

## *Curriculum Vitae* prof. Federico Schena

Born: Padova 01.06.1959

### **EDUCATION**

- 1985 Degree in Medicine and Surgery, University of Verona
- 1988 Specialization in Sport Medicine, University of Turin
- 1993 PhD in Physiology, University of Verona

### **WORK EXPERIENCE**

- 1988-90 Visiting researcher Dept of Physiology, Université de Genève (Switzerland)
- 1994-95 Post-doc Dept of Physiology, University of Verona
- 1996-98 Scientific co-ordinator, Lab of Sport Science at Center of Bioengineering and Motor sciences, (CeBiSM) Rovereto
- 1999-02 Senior Researcher, University of Trento, Deputy Director of the Laboratory of CeBiSM.
- 2002-06 Associate Professor in Physiology, University of Trento, Director of CeBiSM.
- 2006- Professor of Sport Sciences, University of Verona; Vice Director of Department of Neuroscience Biomedicine and Kinesiology;  
Director of CeRiSM ( Research Center of Sport, Mountain & Health).

### **SCIENTIFIC ACTIVITY**

From 1982 involved in research in the area of human and exercise physiology at University of Verona, Geneva, Trento. In this field he experienced different approaches from cardiovascular to energetic of muscle metabolism, biomechanics and integrative basis for sport performance. During the period at Dept. Physiology in Geneva he also improve his knowledge on exercise and muscular physiology also with special reference to special environment (mountain) and ageing.

Scientific interests

- mechanisms of sport performance
- energetic and biomechanics of human locomotion
- exercise programs for diseased person
- interaction between exercise and ageing processes
- metabolic adaptations to ultra endurance race

He published **249 papers** in peer reviewed journals, 4 books and several book chapters; he presented more than 250 oral communications and posters in international congresses. **H-Index ( Scopus) = 28; ORCID: 0000 0002 2052 5117**

Member of international sport scientific society: ACSM, ECSS

Founder member of the SISMES (Italian Society of exercise and Sport Sciences) where he got the role of Secretary from 2008 to 2011 and **President** from 2012 to now.

### **ACADEMIC RESPONSABILITY**

- 2006- teaching Methodology of Training, (Bachelor Exercise and Sport sciences, Univ. of Verona)
- 2009 - teaching Sport Evaluation and Performance ( Master Sport science, Univ. of Verona)
- 2002-06 Delegate for Erasmus exchange at Faculty of Cognitive Sciences, Univ. of Trento
- 2007-12 Coordinator of the PhD and Master courses in Sport Sciences, Univ. of Verona
- 2009-12 Vice Dean of the Faculty of Exercise and sport Science, Univ. of Verona
- 2012- President of the School of Physical Exercise and Sport Sciences, Univ. of Verona
- 2013- Coordinator of the National Council of Sport Sciences Academic Courses

### **LABORATORY AND RESEARCH CENTER DEVELOPMENT**

In 1990, as young researcher, he started at university of Verona the first laboratory for “Exercise Physiology” developing several collaborations with medical departments for the study of specific programmes and evaluations of exercise in elderly population.

In 1996 he addressed the born and development of a new Center for Sport Sciences in Rovereto ( actually named CeRiSM) becoming firstly the responsible for the medical and scientific activities and subsequently the director. Cerism is today a research special Center of the University of Verona attaining a special emphasis on Mountain and Outdoor sport activities. In Verona and Rovereto he developed the research on physical activity for aged population moving from the healthy subjects to frail and disabled ( residential and home support program) elderly creating the first and well known Italian experience of network with the public health and the public administration ( Project “*La salute nel Movimento*”). He developed strong scientific and professional relationship with several sport factories ( among others Technogym, Tecnica, Cosmed, La Sportiva, Puma).

### **INTERNATIONAL NETWORK EXPERIENCES**

In the area of Sport and Physical Exercise he established international connections with other centres as: Canadian Center of Activity and Ageing, London ON; Institute of Sport science of Erlangen DE, WMO\_TNO Amsterdam, NL, Dept of Exercise Science, Manchester. UK, Center for Winter Sport, Univ. of Mid-Sweden, Ostersund.

### **GRANT AND EUROPEAN PROJECTS**

Representative of Italy in following European Projects: EUPASS (2001), THENAPA II(2004), EUNAAPA (member of the steering committee) (2005); PASEO (2008); HCHF (2010). CeRiSM has been recognised centre of WHO for physical activity promotion. At National level he received several research grants from Ministry of University ( PRIN 2010-2011), sport companies and sport organization (FIFA, national sport Federation FIGC, FISU, FCI, FIN).

### **PROFESSIONAL AND PERSONAL EXPERIENCE IN SPORT**

From 1990 to 2000 head sport medicine of the Italian Army Cross country ski team, from 2003 to 2010 Chief medical doctor of the Italian Ski Team participating at the *XCSki World Championship* and *Winter Olympic Games of Turin* and Vancouver. Scientific Consultant of the National Olympic Committee ( CONI) for the development of projects in the school system; from 2009 Coordinator of the Trentino Regional School of Sport.

Athlete in running, triathlon and cross country ski at regional level from 1975 to 1985. Now at recreational level.