

Curriculum Vitae

FEDERICO SCHEMA

Personal webpage: <https://www.dnbm.univr.it/?ent=persona&lang=it&id=1622>

CURRENT POSITION

- Full Professor of Sports Sciences (SSD M-EDF/02) since 2006 at the Motor Sciences Section of the Department of Neurosciences, Biomedicine and Movement, University of Verona.
- Deputy Director of the Department of Neurosciences, Biomedicine and Movement.
- Director of the inter-university research center “Sport, Mountain and Health”.
- Degree in Medicine and Surgery and specialization in Sports Medicine.

PROFESSIONAL EXPERIENCE

- 2006–present: Full Professor (SSD M-EDF/02).
- Since 2025: President of the National Coordination of Motor Sciences (CoNaSM).
- Since 2023: Member of the Scientific Committee of the SportSystem Foundation (Montebelluna, TV).
- 2019 – October 2025: Rector’s Delegate for Teaching and Sport – University of Verona.
- Since 2013: Deputy Director of the Department of Neurosciences, Biomedicine and Movement – University of Verona.
- Since 2017: President of the National Conference of Degree Programs in Motor Sciences (51 universities and 132 degree programs).
- 2018 – October 2025: President of the Teaching Board LM-68 Sports Science and Physical Performance – University of Verona.
- Since 2011: Director of the Postgraduate Course “Advanced Training Course for the new professional profile – Cycling Mobility Promotion Expert” – University of Verona.
- Since 2010: Director of the Research Center Sport, Mountain and Health (CeRiSM) – University of Verona.
- 2010 – February 2026: President of the University Sports Committee – University of Verona.
- 2014: Coordinator of the Special Qualifying Program (Classes 029 and 030) – University of Trento.
- 2012–2014: Coordinator and lecturer of the Active Training Internship in Motor Sciences for teacher training.
- 2011–2015: Director of the Postgraduate Master’s Program (Level II) in Design and Management of Physical Exercise in Exercise-Sensitive Diseases.
- 2006–2012: Coordinator of the PhD Program in Exercise and Human Movement Sciences – Doctoral School in Translational Biomedical Sciences – University of Verona.
- 2000–2009: Head of the medical-scientific staff of the Italian national cross-country skiing teams.
- 2002–2006: Associate Professor of Physiology – Faculty of Cognitive Sciences – University of Trento.
- 1999–2006: Coordinator and lecturer at the Inter-university School for Secondary Teacher Training (SISS Veneto) in Motor Sciences.
- 1996–1998: Researcher at the European Interuniversity Center for Sport Sciences (ECUS) – University of Trento.
- 1999–2000: Medical Director and Research Coordinator of ECUS – Universities of Brescia, Trento, Verona (Rovereto headquarters).

TEACHING ACTIVITIES

- Course instructor: Teaching Methods and Techniques – Bachelor’s Degree in Motor and Sports Sciences.
 - Course instructor: Outdoor and Mountain Sports Methodologies – Inter-university Master’s Degree (Verona–Trento) in Sports Science and Physical Performance.
 - Course instructor: Sports Methodologies – Inter-university Master’s Degree in Sports Science and Physical Performance.
 - Course instructor: Training Planning and Management for Physical Preparation – Bachelor’s Degree in Preventive and Adapted Physical Activity.
 - Course instructor: Foundations of Physical and Sports Activity – Master’s Degree in Innovative and Sustainable Sports Management.
 - Course instructor: Movement and Health – Inter-university Degree (Verona–Trento) in Medical Systems Engineering.
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EDUCATION AND TRAINING

1994: PhD in Physiology – University of Turin.
1988: Specialization in Sports Medicine – University of Turin.
1985: Degree in Medicine and Surgery – University of Verona.

PERSONAL SKILLS

Languages

Italian: Native
English: Excellent (listening, speaking, writing)
French: Good (listening, speaking, writing)

Communication skills

Strong communication skills developed through leadership roles in public institutions and reinforced by extensive experience in international, national, and local organizations and associations.

ORGANIZATIONAL AND MANAGEMENT SKILLS

Professional with extensive experience in directing and managing research and intervention projects at both national and international levels, with a focus on health promotion, physical activity, well-being, and neuroscience.

Over the course of his academic and professional career, he has developed strong organizational and managerial skills, as well as expertise in coordinating research groups at local, national, and international levels. This has resulted in effective leadership, fostering scientific innovation and multidisciplinary team coordination, particularly in the areas of health promotion, well-being, physical activity, and neuroscience.

He has significantly contributed to the development of university educational programs, doubling the number of degree courses in Motor Sciences and launching four new Master's programs, including one in Sports and Physical Activity Management. As President of the Motor Sciences track for A048 teacher training programs, he developed and promoted an innovative educational model tailored to local contexts.

He has also fostered networks with educational and marketing agencies, promoting participation in events such as Sport Expo and establishing agreements with major national sports federations (Rugby, Basketball, Football, Athletics), strengthening the link between academia and the sports sector.

Former Rector's Delegate for Teaching and Sport, he currently represents the University of Verona on the board of CUS Verona.

Founder, promoter, and first President of SISMeS (Italian Society of Motor and Sports Sciences). He coordinated the national motor literacy project and has led the "Health in Movement" project for over 35 years, promoting physical activity in active aging, involving over 40,000 participants.

Currently Coordinator of the National PhD Program in Motor and Sports Sciences, managing scientific and operational activities nationwide.

President of CeRiSM (Rovereto), promoting multidisciplinary research on physical activity, including studies in hypoxia and extreme environmental conditions.

Scientific coordinator of the EU-funded S.T.E.P.S. project (2020–2024), addressing social isolation through innovative indicators (LoLix).

Participant in the HEAL project (Extended Partnerships for Health).

Since October 2025: President of CoNaSM, promoting integrated policies for health, education, and sport.

Professional skills

Excellent knowledge of organizational systems for teaching and research development.

Digital skills

Good command of Microsoft Office, databases, statistics, and scientific data analysis.

Other skills

Active involvement in competitive sports, particularly endurance disciplines.

Driving license

Category B

PUBLICATIONS

Author of over 600 full papers in peer-reviewed journals and more than 20 book chapters.

H-index (Scopus): 51

Over 300 conference presentations.

Chief Editor of *Sport Science for Health* (Springer Nature).

PROJECTS

National Unit Coordinator for EU-funded projects under the II and III European Health Promotion Programs (2005–2008; 2009–2013):

1. EUNAAPA – European Network for Action on Aging and Physical Activity
2. PASEO – Physical Activity among Sedentary Older People
3. HCHF – Healthy Children in Healthy Families

National Coordinator of PRIN Research Program (2017–2019)

Local Unit Coordinator of PRIN 2011

Coordinator of MIUR “Departments of Excellence 2017” project

Research unit member in PNRR projects (Inest ecosystems and HEAL)

Scientific Coordinator of the S.T.E.P.S. Project

SCIENTIFIC ACTIVITY

Research activity began in 1982 and has developed across multiple institutional roles. It includes participation, collaboration, and leadership of various research groups.

Current research interests focus on functional adaptations to physical exercise across the lifespan, particularly:

1. Cardiovascular control mechanisms during exercise
2. Energetics of human locomotion
3. Metabolic and vascular adaptations to hypoxia and altitude
4. Physiological models and biomarkers of endurance performance
5. Effects of exercise on aging and chronic diseases

Verona, 29 April 2026