

CURRICULUM VITAE



PERSONAL INFORMATION

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CURRENT POSITION

- Jan 2016 – Jan 2017 Postdoctoral Positions, Joint Project 2015 - “High Intensity Training with TRION: gender differences and implications for astronauts post flight recovery” Supervisor: Assoc. Prof. Paola Zamparo. Dept. of *Neurosciences, Biomedicine and Movement Sciences*, University of Verona, Italy.

EDUCATION

- 2012- 2015 Ph.D. *Science of Physical Exercise and Human Movement*.
Dissertation title: “Cardiovascular and skeletal muscle responses to chronic concurrent exercise using Hit and Flywheel Technology in older adults”. Project *A-fit*. Supervisor: Full Prof. Carlo Capelli. Graduate School of *Translational Biomedical Sciences*, Dept. of *Neurological and Movement Sciences*, University of Verona, Italy.
- 2009 Master’s Degree *Science and Techniques of Preventive and Adapted Physical Activities*.
Dissertation title: “Analysis of different physical activity programs in normal weight and obese subjects: wich effects on EPOC? A pilot study”. 110 with honors. Supervisor: Prof. Marcello Faina. Catholic University of Sacred Heart of Milan, Italy.
- 2005 Bachelor’s Degree *Physical Education and Sport*, Sport-Management curriculum.
Dissertation title: “Alpine Skiing: periodization and planning of training in the youth categories.” Supervisor: Prof. Ennio Preatoni. Catholic University of Sacred Heart of Milan, Italy.
- 2002 High school diploma, Scientific Studies. High school *C. Donegani*, Sondrio, Italy.

INTERNSHIP

- Mar - Nov 2014 *Deutschen Zentrum für Luft-und Raumfahrt e.V. (DLR)*, Institute of Aerospace Medicine, Dept. of Space Physiology, Head: Prof. Dr. med. J. Rittweger. Köln, Germany.
- Nov 2009 – Nov 2011 *MilanLab Vismara - Research Sport Center – A.C. Milan Football Club*. Milan, Italy.
- Sep - Dec 2009 *Research Center Mapei Sport*. Castellanza Varese, Italy.
- May - Sep 2008 *Isokinetic: Center for Rehabilitation in Sport*. Milan, Italy.
- Oct 2007 - May 2008 *Association of Back School*. Cusano Milanino, Italy.
- Mar 2007 *Aging Medicine Center*, Research Center for Sports Medicine, Polyclinic A. Gemelli, Rome, Italy.
- Oct 2006 *Cardiology and Cardiovascular Rehabilitation Unit*. St. Anna Hospital, Castelnovo ne'Monti, Italy.

ACADEMIC EXPERIENCE

- Mar - Sep 2015 Scholarship, Project *Effects of Snus administration on sport performance (WADA Grant)*. Supervisor: Full Prof. Cristiano Chiamulera. Department of *Public Health and Community Medicine*, University of Verona, Italy.
- Since 2013 *Performance Assessment in Athletes*: tutor and teaching assistant, Laboratory of Exercise Physiology and Performance, Bachelor's Degree in Physical Education and Sport, Catholic University of Sacred Heart, Milan, Italy.
- Since 2011 *Performance assessment and research methods in sport science*: tutor and teaching assistant, Laboratory of Exercise Physiology and Performance, Master's Degree in Sciences of Preventive and Adaptive Physical Activity, Catholic University of Sacred Heart, Milan, Italy.
- 2012 - 2014 *Planning and coaching for physical training*: teaching assistant, Laboratory of Exercise Physiology, Bachelor's Degree in Physical Education and Sport, University of Verona, Italy.
- 2011- 2013 *Theory and methodology of human movement*: teaching assistant, Bachelor's Degree in Sport and Motor Sciences, Catholic University of Sacred Heart, Milan, Italy.

PROFESSIONAL CERTIFICATION

- Jun-Sep 2010 *Match analysis*. Italian National Olympic Committee, Rome, Italy.
- Oct 2009 *Physical exercise in osteoporosis*. Ediermes, Milan, Italy.

- Sep 2009 *Hydrokinesitherapy*. Ediermes, Milan, Italy.
- 2007 Ski Instructor specialization in Adaptive Ski. National Board Ski Instructors, Italy.
- May 2006 Certified *Technique of the method Pancafit*. Posturalmed, Milan, Italy.
- Jun 2005 Certified *Personal Fitness Trainer*. ISSA, Milan, Italy.
- 2003 Ski Instructor - Alpine disciplines, National Board Ski Instructors, Italy.

LANGUAGE SKILLS

Italian: native language; English, French: intermediate (speaking, reading, writing).

OTHER PROFESSIONAL EXPERIENCES AND ACTIVITIES

- Since 2015 Project group coordinator *Joint Project 2015: High Intensity Training with TRION: gender differences and implications for astronauts post flight recovery*. This project is conducted in collaboration between Veneto Innovazione Spa (Venice, Italy), Triroom Innovation AB (Malmo, Sweden) and Dept. of Neurological and Movement Sciences, University of Verona (Italy). (<http://een.ec.europa.eu/succes-story/sports-therapy-space-taking-astronaut-fitness-training-new-heights>).
- Since 2015 Supervisor of *Educatt Corporate Wellness Project*, Campus A. Gemelli Faculty of Medicine and Surgery, Catholic University of Sacred Heart, Rome, Italy.
- 2012 - 2015 Member of A-fit Partner University of Verona in *A-fit project: Astronaut exercise prescriptions promoting health and fitness on earth*. This project involves several academic partners from four European countries, and was funded by the European Space Agency (ESA) with co-sponsors the Swedish National Space Board (SNSB) and YoYo Technology Inc. (Stockholm, Sweden). Coordinator: Full Prof. Per Tesch, Karolinska Inst., Stockholm (Sweden). (www.afit.se).
- 2009 - 2013 Project *Alfabetizzazione motoria nella scuola primaria*
Supervisor and teacher, Italian National Olympic Committee – Ministry of Education, Italy.
- 2003 - 2012 Ski Club Valmalenco: Coach and exercise trainer, Chiesa Valmalenco, Italy.
- Since 2003 Valmalenco Ski School: Ski Instructor, Caspoggio, Italy.
- 2004 - 2008 Valmalenco Fitness Center
Fitness instructor and Personal Trainer, Chiesa Valmalenco, Italy.

LIST OF PUBLICATION

JOURNALS WITH EDITORIAL
COMMITTEE

Galvani C., **Bruseghini P.**, Annoni I., Demarie S., Salvati A., Faina M. Excess post-exercise oxygen consumption after different moderate physical activities in healthy female population. *Med Sport*. 2013 66:163-78.

Bruseghini P., Calabria E., Tam E., Milanese C., Oliboni E., Pezzato A., Pogliaghi S., Salvagno GL., Schena F., Pozzi Mucelli R., 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*. 2015 Jul 10; 6(19):16998-7015.

Tam E., **Bruseghini P.**, Calabria E., 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*. 2016 Jan; 116(1):129-44.

Lopez S., Bourgois J.G., Tam E., **Bruseghini P.**, Capelli C. Cardiovascular and Metabolic Responses to On-Water Upwind Sailing in Optimist Sailors. *Int J Sports Physiol Perform*. 2016 Jul 11(5):615-22.

Capelli C., Rittweger J., **Bruseghini P.**, Calabria E., Tam E. Maximal aerobic power and anaerobic capacity in cycling across the age spectrum in male master athletes. *Eur J Appl Physiol*. 2016 Jul 116(7):1395-410.

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*. 2016 Aug 8(8):1802-21. doi: 10.18632/aging.101016.

Zandonai T., Tam E., **Bruseghini P.**, Pizzolato F., Franceschi L., Baraldo M., Capelli C., Cesari P., Chiamulera C. The effects of oral smokeless tobacco administration on exercise endurance. *Journal of Sport and Health Science* [Accepted, in press].

Bruseghini P., Tam E., Calabria E., Milanese C., Pogliaghi S., Capelli C., Galvani C. High Intensity Interval Training has compensatory effects on physical activity levels in older adults. *Journal of Aging and Physical activity* [Submitted].

Tam E., **Bruseghini P.**, Capelli C., Oliboni E., Pezzato E., Pogliaghi S., Pozzi Mucelli R., Schena F., Calabria E. Effects of high intensity interval training and isoinertial resistance training on V_O2 kinetics and muscle oxygenation during moderate- and heavy-intensity exercise in elderly men. *European Journal of Applied Physiology* [Submitted].

PROCEEDINGS OF
NATIONAL AND
INTERNATIONAL CONGRESS
(INCLUDING POSTER AND
ORAL COMMUNICATIONS)

Galvani C., **Bruseghini P.**, Casolo F., Faina M. Influence of obesity on Excess post-exercise oxygen consumption after different moderate aerobic exercises. In *17th annual Congress of the ECSS*, 4-7th July 2012, Bruges, Belgium. (Oral Communication).

Frattini G., Vago P., Casolo F., **Bruseghini P.**, Merati M., Lovecchio N. Run test after five years: data on a population of urban sedentary students. In *17th annual Congress of the ECSS*, 4-7th July 2012, Bruges, Belgium. (Poster session).

Frattini G., Vago P., Casolo F., **Bruseghini P.**, Lovecchio N., Merati M. 1000m. Run test performance during years: fourteen urban students results. In *17th annual Congress of the ECSS*, 4-7th July 2012, Bruges, Belgium. (Poster session).

Annoni I., Sforza C., **Bruseghini P.**, Zago M., Galvani C. Relationship between physical fitness level and health-related quality of life in obese adults: a pilot study. In *18th annual Congress of the ECSS*, 26-29th June 2013, Barcelona, Spain. (Poster session).

Bruseghini P., Calabria E., Tam E., Pogliaghi S., Capelli C. Effect of High Intensity Interval Training (HIT) on maximal aerobic power and ventilatory threshold in older adults. In *64th National Congress of the Italian Physiological Society*, 18-20th September 2013, Portonovo, Ancona, Italy. (Oral communication).

Bruseghini P., Tam E., Calabria E., Pogliaghi S., Dal Sacco L., Capelli C. Effect of hiking training at high-altitude on $\dot{V}O_2$ and \dot{Q} kinetics in healthy sedentary women. In *5th SISMES National Congress*. 27-29th September 2013, Pavia, Italy. (Poster session).

Bruseghini P., Tam E., Pogliaghi S., Calabria E., Schena F., Annoni I., Capelli C., Galvani C. Physical Activity Accumulation in Bouts and Nonbouts and Relation to Cardiorespiratory Fitness in Older Adults. In *61st ACSM Annual Meeting*. 27-31th May 2014, Orlando, Florida, U.S. (Poster session).

Galvani C., Annoni I., **Bruseghini P.**, Zago M., Ferreira C.L., Sforza C. Physical activity accumulation in bouts and nonbouts and relation to cardio respiratory fitness of obese adults. In *61st ACSM Annual Meeting*. 27-31th May 2014, Orlando, Florida, U.S. (Poster session).

Tam E., **Bruseghini P.**, Calabria E., Milanese C., Pogliaghi S., Capelli C. Effects of High-Intensity-Interval-Training (HIT) on cardiovascular fitness and cardiometabolic risk factors in older adults. In *61st ACSM Annual Meeting*. 27-31th May 2014, Orlando, Florida, U.S. (Thematic poster session).

Capelli C., **Bruseghini P.**, Calabria E., Tam E., Pogliaghi S. Speeding of $\dot{V}O_2$ kinetics in response to High-Intensity Interval Training (HIT) in older healthy man. In *19th ECSS Annual Congress*. 2-5th July 2014, Amsterdam, The Netherlands. (Oral communication).

Capelli C., **Bruseghini P.**, Calabria E., Pogliaghi S., Tam E. V'O₂ kinetics in response to High-Intensity-Interval Training (HIT) and isoinertial resistance training (IRT) in older, healthy men. In *65th National Congress of the Italian Physiological Society*, 28-30th September 2014, Anacapri, Napoli, Italy. (Oral communication).

Bruseghini P., Calabria E., Tam E., Pogliaghi S., Rossi A., Capelli C. Effect of high intensity training on intermuscular adipose tissue in older adults. In *9th Meeting of Young Researchers in Physiology, Italian Physiological Society*, 7-9th May, Florence, Italy. (Oral communication).

Bruseghini P., Tam E., Calabria E., Pogliaghi S., Rossi A., Capelli C. Effect of high intensity training and isoinertial training on intermuscular adipose tissue in older adults. In *20th ECSS Annual Congress*. 24-27th June 2015, Malmo, Sweden. (Oral communication).

Zandonai T., **Bruseghini P.**, Tam, E., Capelli C., Chiamulera, C. Peripheral and central effects of smokeless tobacco on exercise endurance in men. In *20th ECSS Annual Congress*. 24-27th June 2015, Malmo, Sweden. (Poster session).

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. In *21th ECSS Annual Congress*. 6-9th July 2016, Vienna, Austria. (Oral communication).

Bruseghini P., Tam E., Calabria E., Pogliaghi S., Capelli C. Effect of high intensity training and isoinertial training on muscle functions in older adults. In *21th ECSS Annual Congress*. 6-9th July 2016, Vienna, Austria. (Mini-oral communication).

Capelli C., Aloisi AM., **Bruseghini P.**, Calabria E., Caprara G., Catizone A., Dal Sacco L., Di Filippo ES., Di Giulio C., Doria C., Fulle S., Grassi B., Guarnieri S., Lanuti P., Mancinelli R., Marchisio M., Marigliò MA., Morabito C., Paulesu L., Pietrangelo T., Pogliaghi S., Reggiani C., Ricci G., Rotini A., Salvadego D., Schena F., Scordella A., Tam E., Toniolo L., Vernillo G., Verratti V., Fanò-Illic G. Gokyo Khumbu/Ama Dablam Trek 2012. In *67th National Congress of the Italian Physiological Society*, 21-23th September 2016, Catania, Italy. (Poster session).

INVITED TALKS

New research in Sport Science University: nordic walking and exercise training. In *New programs of physical activity for health*. Regional Congress, 16th November 2013, Verona, Italy.

PRIZE AND AWARDS

Nomination and finalist for *Enterprise Europe Network Awards 2016*, with project *High Intensity Training with TRION: gender differences and implications for astronauts post flight recovery*. Category: *Best Technology Transfer: New Partnerships*. Sector Group Aeronautic, Space and Dual Use Technology. EASME, Enterprise Europe Network Annual Conference, 14th November 2016, Bratislava, Slovakia. (<http://www.friendeurope.it>; <http://www.innovazioneveneto.it/?p=3827> ; <http://een.ec.europa.eu/news/cutting-edge-smes-share-spotlight-network-awards>)

Verona, 20th November 2016

PAOLO BRUSEGHINI