



**CURRICULUM VITAE REDATTO IN FORMA DI AUTODICHIARAZIONE
SOSTITUTIVA DI ATTO NOTORIO AI SENSI DEGLI ARTT. 46 E 47 DEL D.P.R.
28 DICEMBRE 2000 N.445**

Massimo Lanza – Curriculum Vitae

English version - Updated, 09/03/2026

Personal details

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Scopus index: Documents by author (peer review): 47 - Total citation: n. 1620 - H-index: 20

HIGHLIGHTS

Current professional status

Retired since October 1st, 2023

A.a. year 24/25: Adjunct Professor of "Introduction to Kinesiology and Sports" (6+6 CFU) within the bachelor's degree in Sport and Exercise Science and "Evaluation in Physical Education" for "Percorso 60 CFU classe A048 (Teacher training courses).

A.a. year 25/26:

- Adjunct Professor of "Educational Gymnastics" (Technical Practical activity "ATP" of the "Foundamentals of Physical Activities).
- Adjunct Professor of "Valutazione nelle Scienze motorie", in the Teacher Training Course class A048.

Education

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

2002: "Laurea e Diploma universitario in Scienze Motorie", 23/09/2002, University of Verona – 110/110 with honors.

- In the academic year 1991/92 he attended the advanced course in "Kinesiology" organized by the University "G. D'Annunzio" of Chieti, Faculty of Medicine and Surgery.
- In the academic year 1997/'98 he attended a advanced course at the University of Padua, Faculty of Education Sciences, in "Educational and didactic communication", passing the final exam with a positive result.

Previous university positions

- March 1, 2011 – October, 1, 2024: 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.

Previous roles within the University of Verona

- 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;

Main university teaching positions

- Introduction to kinesiology and sports (6 + 6 CFU - From the academic year 2006/2007 up academic year 2023/2024).
- Planning and coaching of Adapted Physical Activities (9 CFU - From the academic year 2011/2012 up academic year 2023/2024).

Professional Membership

- Coordinator of the workgroup in "Physical education and sport pedagogy" of the Italian Society of Motor and Sport Sciences (SISMeS) from 2023.
- Pro-tempore coordinator of the group IGEO ("Italian group of adapted physical activity for oncological pathologies"; in English "Italian Group on Exercise Oncology") to which eight (8) Italian universities adhere.
- National Board Member of the "Società Italiana di Scienze Motorie" (SISMeS) in 2015-2017 and 2018-2021.

Committee Membership

- Expert Consultant for Physical Education on the National Commission for the drafting of the National Curriculum Guidelines for Preschool and Primary and Lower Secondary School – a.y. 2024-2025
- Scientific Committee "Congresso Nazionale Associazione Italiana Psicologia dello Sport" 2012 and 2016
- Scientific Committee "Congresso Nazionale Società Italiana di Scienze Motorie e Sportive" 2015-2016-2017-2018-2019-2021.

Expertise, scientific experience:

Research areas:

- a) Physical Education
 - I have a long experience in physical education and in the training of physical education teachers. I taught for all the years of its activation in the SISS, in the TFA and PAS courses and I published some texts on physical education.
- b) Adapted Physical Activity
 - I carry out, for more than twenty years, 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 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 the "FORCE (Focus On Research & CarE) group, composed of oncologists, kinesiologists, dietitians and a psychologist whose aim is to offer a multidisciplinary approach to cancer disease. We founded, together with researchers from three other Italian universities, the "IGEO" group (Italian Group on Exercise Oncology).

Participation in European programs:

- Knowledge Hub "Determinants of Diet and Physical Activity" (DEDIPAC) (2013-2016) delivered by Joint Programming Initiative "Healthy Diet for Healthy Life";
- 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).

Participation in training programs for physical education teachers and graduates in physical education.

- 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 founding 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 Anita Borsati (XXXVIII cycle – 2022/2025) following a research project in the field of exercise oncology in the PhD School of "Biomedical, Clinical and Experimental Sciences" of the University of Verona.
- I was 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 was 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 Moisio (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
- European Journal of Cancer Care
- Supportive Care in Cancer
- International Journal of Environmental Research and Public Health
- Cancers (MDPI)
- Sport Sciences for Health
- Qeios

PUBLICATIONS

1. Borsati, A., Murri, A., Natalucci, V., Cerulli, C., Barbieri, E., Lucertini, F., **Lanza, M.**, Parisi, A., Galvani, C., Buono, P., Mancini, A., Fischetti, F., Poli, L., Di Blasio, A., Iannaccone, A., Avancini, A., Mauri, C., Ferri Marini, C., & Grazioli, E. (2025). The Effect of Exercise-Based Interventions on Health-Related Quality of Life of Patients with Hematological Malignancies: A Systematic Review and Meta-Analysis. *Healthcare*, 13(5), 467. <https://doi.org/10.3390/healthcare13050467>
2. Borsati A, Giannarelli D, Belluomini L, Ciurnelli C, Colonna A, D'Amico I, Daniele A, Del Bianco N, Toniolo L, Trestini I, Tregnago D, Insolda J, Sposito M, **Lanza M**, Milella M, Schena F, Pilotto S, Avancini A. Exploring the Association between Health-Related Physical Fitness and Quality of Life in Patients with Cancer: A Cross-Sectional Study. *Healthcare (Basel)*. 2024 Aug 17;12(16):1643. doi: 10.3390/healthcare12161643. PMID: 39201201; PMCID: PMC11353676.
3. Borsati, Anita, Anita Borsati, Linda Toniolo, Ilaria Trestini, Daniela Tregnago, Lorenzo Belluomini, Elena Fiorio, Massimo Lanza, Federico Schena, Sara Pilotto, Michele Milella, Alice Avancini, "Feasibility of a Novel Exercise Program for Patients with Breast Cancer Offering Different Modalities and Based on Patient Preference." *European Journal of Oncology Nursing*., vol. 70, 2024, <https://doi.org/10.1016/j.ejon.2024.102554>.
4. Maguolo, Alice; Mazzuca, Giorgia; Rudi, Dorian; Bordin, Francesco; Morandi, Anita; Maffei, Claudio; **Lanza, Massimo**. 2024. Feasibility and effectiveness of a distance-adapted physical activity intervention in adolescents with obesity during the cOVID-19 pandemic. *Minerva Pediatrics* 2024 Jun 04 dOi: 10.23736/s2724-5276.23.07469-4
5. Borsati, A., Marotta, A., Ducoli, V., ... **Lanza, M.**, Avancini, A. A qualitative study exploring the experiences and perspectives of patients with cancer attending a 12-week exercise program. *Sport Sciences for Health*, 2023, 19(3), pp. 993–1001
6. Avancini, A., Benato, G., Tregnago, D., ... **Lanza, M.**, Pilotto, S. Development of Educational Print Materials for Physical Activity in Cancer: Evaluation of Readability and Suitability. *Journal of Cancer Education*, 2023, 38(1), pp. 42–49
7. Biino V., Giustino V., Gallotta M.C., Bellafiore M., Battaglia G., **Lanza M.**, Baldari C., Giuriato M., Figlioli F., Guidetti L., Schena F. (2023). Effects of sports experience on children's gross motor coordination level. *Frontiers in Sports and Active Living*, n.5

<https://www.frontiersin.org/articles/10.3389/fspor.2023.1310074> - DOI=10.3389/fspor.2023.1310074 - ISSN=2624-9367.

8. Biino V, Pellegrini B, Zoppirolli C, **Lanza M**, Gilli F, Giuriato M and Schena F (2023) Gross motor coordination in relation to weight status: a longitudinal study in children and pre-adolescents. *Front. Public Health* 11:1242712. doi: 10.3389/fpubh.2023.1242712
9. Biino V, Giustino V., Guidetti L., **Lanza M.**, Gallotta M.C., Baldari C., Battaglia G., Palma A., Bellafigliore M., Giuriato M., Schena F., 2022. Körperkoordinations test für Kinder: A short form is not fully satisfactory. *Frontiers in education*. *Front. Educ.*, 12 August. Sec. Assessment, Testing and Applied Measurement. <https://doi.org/10.3389/feduc.2022.91444> – IF 3.418
10. Avancini, A., Marini, C.F., Sperduti, I., Natalucci V., Borsati A., Pilotto S., Cerulli C., Barbieri E., Lucertini F., **Lanza M.**, Parisi A., Grazioli E., Di Blasio, A. Kinesiology Students' Perception Regarding Exercise Oncology: A Cross-Sectional Study. *International Journal of Environmental Research and Public Health*, 2022, 19(13), 7724.
11. Avancini A, Belluomini L, Borsati A, Riva ST, Trestini I, Tregnago D, Dodi A, **Lanza M**, Pompili C, Mazzarotto R, Micheletto C, Motton M, Scarpa A, Schena F, Milella M, Pilotto S. Integrating supportive care into the multidisciplinary management of lung cancer: we can't wait any longer. *Expert Rev Anticancer Ther.* 2022 Jul; 22(7):725-735. doi: 10.1080/14737140.2022.2082410. Epub 2022 May 30. PMID: 35608060.
12. Avancini A., Ferri Marini C., Sperduti I., Natalucci V., Borsati A., Pilotto S., Cerulli C., Barbieri E., Lucertini F., **Lanza M.**, Parisi A., Grazioli E., Di Blasio A., 2022. Kinesiology Students' Perception Regarding Exercise Oncology: A Cross-Sectional Study. *Int. J. Environ. Res. Public Health* 2022, 19(13), 7724; <https://doi.org/10.3390/ijerph19137724>.
13. Avancini A., L. Belluomini, D. Tregnago, I. Trestini, **M. Lanza**, M. Milella, J. Wiskemann, S Pilotto, 2022. Exercise oncology: It is time to make a change, *Patient Education and Counseling* 105 (2022) 2629–2631, DOI: <https://doi.org/10.1016/j.pec.2021.11.002> - Letter
14. Gallotta MC, Zimatore G, Falcioni L, Migliaccio S, **Lanza M**, Schena F, Biino V, Giuriato M, Bellafigliore M, Palma A, Battaglia G, Baldari C and Guidetti L., 2022. Influence of Geographical Area and Living Setting on Children's Weight Status, Motor Coordination, and Physical Activity. *Front. Pediatr.* 9:794284. doi: 10.3389/fped.2021.794284 – IF 3.418
15. Avancini A, Belluomini L, Benato G, Trestini I, Tregnago D, Menis J, **Lanza M**, Milella M, Pilotto S., 2022. Exercise for counteracting post-acute COVID-19 syndrome in patients with cancer: an old but gold strategy? *Acta Oncol.* Mar;61(3):388-392. doi: 10.1080/0284186X.2021.2009565. Epub 2021 Dec 2. PMID: 34854782.
16. Avancini A, Belluomini L, Tregnago D, Trestini I, Milella M, Lanza M, Pilotto S. Exercise and anemia in cancer patients: could it make the difference? *Expert Rev Hematol.* 2021 Nov;14(11):979-985. doi: 10.1080/17474086.2021.2007764. Epub 2021 Dec 19. PMID: 34784852.
17. Giuriato, M., Biino, V., Bellafigliore, M., Battaglia, G., Palma, A., Baldari, C., Guidetti, L., Gallotta, M. C., Schena, F., & **Lanza, M.**, 2021. Gross Motor Coordination: We Have a Problem! A Study With the Körperkoordinations Test für Kinder in Youth (6-13 Years). *Frontiers in pediatrics*, 9, 785990. <https://doi.org/10.3389/fped.2021.785990> – IF 3.418
18. Battaglia G., Giustino V., Tabacchi G., **Lanza M.**, Schena F., Biino V., Giuriato M., Gallotta M. C., Guidetti L., Baldari C., Gennaro A., Palma A., Bellafigliore M., 2021. Interrelationship Between Age, Gender, and Weight Status on Motor Coordination in Italian Children and Early Adolescents Aged 6–13 Years Old. *Frontiers in Pediatrics*. 2021, Vol.9 ISSN: 2296-2360 , 2296-2360; DOI: 10.3389/fped.2021.738294 – IF 3.418
19. Avancini A, Cavallo A, Trestini I, Tregnago D, Belluomini L, Crisafulli E, Micheletto C, Milella M, Pilotto S, **Lanza M**, Infante MV. Exercise prehabilitation in lung cancer: Getting stronger to recover faster. *Eur J*

Surg Oncol. 2021 Mar 17:S0748-7983(21)00372-3. doi: 10.1016/j.ejso.2021.03.231. Epub ahead of print. PMID: 33757650. – IF 3.379

20. Avancini A, Trestini I, Tregnago D, **Lanza M**, Menis J, Belluomini L, Milella M, Pilotto S. A multimodal approach to cancer-related cachexia: from theory to practice. *Expert Rev Anticancer Ther.* 2021 Aug;21(8):819-826. doi: 10.1080/14737140.2021.1927720. Epub 2021 May 27. PMID: 33971783. IF 4.512 (2020)
21. Avancini, A., Tregnago, D., Rigatti, L., Sartori, G., Yang, L., Trestini, I., Bonaiuto, C., Milella, M., Pilotto, S., **Lanza, M.**, 2020. Factors influencing Physical Activity in Cancer Patients during Oncological Treatments: A qualitative study. *Integrative Cancer Therapies* 19, 153473542097136.. doi:10.1177/1534735420971365 – IF 2.379
22. Avancini, A., Trestini, I., Tregnago, D., Wiskemann, J., **Lanza, M.**, Milella, M., Pilotto, S., 2020. Physical Activity for Oncological Patients in COVID-19 Era: No Time to Relax. *JNCI Cancer Spectrum.* doi:10.1093/jncics/pkaa071
23. Avancini, A., Trestini, I., Tregnago, D., Cavallo, A., Bragato, M., Bonaiuto, C., **Lanza, M.**, Milella, M., Pilotto, S., 2020. Multidisciplinary lifestyle intervention to manage pancreatic cancer-related cachexia: a case report. *Future Science OA.* doi:10.2144/fsoa-2020-0165 – IF 2.6
24. Avancini, A.; Pala, V.; Trestini, I.; Tregnago, D.; Mariani, L.; Sieri, S.; Krogh, V.; Boresta, M.; Milella, M.; Pilotto, S.; **Lanza, M.**, 2020. Exercise Levels and Preferences in Cancer Patients: A Cross-Sectional Study. *Int. J. Environ. Res. Public Health*, 17, 5351. – IF 2.849
25. 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
26. 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
27. 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
28. 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
29. 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. Muscle derangements and alteration of the nutritional machinery in NSCLC. *Crit Rev Oncol Hematol*, Volume 141, September, Pages 43-53 – IF 5.012
30. 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
31. 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

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Verona, March 09, 2026

Massimo Lanza

A handwritten signature in blue ink, reading "Massimo Lanza". The signature is fluid and cursive, with the first name "Massimo" and the last name "Lanza" clearly distinguishable.