for the improvement of postural control and feet rapidity
2010	Verona/Kinesiology	Andrea Sbicego	Predictors of time to exhaustion
2008	Verona/Kinesiology	Alessandro Grainer	Estimation of the energy cost of wilderness walking: an experimental study

Internal/External examiner at other Universities (4):

- 2017 Member of the Examination Committee for the PhD in Exercise Sciences Program, Faculty of Kinesiology, University of Calgary, Alberta, Canada; candidate Rogerio Soares
- 2016 Member of the Thesis Examination Committee for the Master of Science Graduate Program, Faculty of Kinesiology, University of Calgary, Alberta, Canada; candidate Jaimie Weir
- 2013 Member of the Thesis Examination Committee for the Master of Science Graduate Program, School of Kinesiology, University of Western Ontario, London, Ontario, Canada; candidate Joshua Nederveen
- 2013 Member of the Thesis Examination Committee for the Integrated Physiology Graduate Program, School of Kinesiology, University of Western Ontario, London, Ontario, Canada; candidate John Leckie

SERVICE

ADMINISTRATIVE EXPERIENCE

- 2016-today Elected member of the Research and Internationalization Commission of the Department of Neurosciences, Biomedicine and Movement Sciences (10 hrs/year)
- 2015-today Director of the Didactic Commission of the Master in “Preventive and adapted physical activity”, University of Verona, Italy (30 hrs/year)
- 2015-today Member of the Board of the PhD School in Neurosciences, University of Verona, Italy (15 hrs/year)
- 2008-today Member of the Didactic Commission of the Master in “Preventive and adapted physical activity”, University of Verona, Italy (10 hrs/year)
- 2008-today Member of the Didactic Commission of the Master “Sciences and techniques of Sports”, University of Verona, Italy (10 hrs/year)
- 2006-today Founder and Scientific Director of the Center for research applied to Rugby of the University of Verona (30 hrs/year)
- 2008-2015 Member of the Board of the PhD School in Biomedical Translational Sciences, University of Verona, Italy (15 hrs/year)
- 2005-12 Elected member in the Faculty Board of the Faculty Human Movement Sciences, University of Verona, Italy (24 hrs/year)
- 2010-13 Elected member of the Administrative Council of the University of Verona, Italy (30 hrs/year)
- 2009-2015 Elected member of the Commission for internal grants assignment of the Department of Neurological and Movement Sciences (30 hrs/year)

Affiliation to medical-scientific associations:

- 2016-present Academic Member of the Canadian Society of Exercise Physiology (CSEP)
- 2014-present Fellow of the American College of Sports Medicine (ACSM)
- 1998-present Member of the American College of Sports Medicine (ACSM)
- 2005-present Member of the Società Italiana di Fisiologia (SIF)

Editorial activity:

Reviewer for:

AGE

Applied Physiology, Nutrition and Metabolism

American Journal of Physiology
Canadian Respiratory Journal
Canadian Journal of Physiology and Pharmacology
European Journal of Applied Physiology
International Journal of Sport Physiology
International Sports Medicine Journal
Journal of Applied Physiology
Journals of Gerontology Biological Sciences
Journal of Sports Medicine and Physical Fitness
Journal of Sport Sciences
Journal of Science and Medicine in Sport
Metabolism
PLOS one

External reviewer for grant assignement:

2016 University of Insubria, Italy (evaluation of 1 project)

Languages:

English (fluent), French (advanced), Spanish (basic), Italian (mother language)

Personal interests:

- I practice different sports as an important part of my life. My family and I particularly enjoy cross-country and downhill skiing, cycling, swimming in open waters and mountain hiking.
- I am passionate about rugby and I am the founder and director of youth activities of the female rugby club of Verona (Rugby Verona Ragazze).
- I have traveled in many different countries and I consider experiencing different cultures as a very important aspect of my personal development.
- I am an excellent cook.

PRACTICE OF CLINICAL MEDICINE

- 2006-present Physician of the Center for Rugby Research at the University of Verona (with a role as the nutritionist for the Valpolicella Rugby, CUS Verona Rugby and Mogliano Rugby teams playing in the First division National Championship)
- 2010-12 Nutritionist of the Rovigo Delta professional men's senior Rugby team (Elite national championship)
- 2008-13 Nutritionist at the medical center "Centro Medico Equipe" in Rovigo (~50 patients/year).
- 2012 Physician of the project "TriO Challenge: from the couch to an Olympic Triathlon in 6 months", University of Verona
- 2006-09 Consultant of the Italian Rugby Federation for nutrition and functional evaluation of athletes of the Senior Male National Team and the under 14 to under 20 national teams.
- 1993-04 Primary care physician in Brescia and Verona metropolitan area (home and office visits)
- 1996-02 Team physician of the Italian Water-Ski national team and consultant of the Italian and International Water-Ski Federation for athlete's functional evaluation and injury prevention.
- 1998 Team physician of the Italian Water-Ski Different Ability national team.
- 1998-02 Physician for the Service of Athletes' Functional Evaluation, Training and Nutrition at the private medical facility "Sportlife Medical Center" in Brescia.
- 1996-98 Research assistant fellow at the Rehabilitation Division for motor and neurological diseases of the Clinic "Domus Salutis" in Brescia, Director Dr. D. Malgrati.
- 1993-97 Physician at the Hyperbaric Medicine Division at the Clinic "Città di Brescia" in Brescia, Director Dr. R. Moroni.
- 1995 Residency (one year) at the Sports Medicine Institute, State University of New York at Buffalo School of Medicine, Buffalo, NY, USA, Director Dr. John J. Leddy.
- 1994 Residency (6-months) at the Orthopaedics and Traumatology Division of Gardone Val Trompia Civil Hospital, Brescia, Director Dr. G. Libassi

Verona, 10 July 2017



Silvia Pogliaghi