



Massimo Lanza – Curriculum Vitae

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Scopus index: Documents by author (peer review): 26 - Total citation: n. 523 - H-index: 11

HIGHLIGHTS

Education

1978: “Diploma Istituto Superiore Educazione Fisica” (Bologna) – 110/110 with honors.

2001: “Diploma di Laurea quadriennale in Scienze Motorie” University of Verona – 110/110 with honors.

University positions

- March 1, 2011 – Present: Associate Professor of “Metodi e didattica delle attività sportive – SSD M-EDF/02 – Department of Neurosciences, Biomedicine and Movement Sciences, University of Verona.
- January 2004 – February 2011: Researcher of “Metodi e didattica delle attività sportive – SSD M-EDF/02 – Faculty of Exercise and Sport Science, and Department of Neurological, Neuropsychological, Morphological and Movement Sciences – University of Verona.
- October 1978 – December 2003: Physical Education Teacher – Public Italian Secondary School.

Current roles within the University of Verona

- Responsible for the evaluation of the Master’s Degree in "Science in Preventive and Adapted Physical Activity" since 2011;
- Member of the PhD School in Biomedical, Clinical and Experimental Sciences, since 2014 (XXIX cycle);
- Member of the Scientific Committee of the Master’s Degree in "Exercise Programming and Management for Exercise-sensitive Pathologies" since 2011;
- Member of the "Didactic Commission" in the Department of Neurological, Biomedical and Movement Sciences, since 2015;

Didactic assignments

- Introduction to kinesiology and sports (6 + 6 CFU - From the academic year 2006/2007 up to today).
- Planning and coaching of Adapted Physical Activities (9 CFU - From the academic year 2011/2012 up to today).
- Developmental physical activity (Laboratory - 1 CFU) – from the academic year 2019-2020

Professional Membership

National Board Member of the “Società Italiana di Scienze Motorie” (SISMeS) in 2015-2017 and 2018-2020.

European College of Sports Medicine (ECSS).

Committee Membership

Scientific Committee “Congresso Nazionale Associazione Italiana Psicologia dello Sport” 2012 and 2016

Scientific Committee “Congresso Nazionale Società Italiana di Scienze Motorie e Sportive” 2015-2016-2017-2018-2019.

Expertise, scientific experience:

Research areas:

a) Adapted Physical Activity

- I carry out research dedicated to adapted physical activity in subjects with pathologies (cancer, diabetes, COPD, psychiatric disorders) and in elderly people. Currently, my research group is promoting physical activity in the field of oncological disease; we are finishing an investigation about the preferences and the determinants of exercise in oncological patients. Simultaneously, we have started a multicentre randomized trial of tailored training for cancer patients and other projects: a prehabilitation protocol in lung cancer surgery, a survey to investigate the healthcare providers opinion about exercise in lung cancer and one research to explore the role of physical fitness on pancreatic surgery. We are collaborating with some Departments of Verona Hospital (Oncology, Thoracic Surgery, General and Pancreatic Surgery), the National Institute of Tumours of Milano and the Italian League for Fight against Cancer (LILT, a non-profit association for oncological patients). Moreover, we are a part of a group called FORCE (Focus On Research & CarE) composed by an oncologist, a kinesiologist, a dietitian and a psychologist whose aim is to offer a multidisciplinary approach to cancer disease.

b) Physical Education

- I have a long experience in physical education and in the training of physical education teachers. I published some texts on physical education.

Member of the Italian staff team in international projects:

- Knowledge Hub “Determinants of Diet and Physical Activity” (DEDIPAC) (2013-2016) delivered by Joint Programming Initiative “Healthy Diet for Healthy Life”. I represent University of Verona in the consortium "Intrepid", coordinated by Prof. Mario Mazzocchi, University of Bologna. My role in DEDIPAC is Deputy Leader in one of the work packages dedicated to the evaluation of policies for the proper nutrition, the promotion of physical activity and the contrast of sedentary lifestyles. The program was approved, after an assessment of an International Committee of Experts. The consortium will be funded, by the Ministry of Education, with 178,325 €.

I participated in the following European programs:

- Healthy Children in Healthy Families: Health promotion and empowerment in community networks.
- PASEO (Building Policy Capacities for Health Promotion through Physical Activity Among Sedentary Older People) (2009-2011).
- EUNAAPA (European Network for Action on Ageing and Physical Activity) (2006-2008).
- THENAPA II (European Thematic Network for Adapted Physical Activity) (2005-2008).

I led and coordinated regional training programs for experts in physical activity as well as for different types of people. The main initiative in this field was Project "More Sport @ School" (2004-2008). The project's aims were the promotion of physical activity and sport in Veneto Region primary and secondary schools (involving approximately 350,000 students and 700 physical education teachers in the 7 provinces of the Veneto Region). This required the coordination of schools, municipalities, private companies and sport clubs. My responsibilities were a) to prepare the guidelines for the activities at schools, b) training of the experts and c) evaluation of the overall effectiveness of the project. The annual overall funding of the project was about 600,000 € delivered by Regione Veneto.

Tutorship in PhD School of "Biomedical, Clinical and Experimental Sciences".

- I am tutor of the PhD student Alice Avancini (XXXIII cycle – 2017/2020) following a research project entitled “*Indagine sui determinanti dell’adesione e dell’aderenza ad un programma di esercizio fisico in pazienti oncologici*” in the PhD School of "Biomedical, Clinical and Experimental Sciences" of the University of Verona.

- I am co-tutor, with prof. Silvia Pogliaghi, of the PhD student Giorgia Spigolon (XXXI cycle – 2015/2018) following a research project entitled “*Improving exercise tolerance in healthy older and obese adults: possible role and mechanism of action of Strength training*” in the PhD School of "Biomedical, Clinical and Experimental Sciences" of the University of Verona.
- I was co-tutor, with prof. Paolo Moghetti, of the PhD student Anna Pedrinolla (XXX cycle – 2014/2017) following a research project entitled “*Acute Inflammatory Response in Different Types and Intensity of Exercise in Obese People with and without Type 2 Diabetes*” in the PhD School of "Biomedical, Clinical and Experimental Sciences" of the University of Verona.
- I collaborated with Prof. Paolo Moghetti in defining and conducting the research project “*Metabolic Effects of Aerobic Training and Resistance Training in Type 2 Diabetes Subjects: a Randomized Controlled Trial*” by Dr. PhD Elisabetta Bacchi at the PhD School of Life Sciences and Health of the University of Verona. (2009-2011).

My roles in the PhD School of Translational Biomedicine, program of "Science of Physical Exercise and Human Movement" of the University of Verona were:

- Co-tutor, with prof. Federico Schena, of the PhD student Valentina Moisis (XXV cycle – 2010/2012) following a research project entitled: "Does a Physical Education Curriculum Influence the Reduction of the Childhood Obesity's Prevalence in Primary and Secondary Schoolchildren?"
- Co-tutor, with Prof. Federico Schena, of the PhD student Nicoletta Rinaldo (XXV cycle – 2010/2012) following a research project entitled: "Models of Physical Activity and Active Lifestyle Promotion for Adults and Elderly People affected by Chronic Obstructive Pulmonary Disease".
- Tutor of PhD student Martina Alberti (XXIV cycle – 2009/2011) following a research project entitled "Physical and Physiological Analysis in Anorexia Nervosa in-Patients".
- Co-tutor, with Prof. Zamparo, of Dr. PhD Camilla Raffaelli (XXII cycle – 2007/2009) - Title of PhD thesis: "Analysis of the Energy Expenditure of Water-Based Activities and Capacities of their Effects on Physical and Body Composition after Training".

Reviewer

- MIUR (Ministero Istruzione Università e Ricerca)
- Diabetes, Obesity and Metabolism
- Italian Sociological Review
- International Journal of Sport Science
- Sport Medicine – Open
- Trials
- Sustainability
- Information

PUBLICATIONS

Peer-Reviewed Research Papers

1. Trestini, I., Sperduti I., Sposito M., Kadrija D., Drudi A., Avancini A., Tregnago D., Carbognin L., Bovo C., Santo A., Lanza M., D'Onofrio M., Tortora G., Bria E., Milella M., Pilotto S., 2020. Evaluation of nutritional status in non-small-cell lung cancer: screening, assessment and correlation with treatment outcome. *ESMO Open*; Volume 5, Issue 3, 17 May 2020, Article number e000689 – IF 5.329
2. Trestini I., Paiella S., Sandini M., Sperduti I., Elio G., Pollini T., Melisi D., Auriemma A., Soldà C., Bonaiuto C., Tregnago D., Avancini A., Secchettin E., Bonamini D., Lanza M., Pilotto S., Malleo G., Salvia R., Bovo C., Gianotti L., Bassi C., Milella M., 2020. Prognostic Impact of Preoperative Nutritional Risk in Patients Who Undergo Surgery for Pancreatic Adenocarcinoma. DOI:10.1245/s10434-020-08515-5. pp.1-10. In *ANNALS OF SURGICAL ONCOLOGY* - ISSN:1068-9265 vol. First published online: 09 May. – IF 3.681
3. Avancini A, Skroce K, Tregnago D, Frada P, Trestini I, Cercato MC, Bonaiuto C., Tarperi C., Schena F., Milella M., Pilotto S., Lanza M., 2020. “Running with cancer”: A qualitative study to evaluate barriers

and motivations in running for female oncological patients. PLoS ONE 15(4): e0227846. <https://doi.org/10.1371/journal.pone.0227846> – IF 2.776

4. Avancini A., Sartori G., Gkoutakos A., Casali M., Trestini I., Tregnago D., Bria E., Jones L.W., Milella M., **Lanza M.**†, Pilotto S†., 2019. Physical Activity and Exercise in Lung Cancer Care: Will Promises Be Fulfilled? *Oncologist*. 2019 Nov 26. pii: theoncologist.2019-0463. doi: 10.1634/theoncologist.2019-0463. [Epub ahead of print]. † Contributed equally. – IF 5.252
5. Trestini I., Gkoutakos A., Carbognin L., Avancini A., **Lanza M.**, Molfino A., Friso S., Corbo V., Tortora G., Scarpa A., Milella M., Bria E., Pilotto S., 2019. Nutritional status and skeletal muscle derangements in non-small cell lung cancer. *Crit Rev Oncol Hematol*, Volume 141, September 2019, Pages 43-53 – IF 5.012
6. Vitali F, Robazza C, Bortoli L, Bertinato L, Schena F, **Lanza M.**, 2019. Enhancing fitness, enjoyment, and physical self-efficacy in primary school children: a DEDIPAC naturalistic study. *PeerJ* 7:e6436 <http://doi.org/10.7717/peerj.6436> - IF 2.35
7. Pedrinolla A., Venturelli M., Kirmizi E., Moschetta F., Zardini M., Rudi D., Bacchi E., Schena F., Moghetti P., **Lanza M.**, 2018. Role of Exercise in Vascular Function and Inflammatory Profile in Age-Related Obesity. *Journal of Immunology Research*. Volume 2018, Article ID 7134235. Accepted 3 October 2018; Published 28 October 2018. <https://doi.org/10.1155/2018/7134235> - IF 3.33
8. Brug J., van der Ploeg H. P., Loyen A., Ahrens W., Allais O., Andersen L. F., Cardon G., Capranica L., Chastin S., De Bourdeaudhuij I., Donnelly A., Ekelund U., Finglas P., Flechtner-Mors M., Hebestreit A., Kubiak T., **Lanza M.**, Lien N., MacDonncha C., Mazzocchi M., Monsivais P., Murphy M., Nöthlings U., O’Gorman D. J., Renner B., Roos G., van den Berg M., Schulze M., Steinacker J., Stronks K., van ’t Veer P., Volkert D., Lakerveld J. on behalf of the DEDIPAC consortium. 2017. “Determinants of diet and physical activity (DEDIPAC): A summary of findings. *International Journal of Behavioral Nutrition and Physical Activity*, Volume 14, Issue 1, 3 November 2017, Article number 150 – IF 3.675
9. Rinaldo N., Bacchi E., Coratella G., Vitali F., Milanese C., Rossi A., Schena F., **Lanza M.**, 2017. "Effects of combined aerobic-strength training vs fitness education program in COPD patients". *International Journal of Sports Medicine*. Volume 38, Issue 13, 1 November 2017, Pages 1001-1008. DOI: 10.1055/s-0043-112339 – IF 2.453
10. Raffaelli C., Milanese C., **Lanza M.**, Zamparo P., 2016. Water-based training enhances both physical capacities and body composition in healthy young adult women. *Sport Sciences for Health*, 2016, Volume 12, Number 2, Page 195 DOI 10.1007/s11332-016-0275-z
11. Boccia G., Coratella G., Dardanello D., Rinaldo N., Lanza M., Schena F., Rainoldi A., 2016 Severe COPD Alters Muscle Fiber Conduction Velocity During Knee Extensors Fatiguing Contraction. *COPD: Journal of Chronic Obstructive Pulmonary Disease*. e-pub: 23 March 2016 - Volume 13, 2016 - Issue 5 <http://www.tandfonline.com/doi/full/10.3109/15412555.2016.1139561> - IF 2.576
12. Boccia G., Dardanello D., Beretta-Piccoli M., Cescon C., Coratella G., Rinaldo N., Barbero M., **Lanza M.**, Schena F., Rainoldi A., 2015. Muscle fiber conduction velocity and fractal dimension of EMG during fatiguing contraction of young and elderly active men. *Physiol Meas*. 2016 Jan;37(1):162-74. doi: 10.1088/0967-3334/37/1/162. Epub 2015 Dec 18. – IF 1.808
13. Lakerveld J., van der Ploeg H. P., Kroeze W., Ahrens W., Allais O., Andersen L. F., Cardon G., Capranica L., Chastin S., Donnelly A., Ekelund U., Finglas P., Flechtner-Mors M., Hebestreit A., Hendriksen I., Kubiak T., **Lanza M.**, Loyen A., MacDonncha C., Mazzocchi M., Monsivais P., Murphy M., Nöthlings U., O’Gorman D. J., Renner B., Roos G., Schuit A. J., Schulze M., Steinacker J., Stronks K., Volkert D., van’t Veer P., Lien N., De Bourdeaudhuij I., Brug J., 2014. Towards the integration and development of a cross-European research network and infrastructure: the DETERMINANTS of DIET and PHYSICAL ACTIVITY (DEDIPAC) Knowledge Hub. *International Journal of Behavioral Nutrition and Physical Activity*, 11:143. – IF 3.675
14. Bacchi E., Negri C., Tarperi C., Baraldo A., Faccioli N., Milanese C., Zanolin M.E., **Lanza M.**, Cevese A., Bonora E., Schena F., Moghetti P., 2014. Relationships between cardiorespiratory fitness, metabolic

control, and fat distribution in type 2 diabetes subjects. *Acta Diabetol* (2014) 51:369–375. Published online: 16 October 2013. – IF 3.679

15. Bacchi E., Negri C., Targher G., **Lanza M.**, Schena F., Moghetti P. (2014). Does mild resistance training resemble a similar stimulus than aerobic training? *Hepatology* doi: 10.1002/hep.26475. Volume 59, Issue 1, January 2014, Page 352 – Replay
16. Alberti M., Galvani C., El Ghoch M., Capelli C., **Lanza M.**, Calugi S., Dalle Grave R., (2013). Assessment of physical activity in anorexia nervosa and treatment outcome. *Medicine & Science in Sports & Exercise*. 45 (9), 1643-1648. – IF=3,71
17. Bacchi E., Negri C., Targher G., Faccioli N., **Lanza M.**, Zoppini G., Zanolin E., Schena F., Bonora E., Moghetti P., (2013). Both resistance training and aerobic training reduce hepatic fat content in type 2 diabetes subjects with liver steatosis. *Hepatology* 58 (4), 1287-1295. – IF=12,00
18. Alberti M., Galvani C., Capelli C., **Lanza M.**, El Ghoch M., Calugi S., Dalle Grave R., (2013). Physical Fitness before and after weight restoration in Anorexia Nervosa. *J Sports Med Phys Fitness* 08/2013; 53(4):396-402 – IF=0,73
19. Bacchi E., Negri C., Trombetta M., Zanolin M.E., **Lanza M.**, Bonora E., Moghetti P. (2012) Differences in the acute effects of aerobic and resistance exercise in subjects with type 2 diabetes: Results from the RAED2 randomized trial. *PLoS One*. 2012;7(12):e49937. doi: 10.1371/journal.pone.0049937. – IF=3,73
20. Bacchi E., Negri C.; Zanolin M.E., Milanese C., Faccioli N., Trombetta M., Zoppini G., Cevese A., Bonadonna R.C., Schena F., Bonora E., **Lanza M.**, Moghetti P. (2012) Metabolic effects of aerobic training and resistance training in type 2 diabetic subjects: A randomized controlled trial (the RAED2 study). *Diabetes Care* PMID: 22344613 <http://www.ncbi.nlm.nih.gov/pubmed/22344613> 35(4):676-82. doi: 10.2337/dc11-1655. – IF=7,74
21. Ghoch, M.E., Alberti M., Capelli C., Calugi S., Battistini N.C., Pellegrini M., Subasic S., **Lanza M.**, Dalle Grave (2012) Resting energy expenditure assessment in anorexia nervosa: comparison of indirect calorimetry, a multisensor monitor and the Muller equation. *International Journal of Food Sciences and Nutrition*, 63 (7), 796-801 – IF=1,26
22. Raffaelli C., Galvani C., **Lanza M.**, Zamparo P.; (2012). Different methods for monitoring intensity during water-based aerobic exercises. - *European Journal of Applied Physiology*, 112 (1), 125-134 – IF=2,66
23. Raffaelli C, **Lanza M**, Zanolin L, Zamparo P.; (2010). Exercise intensity of head-out water-based activities (water fitness). *Eur J Appl Physiol*. 2010 Jul; 109 (5):829-38. Epub 2010 Mar 13. – IF 2.214
24. Venturelli M, **Lanza M**, Muti E, Schena F.; (2010), Positive effects of physical training in activity of daily living-dependent older adults. *Exp Aging Res*. Apr;36(2):190-205. – IF 1.000
25. Schena, F., Crivellini, A.L., Raschellà, G., Terranova, L., Lanza, M., 2003. The organization of programs of physical activity in the elderly [L'organizzazione dei programmi di attività fisica nella popolazione anziana]. *Giornale di Gerontologia*, Volume 51, Issue 5, October 2003, Pages 281-283
26. Schena, F., Crivellini, A.L., Raschellà, G., Terranova, L., Lanza, M. 2003. The organization of programs of physical activity in the elderly [L'organizzazione dei programmi di attività fisica nella popolazione anziana] *Giornale di Gerontologia* Volume 51, Issue 5, October 2003, Pages 281-283

Extensive contributions in international conference proceedings

1. **Lanza M.**, Salvadori I., 2013. The role of Physical Education in the adoption of an active lifestyle by students at the end of secondary school: a survey in north-east of Italy. *European Congress of Federation Internationale D'Education Physique "Physical education and Sports perspective of children and youth in Europe*. In *Journal of International Federation of Physical Education (FIEP Bulletin)*, Volume 83 – Special edition Article III – ISSN-0256-6419 – pp.191-193

2. Schena F., **Lanza M.**, Pogliaghi S., Zandonai A., Morandi C., (2007); *Adapted Motor Activity, limiting Factors and Effects of Physical Training in the Elderly*. XI Congresso Internacional de Educaciòn Fisica, Deporte y Recreaciòn "Actividad Fisica, Envejeemento y Obesidad", La Universidad Autonoma di Chihuahua, Mexico, 14-19 Mayo; Memoria in Extenso, 32-40.
3. **Lanza M.**, Bertinato L., Donati D., Fumagalli G., Zocca E., (2007); "More Sport @ School For Veneto Students". 4th FIEP European Congress Physical Education and Sports, Teachers' Preparation and their Employability in Europe. Bratislava, Slovakia, August 29th – 31th. Congress acts ISBN: 978-80-89324-00-2; (pp. 123-129)
4. **Lanza M.**, (2001). Aspetti coordinative nell'educazione motoria degli anziani (Coordination issues in Motor Education of aged people), Atti del convngno di studi: Motor coordination in sport and exercise. Bologna 23-24 Settembre 2000. Supplemento ai n. 2-3-4 Aprile-Dicembre 2000 di Atletica studi.

Books

1. **Lanza M.**, Bertinato L., Vitali F., Schena F., 2016. Buoni stili di vita a scuola. Progetti territoriali da "Più Sport @ Scuola" a "DEDIPAC". ISBN 978-88-98877-71-3 Scripta Editore. Verona.
2. Carraro A., **Lanza M.**, (editors) (2004); *Insegnare / apprendere in educazione fisica e motoria*. ISBN 88-8358-535-6 Armando, Roma.

Book Chapters

1. **Lanza M.**, Bertinato L., Salvadori I., Vitali F., Schena F. (2017). "Più Sport @ Scuola": a good practice for Veneto primary schools? In D. Colella, B. Antala, S. Epifani (Eds). Physical Education in primary school. Researches, Best practices, Situation, Lecce: Pensa MultiMedia, pp. 321-333. ISBN: 978-88-6760-474-6.
2. **Lanza M.**, Schena F., (2006); *La scelta delle attività motorie per le persone anziane*. In Saccomani R., L'attività fisica nella terza età; Raffaello Cortina Editore, Milano, 246-281
3. **Lanza M.**, (2006); *Non solo "veicoli pensanti": il ruolo evolutivo del movimento*. in Toffano Martini E. (a cura di), Sfide alla professione docente. Atti della V Biennale Internazionale della Didattica Universitaria (pp.55–64); Padova 1-3 dicembre 2004. ISBN: 88-8232-4113-3, Pensa Multimedia Editore, Lecce
4. Leibinger E., Soos I., Karsai I., Hamar P., **Lanza M.**, (2006); Studio interculturale sullo stato dell'umore. in Toffano Martini E. (a cura di), Sfide alla professione docente. Atti della V Biennale Internazionale della Didattica Universitaria (pp.55–64); Padova 1-3 dicembre 2004. ISBN: 88-8232-4113-3, Pensa Multimedia Editore, Lecce
5. **Lanza M.**, (2005); *Attività motorie in età evolutiva: alcuni elementi di riflessione*. In Fumagalli G., Bertinato L.; *Sport: da fenomeno a bisogno della società*; CLEUP, Padova, 125-131
6. **Lanza M.**, (2004); *Misure e valutazione in educazione fisica*. In Carraro A., Lanza M., (editors); *Insegnare/apprendere in educazione fisica e motoria*. Armando, Roma, 211-246.
7. **Lanza M.**, (2004); *Il posto delle attività motorie nel ciclo di vita*, in Filippi N., Fumagalli G., Sanguanini B. In *Sport, formazione umana, società*; CLEUP, Padova, 25-33

Articles in national journals

1. Schena F., **Lanza M.** (2008). Stile di vita nella sindrome metabolica: il ruolo dell'attività fisica. *Sindrome Metabolica e Malattie Cardiovascolari*, pp. 86- 95 Vol.1,
2. Venturelli M., Lanza M., Schena F., Bottura R. (2007). Gli arti superiori, risorsa e benessere. *Assistenza Anziani*, pp. 54- 58
3. Raffaelli C., **Lanza M.**, Schena F., Zamparo P. (2007). Uno sguardo oltre il nuoto: le altre attività acquatiche. *La Tecnica Del Nuoto*, pp. 23- 28 Vol.2

4. Carraro A., Zocca E., **Lanza M.**, Bertollo M., (2003); Nodi epistemologici nella formazione degli insegnanti di educazione fisica; in *Scuola e didattica*, n. 17, maggio, pagg. 13-18. Pubblicato anche su *Formazione e insegnamento*, n. 1-2, 161-169.
5. Schena, F., A. Luzi Crivellini, G. Raschellà, L. Terranova, **Lanza M.**, (2003); L'organizzazione dei programmi di attività fisica nella popolazione anziana. *Giornale di Gerontologia*, 51, 281-283.

Oral presentation in international and national congresses

1. S. Piazza, A. Avancini, **M. Lanza**. Effects of physical activity and acute exercise on freerecall memory. 2019. XI Convegno Nazionale Società Italiana di Scienze Motorie (SISMES) – Bologna, September 27–29. Abstract published in *Sport Science for health*, Vol n.15 Supplement 1 – September. <https://doi.org/10.1007/s11332-019-00578-6>
2. A. Avancini, I. Trestini, D. Tregnago, M. Milella, S. Pilotto, **M. Lanza**. 2019. Prospective lifestyle (physical activity, nutrition and psychological aspect) assessment in early stage breast cancer. 2019. XI Convegno Nazionale Società Italiana di Scienze Motorie (SISMES) – Bologna, September 27–29. Abstract published in *Sport Science for health*, Vol n.15 Supplement 1 – September. <https://doi.org/10.1007/s11332-019-00578-6>
3. Colella D., **Lanza M.**, 2019. Insegnamento e apprendimento delle competenze motorie. L'organizzazione della pratica nella scuola primaria. Winter school “Educazione Fisica e Sportiva nella Scuola Primaria” Università Cattolica del Sacro Cuore di Milano - Dipartimento di Pedagogia - SIEMeS – SISMES. 14, 15, 16 Febbraio. Università Cattolica del Sacro Cuore, Milano
4. **Lanza M.**, 2018. Educazione fisica e pedagogia dello sport in Italia. Giornata di studio su Educazione Fisica e Pedagogia dello Sport promossa da SIEMeS e SISMES. Catania, 15 Novembre 2018
5. Falcioni L., Biino V., **Lanza M.**, Schena F., Lenzi A., Migliaccio S., Baldari C., Guidetti L., 2018. Geographical differences in physical activity, motor performance, and overweight and obesity status in Italian children: cities comparison. X Convegno Nazionale Società Italiana di Scienze Motorie (SISMES) – Messina, October 5–7. Abstract published in *Sport Science for health*, Vol n.14 Supplement 1 – September. <https://doi.org/10.1007/s11332-018-0489-3>
6. Carraro A., Borgogni A., Colella D., **Lanza M.**, 2018. The initial preparation of physical education teachers: trends, perspectives, problems. A critical review. of the literature. X Convegno Nazionale Società Italiana di Scienze Motorie (SISMES) – Messina, October 5–7. Abstract published in *Sport Science for health*, Vol n.14 Supplement 1 – September. <https://doi.org/10.1007/s11332-018-0489-3>
7. Biino V., Giuriato M., **Lanza M.**, Schena F., 2018. One-year evolution of gross motor coordination. X Convegno Nazionale Società Italiana di Scienze Motorie (SISMES) – Messina, October 5–7. Abstract published in *Sport Science for health*, Vol n.14 Supplement 1 – September. <https://doi.org/10.1007/s11332-018-0489-3>
8. **Lanza M.**, Portioli E., 2018. Comportamenti sociali, attività fisica e capacità nei bambini: uno studio preliminare per la validazione di strumenti di misura e analisi di correlazione. XXII Congresso nazionale AIPS. 25-27 Maggio, Venezia - Mestre
9. **Lanza M.**, Usvardi M., 2018. Le dinamiche motivazionali nel calcio femminile: uno studio preliminare. XXII Congresso nazionale AIPS. 25-27 Maggio, Venezia - Mestre
10. Fracca I., Silvia S., **Lanza M.**, 2017. Adapted Physical Activity for People with Multiple Sclerosis: effects of a training program and follow-up. IX Convegno Nazionale Società Italiana di Scienze Motorie (SISMES) – Brescia, September 29 – October 1. Abstract published in *Sport Science for health*, Vol n.13 Supplement 1 – September. (DOI: 10.1007/s11332-017-0384-3)

11. Fracca I., Fonseca G., **Lanza M.**, Volpe D., 2017. The effects of Nordic Walking on asymmetry in muscle's strength of the lower limbs and on oxidative stress in Parkinson's disease. IX Convegno Nazionale Società Italiana di Scienze Motorie (SISMES) – Brescia, September 29 – October 1. Abstract published in Sport Science for health, Vol n.13 Supplement 1 – September. (DOI: 10.1007/s11332-017-0384-3)
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