

## Cantor Tarperi



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<https://orcid.org/0000-0002-7208-9484>

### FORMAZIONE

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- 19<sup>th</sup> July 2002      **Laurea in Scienze delle Attività Motorie e Sportive (classe 33)**, conseguita con votazione di 110/110 il 19 luglio 2002 presso la “Facoltà di Medicina e Chirurgia – Facoltà di Scienze della Formazione” dell’Università di Verona.
  - Tesi Sperimentale di Laurea in fisiologia, presso il Dipartimento di Scienze neurologiche e della visione sezione di Fisiologia, dal titolo:  
*“Controllo neurovegetativo del sistema cardiovascolare nell’uomo. Valutazione mediante metodi incruenti, applicabili anche durante esercizio fisico.”*
- 11<sup>th</sup> July 2005      **Laurea Magistrale in Scienze delle Attività Motorie Preventive ed Adattate (classe 76/s)**, conseguita con votazione di 110/110 con lode l’11 luglio 2005 presso la “Facoltà di Scienze Motorie” dell’Università degli Studi di Verona.
  - Tesi Sperimentale di Laurea in fisiologia, presso il Laboratorio di Fisiologia dell’Esercizio della Facoltà di Scienze Motorie, dal titolo:  
*“Adattamenti fisiologici all’esercizio fisico negli anziani ipertesi - Risposta cardiovascolare acuta e cronica ”.*
- 30<sup>th</sup> Nov 2009      **Dottorato di Ricerca (XXI ciclo: 2005/2009)** in “Fisiologia (Bio/09) – Indirizzo fisiologia cardiovascolare” presso l’Università degli Studi di Torino – Dipartimento di Neuroscienze (sede consorziata Verona).
  - Aprile-agosto 2009: attività di formazione e ricerca presso Liverpool John Moore University in Liverpool (UK); progetto “Resistance exercise and recovery. Metabolic and cardiovascular implications”.
  - Tesi dal titolo:      *“Il paziente affetto da insufficienza cardiaca cronica. Esercizio fisico e allenamento contro resistenza”.*

## ATTIVITA' PROFESSIONALE

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2003-2004	<b>Contratto di collaborazione con:</b> C.I.R.C. Inter-university consortium for cardiovascular research, attending the laboratory of physiology at the Faculty of Exercise and Sport Science of Verona.
2004-2005	<b>Contratto di collaborazione con:</b> I.N.R.C. National institute of cardiovascular research, attending the laboratory of physiology at the Faculty of Exercise and Sport Science of Verona.
2009-2019	<b>Funzionario tecnico</b> (cat. D) per il Physiology of Exercise Laboratory, Metabolism Laboratory and Performance of Department of Neuroscience, Biomedicine and Movement – Università di Verona.
2010-today	<b>Coordinatore per il</b> “Centro per la Preparazione alla Maratona” of Department of Neuroscience, Biomedicine and Movement – Università di Verona.
2015-2019	<b>Posizione specialistica per</b> Didactic Laboratory Reference at Department of Neuroscience, Biomedicine and Movement – Università di Verona.
2019-2022	<b>Professore Associato</b> per il SSD M-EDF/01, SC 06/N2, at Department of Clinical and Biological Sciences – Università di Torino
2022-today	<b>Professore Associato</b> per il SSD M-EDF/02, SC 06/N2, at Department of Neuroscience, Biomedicine and Movement Sciences – Università di Verona
2025-today	<b>Delegato della Rettrice</b> per lo Sport e gli Stili di Vita

## COLLABORAZIONI INTERNAZIONALI

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2009 – 2010	<b>Collaboration</b> con il gruppo di ricerca diretto dal prof. Macklem (coordinator - McGill University, Montreal, Canada) e dal prof. Aliverti (Politecnico di Milano), for the project " <i>ventilatory and circulatory functions</i> ". (Aliverti J Appl Physiol. 2010)
2014 - today	<b>Coordinatore</b> del Progetto scientifico “Run For Science” – University of Verona. (5 editions – 8 university involved - 21 articles published)
2014 - today	<b>Collaboration</b> con il gruppo di ricerca diretto dal prof. Paolo Moghetti (coordinator) for the project " <i>physical activity and endocrine dysfunction</i> ". (Bacchi 2014 and Bacchi 2015)
2016 – today	<b>Collaboration</b> con il gruppo di ricerca diretto dal prof. Dirk Roggenbuck (Brandenburg University of Technology Cottbus - Senftenberg), by prof. F. Schena and prof. G. Lippi (University of Verona) for the project: " <i>chromosomal damage due to prolonged physical exercise</i> ". (G Lippi et al. Clin Chim Acta. 2016)
2018 – today	<b>Collaboration</b> con il gruppo di ricerca diretto dal prof. Laurent Mourot (University Bourgogne Franche-Comté - France), for the project: " <i>Autonomic responses to prolonged physical exercise</i> ". (Mourot et al. Diabetes Res Clin Pract. 2020 and Mourot et al. Int J Environ Res Public Health. 2020)

## ATTIVITA' DIDATTICA

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- 2003 - 2004 **Assistente** per l'insegnamento "sport physiology" at the Faculty of "Exercise and Sport Science" in Verona.
- 06<sup>th</sup> Nov 2003 **Invited Speaker** al simposio "Un punto sul movimento" at CeBISM (Centro interuniversitario di ricerca in Bioingegneria e Scienze Motorie): "Effects of tilting upon spectral properties of stroke volume in humans."
- 2004 – 2005 **Assistente** per l'insegnamento "physiology" at the Faculty of "Exercise and Sport Science" in Verona.
- 2005 – 2006 **Assistente** per l'insegnamento "sport physiology" at the Faculty of "Exercise and Sport Science" in Verona University.  
**Professore a contratto** per l'insegnamento "functional evaluation" at the 1st level Master in "Team Sports for youngsters" at the Faculty of "Exercise and Sport Science" in Verona.
- 2006 – 2007 **Assistente** per l'insegnamento "sport physiology" at the Faculty of "Exercise and Sport Science" in Verona.  
**Assistente** per l'insegnamento "physiology" at the Faculty of "Exercise and Sport Science" in Verona.  
**Professore a contratto** per l'insegnamento "functional evaluation" at the 1st level Master in "Team Sports for youngsters" at the Faculty of "Exercise and Sport Science" in Verona.  
**Assistente** per l'insegnamento "movement laboratory" at the Faculty of "Exercise and Sport Science" in Verona university.  
**Assistente** per l'insegnamento "sports laboratory" at the Faculty of "Exercise and Sport Science" in Verona University.
- 2007 – 2009 **Assistente** per l'insegnamento "movement laboratory" at the Faculty of "Exercise and Sport Science" in Verona University.  
**Assistente** per l'insegnamento "sports laboratory" at the Faculty of "Exercise and Sport Science" in Verona University.
- 2015 – 2016 **Professore a contratto** per l'insegnamento "Effective exercise programs for cardiovascular diseases" at 2<sup>nd</sup> Level Specializing Master in Exercise Programming for Exercise-sensitive Pathologies (Exercise Therapy) – University of Verona.
- 2016 – 2017 **Professore a contratto** per l'insegnamento "Effective exercise programs for cardiovascular diseases" at 2<sup>nd</sup> Level Specializing Master in Exercise Programming for Exercise-sensitive Pathologies (Exercise Therapy) – University of Verona.  
**Professore a contratto** per l'insegnamento "Planning and coaching of training for physical preparation" at Master degree in Preventive and Adapted Exercise Science Performance – LM67 at University of Verona. (6 CFU)
- 2017 – 2018 **Professore a contratto** per l'insegnamento "Effective exercise programs for cardiovascular diseases" at 2<sup>nd</sup> Level Specializing Master in Exercise Programming for Exercise-sensitive Pathologies (Exercise Therapy) – University of Verona.

- Professore a contratto** per l'insegnamento "Planning and coaching of training for physical preparation" at Master degree in Sport Science and Physical Performance – LM68 at University of Verona. (6 CFU)
- 2018 – 2019 **Professore a contratto** per l'insegnamento "Effective exercise programs for cardiovascular diseases" at 2<sup>nd</sup> Level Specializing Master in Exercise Programming for Exercise-sensitive Pathologies (Exercise Therapy) – University of Verona.  
**Professore a contratto** per l'insegnamento "Planning and coaching of training for physical preparation" at Master degree in Sport Science and Physical Performance – LM68 at University of Verona. (6 CFU)
- 2019 – 2020 **Professore a contratto** per l'insegnamento "Effective exercise programs for cardiovascular diseases" at 2<sup>nd</sup> Level Specializing Master in Exercise Programming for Exercise-sensitive Pathologies (Exercise Therapy) – University of Verona.  
**Professore a contratto** per l'insegnamento "Planning and coaching of training for physical preparation" at Master degree in Sport Science and Physical Performance – LM68 at University of Verona. (6 CFU).  
**Professore associato** per l'insegnamento "Training Methodology" at Bachelor's degree in Sport and Exercise Science – L22, SUISM at University of Turin. (M-EDF/02 – 6 CFU)
- 2020 – 2021 **Professore a contratto** per l'insegnamento "Effective exercise programs for cardiovascular diseases" at 2<sup>nd</sup> Level Specializing Master in Exercise Programming for Exercise-sensitive Pathologies (Exercise Therapy) – University of Verona.  
**Professore a contratto** per l'insegnamento "Planning and coaching of training for physical preparation" at Master degree in Sport Science and Physical Performance – LM68 at University of Verona. (M-EDF/02 – 6 CFU).  
**Professore associato** per l'insegnamento "Training Methodology" at Bachelor's degree in Sport and Exercise Science – L22, SUISM at University of Turin. (M-EDF/02 – 6 CFU);  
**Coordinatore** per la summer camp "SUISMtoLAB"
- 2021 – 2022 **Professore a contratto** per l'insegnamento "Effective exercise programs for cardiovascular diseases" at 2<sup>nd</sup> Level Specializing Master in Exercise Programming for Exercise-sensitive Pathologies (Exercise Therapy) – University of Verona.  
**Professore a contratto** per l'insegnamento "Planning and coaching of training for physical preparation" at Master degree in Sport Science and Physical Performance – LM68 at University of Verona. (M-EDF/02 – 3 CFU).  
**Professore associato** per l'insegnamento "Training Methodology" at Bachelor's degree in Sport and Exercise Science – L22, SUISM at University of Turin. (M-EDF/02 – 6 CFU);
- 2022 – 2023 **Professore Associato** in  
"Training Methodology" at Bachelor's degree in Sport and Exercise Science – L22, at University of Verona. (M-EDF/02 – 7 CFU)  
"Exercise and training programs" at Master degree in Sport Science and Physical Performance – LM68 at University of Verona. (M-EDF/02 – 6 CFU).  
"Training Methodology" at Bachelor's degree in Sport and Exercise Science – L22, at University of Verona. (M-EDF/02 – 7 CFU)  
"Methodology of sport activities measures" at Master degree in Sport Science and Physical Performance – LM67/LM68 at University of Verona. (M-EDF/02 – 3 CFU).

2023 – 2025

**Professore Associato** in

“Training Methodology” at Bachelor's degree in Sport and Exercise Science – L22, at University of Verona. (M-EDF/02 – 7 CFU)

“Exercise and training programs” at Master degree in Sport Science and Physical Performance – LM68 at University of Verona. (M-EDF/02 – 6 CFU).

“Training Methodology” at Bachelor's degree in Sport and Exercise Science – L22, at University of Verona. (M-EDF/02 – 7 CFU)

“Methodology of sport activities measures” at Master degree in Sport Science and Physical Performance – LM67/LM68 at University of Verona. (M-EDF/02 – 3 CFU).

“Fondamenti di attività motoria e sportiva” alla laurea magistrale in Laurea magistrale in Management delle attività sportive innovative e sostenibili – LM47 presso Università di Verona (M-EDF/02 – 3 CFU).

“Organizzazione sportiva per lo sport di prestazione” alla laurea magistrale in Laurea magistrale in Management delle attività sportive innovative e sostenibili – LM47 presso Università di Verona (M-EDF/02 – 6 CFU).

2025 – Today

**Professore Associato** in

“Metodologia dell’allenamento” al Corso di Laurea Triennale in Sport and Exercise Science – L22, Università di Verona. (M-EDF/02 – 7 CFU)

“Programmazione e Conduzione dell’Allenamento” al Corso di Laurea Magistrale in Sport Science and Physical Performance – LM68 Università di Verona. (M-EDF/02 – 6 CFU).

“Metodologia delle misure” at al Corso di Laurea Magistrale in Sport Science and Physical Performance – LM67/LM68 Università di Verona (M-EDF/02 – 3 CFU).

“Fondamenti di attività motoria e sportiva” alla Laurea Magistrale in Sport Management for an innovative and sustainable sport system– LM47 at Università di Verona. (M-EDF/02 – 2 CFU).

“Fondamenti morfologici e funzionali della vita” al Corso di laurea Triennale Tecnici di Laboratorio Biomedico – L/SNT3, Università di Verona. (M-EDF/02 – 3 CFU)

“Organizzazione Sportiva per gli Sport di Prestazione” al Corso di laurea Magistrale in Sport Management for an innovative and sustainable sport system– LM47 Università di Verona. (M-EDF/02 – 6 CFU).

**NATIONAL SCIENTIFIC QUALIFICATION (ASN)** \_\_\_\_\_ ■

22 Nov 2017

Abilitazione Scientifica Nazionale (**ASN**) in 06/N2 “Scienze dell'esercizio fisico e dello sport” – seconda fascia.

17 Dic 2023

Abilitazione Scientifica Nazionale (**ASN**) in 06/N2 “Scienze dell'esercizio fisico e dello sport” – prima fascia

## COORDINATORE DI PROGETTO

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2014 – oggi      Coordinatore del Progetto scientifico internazionale multidisciplinare project Run For Science ([www.R4S.it](http://www.R4S.it))

## TUTORATO

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### Tesi di laurea triennale

2003/2004      Meccanismi di adattamento alla fitness. (Marconi Valeria)

2004/2005      Qi Gong e Tai Chi: Analisi degli effetti sul sistema nervoso autonomo e su alcuni parametri motori. (Denny Crystal Melanie)

2005/2006      L'esercizio fisico negli anziani ipertesi. Monitoraggio della frequenza cardiaca ed utilizzo della scala di Borg. (Valentina Pozzani)  
Risposta cardiovascolare all'esercizio fisico immaginato e visualizzato. (Salvatore Rende)

2006/2007      Adattamenti cardiocircolatori: La gittata sistolica durante esercizio a diversi carichi in soggetti giovani e anziani. (Luciana De Gredori)

2007/2008      Esercizio fisico nel paziente affetto da insufficienza cardiaca. Risposta fisiologica all'allenamento di tipo aerobico. (Monia Beltrami)  
Allenamento contro resistenza in soggetti affetti da insufficienza cardiaca. (Nicola Caneva)  
Il costo energetico della voga alla veneta su Bisse gardesane. (Jennie Mc Donald)

2008/2009      La risposta cardiovascolare all'esercizio incrementale ad esaurimento dell'anziano sano non allenato. (Federico Campi)

2013/2014      Previsione della Performance sulla mezza-maratona con test da campo di 2000m e 10000m. (Kristina Skroce)  
Modello prestativo e metodologia di allenamento nel giocatore professionista di pallavolo. (Elena Fronza)

2014/2015      Risposte Fisiologiche e Metodi di Allenamento del Vigile del Fuoco. (Flavio Pasquali)  
Programmazione e strategie di allenamento del nuotatore. (Sara Bettali)  
L'allenamento della corsa su fondo sabbioso. Caratteristiche, potenzialità e eventuali aspetti negativi. (Chiara Zattarin)  
Valutazione del carico di lavoro su nuotatori di alto livello. (Marco Rossi)

2016/2017      Effetto dell'allenamento della forza massima sulla corsa in salita. (Alessio Camilli)

2017/2018      Approccio metodologico alla preparazione fisica nella ginnastica ritmica. (Benatti Nicholas)

2018/2019      Il running in alta quota. Modelli di allenamento efficaci. (Michela Foresti)  
La forza nel ciclismo, dalla prassi alla scienza (Tosin Martina)  
Adattamenti acuti e cronici all'allenamento contro resistenza. Capacità prestativa, plasticità e risposte ormonali in relazione ai diversi stimoli. (Andreetto Nicola)  
Modello prestativo e corrette modalità di allenamento dell'atleta di sci-orientering (Tait Samuele)  
L'imprevedibilità come stimolo allenante nella corsa (Bettega Simone)

2019/2020	<p>Approccio metodologico alla preparazione fisica nella ginnastica ritmica (Benatti Nicholas)</p> <p>Modello prestativo dell'acrobatica aerea con tessuti aerei (Petrini Arianna)</p> <p>Post-activation potentiation negli sport di endurance: nuove evidenze applicabili al warm-up (Nardelli Matteo)</p> <p>Specificità della forza nell'allenamento del ciclista, benefici e falsi miti correlati alla prestazione di endurance (Nardelli Stefano)</p> <p>Allenamento eccentrico come mezzo di miglioramento della performance nella discesa del trail running (Spagna Simone)</p>
2020/2021	<p>No-draft o draft-legal nella frazione di ciclismo nel triathlon. Differenze nel modello prestativo e Conseguenti ricadute nelle strategie di allenamento (Felles Chiara)</p> <p>La pliometria stabile e instabile per il training off-ice nel pattinaggio di figura (Margoni Michela)</p> <p>La connessione mente-muscolo: ruolo nell'allenamento ipertrofico (Capasso Alessandro)</p>
2021/2022	<p>La preparazione atletica nella pallacanestro: analisi delle pratiche di strength and conditioning per atleti professionisti maschi over-18 (Voto Michele Manfredi)</p>

### **Tesi di laurea magistrale**

2007/2008	<p>Allenamento contro resistenza, in pazienti con insufficienza cardiaca cronica. Analisi estrazione dell'ossigeno a livello muscolare. (Anna Baraldo)</p> <p>La risposta cardiovascolare all'esercizio isotonic dell'anziano e del cardiopatico con insufficienza cardiaca compensata. (Francesca Fiorentin)</p>
2008/2009	<p>Il recupero nell'esercizio fisico contro resistenza. Aspetti Metabolici e cardiovascolari. (Camilla Specchierla)</p>
2009/2010	<p>Precondizionamento da esercizio ad alta intensità. Cinetica delle risposte cardiovascolari e metaboliche in soggetti con insufficienza cardiaca cronica. (Gabriele Thiella)</p>
2010/2011	<p>Effetto precondizionante dell'esercizio a bassa intensità. (Andrea Zarantonello)</p>
2013/2014	<p>Analisi e confronto di metodologie di allenamento per la corsa di resistenza. (Luca Festa)</p> <p>Confronto della Heart Rate Variability in nuotatori d'élite misurata attraverso strumentazione Portapres e Cardiotacografo sperimentale. (Stefano Melzani)</p>
2014/2015	<p>Comparazione dei protocolli a step e a rampa nella valutazione funzionale. (Valentina Guglielmini)</p>
2015/2016	<p>Migliorare il costo energetico nel corridore amatoriale: confronto tra diverse tipologie di training. (Manuela Caola)</p> <p>La distribuzione delle intensità di allenamento quale fattore determinante la performance nella mezza maratona. (Martin Toller)</p>
2016/2017	<p>"L'allenamento Hipopressivo Adattamenti e ricadute sulla qualità della vita (Beatrice Apicerni)</p>
2017/2018	<p>Il ruolo della modalità sensoriale olfattiva nel modulare la prestazione motoria. (Alice Azzi)</p> <p>Adattamenti acuti a differenti condizioni di focus attentivo. (Cristini Jacopo)</p> <p>Effects of different hyperlactatemia induction protocols on LMP (Zenti Luca)</p> <p>Lactate Minimum Power Protocol Validation of 90 seconds isokinetic all out (Camilli Alessio)</p>
2018/2019	<p>Il Vigile del Fuoco in Attività di Soccorso, quantificazione del Dispendio Energetico in base al ruolo e alle caratteristiche del turno (Pasquali Flavio)</p>
2019/2020	<p>Risposte adattative a differenti distribuzioni dell'intensità nella Gara di Triathlon (Brasi Jacopo)</p>

- Il combinato bici-corsa nell'allenamento del Triathlon, risposte metaboliche acute alle differenti combinazioni (Sorteni Andrea)
- Carichi di lavoro in allenamento e qualità del sonno ai tempi del Covid-19 in un gruppo di atleti ciclisti amatoriali (Quaquarelli Matteo)
- 2020/2021 Hyperventilatory preconditioning effects on anaerobic cycling performance (Zerbato Giovanni).
- Effetto delle ripetute di corsa in salita e in discesa sulla performance di running: contributo della componente eccentrica e concentrica (Budel Lorenzo)
- Adattamenti funzionali e prestativi acuti agli stimoli imprevedibili nella corsa (Simone Bettega)
- 2021/2022 Il test prestativo differenziale nel nuoto agonistico. Efficacia nella valutazione ed utilità nella programmazione dell'allenamento. (Zandomeneghi Marco)

### **Tesi di specializzazione medica (cardiologia)**

- 2007/2008 Il paziente affetto da insufficienza cardiaca cronica. Esercizio fisico e allenamento contro resistenza. (Roberta Zampini)

### **Tesi di dottorato**

- 2007/2008 Integrate Acute Cardiovascular Adjustments to Exercise: Impact Of Exercise Type And Population Characteristics. (Anna Baraldo)
- 2014/2016 Bioenergetics, Training and Performance in Distance Running (Luca Festa)

## REVIEWER

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Clinical Chemistry and Laboratory Medicine (CCLM)  
 Sport Sciences for Health (SSfH)  
 Frontiers Physiology (Front Physiol)  
 PLoS One  
 International Journal of Environmental Research and Public Health (IJERPH)

## EDITORIAL BOARD

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gen 2018 – oggi Editorial Board Member for the **Journal of Physiotherapy Research**

feb 2018 – oggi Editorial Board Member for **American Journal of Sports Science (AJSS)**

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## MEMBERSHIP

2008 – oggi	Member of the Società Italiana Scienze Motorie e Sportive - <b>SISMES</b>
2008 – today	Member of the Italian Physiology Society – <b>SIF</b>
2010 – today	Member of the American College of Sports Medicine – <b>ACSM</b>

## TRADUZIONI EDITORIALI

- Contribution to the Italian translation of the work: *ACSM's Guidelines for Exercise Testing and Prescription, 10<sup>th</sup> Edition*. Calzetti e Mariucci 2021.

## METRICHE

- 90 Publications
- 1179 citations by 1052 documents
- 19 H-index

## PUBBLICAZIONI

- Pogliaghi S, Dussin E, **Tarperi C**, Cevese A, Schena F. *Calculation of oxygen uptake efficiency slope based on heart rate reserve end-points in healthy elderly subjects*. Eur J Appl Physiol. 2007 Dec; 101(6):691-696.
- Lippi G, Schena F, Salvagno GL, Montagnana M, Gelati M, **Tarperi C**, Banfi G, Guidi GC. *Acute variation of biochemical markers of muscle damage following a 21-km, half-marathon run*. Scand J Clin Lab Invest. 2008 May 15:1-6.
- Lippi G, Schena F, Salvagno GL, **Tarperi C**, Montagnana M, Gelati M, Banfi G, Guidi GC. *Acute Variation of Estimated Glomerular Filtration Rate Following a Half-Marathon Run*. Int J Sports Med. 2008 Dec;29(12):948-51.
- Lippi G, Schena F, Salvagno GL, Montagnana M, Gelati M, **Tarperi C**, Banfi G, Guidi GC. *Influence of a half-marathon run on NT-proBNP and troponin T*. Clin Lab. 2008; 54(7- 8):251-4.
- Capelli C, **Tarperi C**, Schena F, Cevese A, *Energy cost and efficiency of Venetian rowing on a traditional, flat hull boat (Bissa)*. Eur J Appl Physiol. 2009 Mar; 105(4):653-61.
- Aliverti A, Uva B, Laviola M, Bovio D, Lo Mauro A, **Tarperi C**, Colombo E, Loomas B, Pedotti A, Similowski T, Macklem PT, *Concomitant ventilatory and circulatory functions of the diaphragm and abdominal muscles*. J Appl Physiol. 2010 Sep 2.
- Lippi G, Schena F, Salvagno GL, **Tarperi C**, Aloe R, Guidi GC. *Comparison of conventional and highly-sensitive troponin I measurement in ultra-marathon runners*. J Thromb Thrombolysis. 2011 Nov 4.
- Gulli G, **Tarperi C**, Cevese A, Acler M, Bongiovanni G, Manganotti P. *Effects of prefrontal repetitive transcranial magnetic stimulation on the autonomic regulation of cardiovascular function*. Exp Brain Res. 2013 Apr;226(2):265-71.
- Schena F, Pellegrini B, **Tarperi C**, Calabria E, Salvagno GL, Capelli C. *Running Economy During a Simulated 60-km Trial*. Int J Sports Physiol Perform. 2013 Oct 1.
- Bacchi E, Negri C, **Tarperi C**, Baraldo A, Faccioli N, Milanese C, Zanolin ME, Lanza M, Cevese A, Bonora E, Schena F, Moghetti P. *Relationships between cardiorespiratory fitness, metabolic control, and fat distribution in type 2 diabetes subjects*. Acta Diabetol. 2013 Oct 16

- Fischer G, **Tarperi C**, George K, Ardigò LP. An exploratory study of respiratory muscle endurance training in high lesion level paraplegic handbike athletes. *Clin J Sport Med*. 2014 Jan;24(1):69-75.
- Serpiello FR, McKenna MJ, Coratella G, Markworth JF, **Tarperi C**, Bishop D, Stepto NK, Cameron-Smith D, Schena F. *Futsal and continuous exercise induce similar changes in specific skeletal muscle signalling proteins*. *Int J Sports Med*. 2014 Sep;35(10):863-70.
- Venturelli M, Morgan GR, Donato AJ, Reese V, Bottura R, **Tarperi C**, Milanese C, Schena, Reggiani C, Naro F, Cawthon RM, Richardson RS. *Cellular aging of skeletal muscle: telomeric and free radical evidence that physical inactivity is responsible and not age*. *Clin Sci (Lond)*. 2014 Sep;127(6):415-21
- Salvagno GL, Lippi G, **Tarperi C**, Guidi GC, Schena F. *Iron concentration increases after moderate endurance exercise: implications for screening of blood transfusion in sports*. *Drug Test Anal*. 2014 Aug 11.
- Lippi G, Salvagno GL, Danese E, **Tarperi C**, Guidi GC, Schena F. *Variation of red blood cell distribution width and mean platelet volume after moderate endurance exercise*. *Adv Hematol*. 2014;2014:192173. doi: 10.1155/2014/192173. Epub 2014 Aug 13.
- Lippi G, Salvagno GL, Danese E, **Tarperi C**, La Torre A, Guidi GC, Schena F. *The baseline serum value of  $\alpha$ -amylase is a significant predictor of distance running performance*. *Clin Chem Lab Med*. 2015 Feb 1;53(3):469-76.
- Lippi G, Salvagno GL, Danese E, Skafidas S, **Tarperi C**, Guidi GC, Schena F. *Mean platelet volume (MPV) predicts middle distance running performance*. *PLoS One*. 2014 Nov 11;9(11):e112892.
- Venturelli M, Saggin P, Muti E, Naro F, Cancellara L, Toniolo L, **Tarperi C**, Calabria E, Richardson RS, Reggiani C, Schena F. *In vivo and in vitro evidence that intrinsic upper- and lower-limb skeletal muscle function is unaffected by ageing and disuse in oldest-old humans*. *Acta Physiol (Oxf)*. 2015 Sep;215(1):58-71.
- Bacchi E, Negri C, Di Sarra D, Tosi F, **Tarperi C**, Moretta R, Schena F, Bonora E, Kaufman JM, Moghetti P. *Serum testosterone predicts cardiorespiratory fitness impairment in normal-weight women with polycystic ovary syndrome*. *Clin Endocrinol (Oxf)*. 2015 Dec;83(6):895-901.
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- Gentilin A, **Tarperi C**, Cevese A, Mattioli AV, Schena F. *Estimation of carotid-femoral pulse wave velocity from finger photoplethysmography signal*. Physiol Meas. 2022 Jul 18;43(7). doi: 10.1088/1361-6579/ac7a8e. PMID: 35854400
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- Gentilin A, Moghetti P, Cevese A, Mattioli AV, Schena F, **Tarperi C**. *Circadian and sex differences in carotid-femoral pulse wave velocity in young individuals and elderly with and without type 2 diabetes*. Front Cardiovasc Med. 2022 Sep 8;9:952621. doi: 10.3389/fcvm.2022.952621. eCollection 2022. PMID: 36158808 Free PMC article.
- D'Emanuele S, **Tarperi C**, Rainoldi A, Schena F, Boccia G. *Neural and contractile determinants of burst-like explosive isometric contractions of the knee extensors*. Scand J Med Sci Sports. 2022 Oct 13. doi: 10.1111/sms.14244. Online ahead of print. PMID: 36229231

## Participations

- 09-13<sup>th</sup> July 2003: 8<sup>th</sup> Annual Congress of the **European College of Sport Science** at Salisbourg – Austria.
- 29<sup>th</sup> September – 2<sup>nd</sup> October 2003: 54<sup>th</sup> National congress of **Italian Physiology Society** in Chieti - Italy.
- 07<sup>th</sup> October 2003: **Congress** “*La promozione dell’attività fisica nella popolazione anziana*” organized by GlaxoSmithKline, University of Verona.
- 12<sup>th</sup> December 2003: **Congress** “*Informazione: la cultura nell’informazione e formazione per il miglioramento della performance*” organised by U.L.S.S. n° 6 and spinal unit of Vicenza.
- 23-25<sup>th</sup> September 2004: XI congress of **S.I.R.C.** (Italian Society for cardiovascular Research) in Latina.
- 05-09<sup>th</sup> July 2005: XV International Symposium **I.S.A.P.A.** (International Symposium of Adapted Physical Activity) in Pavia and Verona.
- 18-20<sup>th</sup> October 2007: **International congress: Mountain, Sport & Health** at Rovereto (TN) – Italy.
- **ADInstruments Teaching Workshop physiology & Sport Science. Roma 24<sup>th</sup> April 2007.**

## Invited speaker

- October 2017: **International Congress: Mountain, Sport & Health** at Rovereto (TN) – Italy.
- 26-28 September 2019: **XXXVI National Congress** of Società Italiana dell’ipertensione arteriosa – Lega Italiana contro L’ipertensione Arteriosa, Roma - Italy

## Poster

- A. Cevese, F. Schena, V. Marconi, **C. Tarperi**, M. Venturelli. *Meccanismi di adattamento a stimoli allenanti associati o dissociati*. XVII Fitness Festival: in Rimini – Italy, 28–05<sup>th</sup> June 2005.
- **C. Tarperi**, S. Pogliaghi and A. Cevese, *Cardiovascular adaptation to aerobic training in hypertensive older people*. XII Italian Society for cardiovascular Research SIRC. Imola (BO), 23<sup>th</sup> October 2005.
- A. Cevese, **C. Tarperi**, S. Pogliaghi, R. Zanon, F. Schena. *Effects of aerobic training by arm ergometer on hypertensive older people: preliminary results*. 56<sup>th</sup> Italian Physiology Society (SIF), annual congress Palermo – Italy, 2005.
- **C. Tarperi**, S. Pogliaghi, E. Dussin and A. Cevese, *Changes in stroke volume and cardiac stroke work after aerobic training in hypertensive older people*. XIII annual congress of Italian Society for cardiovascular Research, 22<sup>nd</sup> September 2006.
- E. Dussin, S. Pogliaghi, F. Schena, **C. Tarperi**, A. Cevese, *Effect of training with two different modalities on exercise tolerance in healthy and in hypertensive elderly*. XIII annual congress of Italian Society for cardiovascular Research, 22<sup>nd</sup> September 2006.
- G. Gulli, **C. Tarperi**, Archer, P. Manganotti, Bongiovanni, A. Cevese, *Effect of repetitive transcranial magnetic stimulation on the cardiovascular autonomic regulation*. annual congress of Italian Society for cardiovascular Research, 22<sup>nd</sup> September 2006.
- S. Pogliaghi, E. Dussin, **C. Tarperi**, A. Cevese, F. Schena, *Muscle Oxygenation during incremental arm-cranking exercise in healthy and hypertensive elderly humans*. ACSM annual meeting – integrative physiology of exercise in Indianapolis, October 2006.
- **C. Tarperi**, G. Cerutti, A. Cevese. *Measurement of stroke volume and cardiac output by model flow on Portapres recorded waveforms during cycling at different workloads in healthy humans*. XIV annual congress of Italian Society for cardiovascular Research, 27-29<sup>th</sup> September 2007.
- **C. Tarperi**, A. Cevese, R. Zampini, L. Franceschini, L. Zanolla, *Resistance or Endurance training in patients with chronic heart failure*. European network for action on ageing and physical activity (E.U.N.A.A.P.A.) international conference, 19-20<sup>th</sup> June 2008.
- **C. Tarperi**, L. Zanolla, A. Baraldo, R. Zampini, F. Schena, A. Cevese, *Resistance and endurance exercise training in chronic heart failure patients in extra-hospital environment, feasibility and efficacy*. European Heart Failure Congress - 30 May - 02 Jun 2009, Nice – France.
- **C. Tarperi**, L. Zanolla, R. Abukareh, L. Franceschini, G. Golia, C. Vassanelli, A. Cevese, *Resistance and endurance exercise training in chronic heart failure patients. From base research to practical applications*. European Heart Failure Congress - 30 May - 02 Jun 2009, Nice – France.

- A. Cevese, A. Baraldo, **C. Tarperi**, *Acute cardiovascular adaptations to isotonic exercise in chronic heart failure patients and in healthy age matched subjects*. S.I.F. (Italian Physiology Society) Congress in Siena – Italy, 23-25 September 2009. - Published in «ACTA PHYSIOLOGICA» vol.197 n. Suppl. 672, pp. 50-50.
- A. Baraldo, A. Cevese, F. Schena, **C. Tarperi**, *Changes in muscle oxygen extraction (NIRS) during exercise in chronic heart failure patients after a period of resistance training*. S.I.F. (Italian Physiology Society) Congress in Siena – Italy, 23-25 September 2009. - Published in «ACTA PHYSIOLOGICA» vol.197 n. Suppl.672, pp. 34-34.
- **C. Tarperi**, F. Schena, L. Zanolla, A. Baraldo, A. Cevese, *Metabolic changes in chronic heart failure after resistance and aerobic training*. S.I.F. (Italian Physiology Society) Congress in Siena – Italy, 23-25 September 2009. - Published in «ACTA PHYSIOLOGICA» vol.197 n. Suppl.672, pp. 111-112.
- **C. Tarperi**, A. Baraldo, F. Schena, A. Cevese, *Skeletal muscle improvements in CHF patients after 16 week resistance training*. S.I.F. (Italian Physiology Society) Congress in Siena – Italy, 23-25 September 2009. - Published in «ACTA PHYSIOLOGICA» vol.197 n. Suppl. 672, pp. 111-111.
- A. Baraldo, **C. Tarperi**, A. Cevese, *V'O<sub>2</sub> kinetics is speeded up during a second bout of constant load cycle ergometer exercise in chronic heart failure humans*. Physiology 2010 - Manchester, 30 giugno - 2 luglio 2010
- E. Bacchi, C. Negri, **C. Tarperi**, C. Milanese, A. Baraldo, D. Rudi, C. Zancanaro, A. Cevese, F. Schena, M. Lanza, P. Moghetti, *Comparison of aerobic and resistance training effects on glycemic control in type 2 diabetes mellitus (T2DM)*. ECSS 2010 - Antalya, 23-26 giugno 2010
- A. Baraldo, **C. Tarperi**, A. Cevese, *Dynamic resistance exercise: cardiovascular, metabolic and extractive implication*. S.I.F. (Italian Physiology Society) Congress in Varese – Italy, 15-17 Settembre 2010. - Published in «ACTA PHYSIOLOGICA»
- **C. Tarperi**, A. Baraldo, F. Schena, A. Cevese, *Cardiovascular responses in strength exercise: comparison between total peripheral and femoral vascular resistance in healthy young females*. SISMES 2010 Torino 30 settembre - 2 ottobre 2010
- E. Bacchi, C. Negri, M. Lanza, D. Di Sarra, F. Zambotti, F. Tosi, M. Trombetta, **C. Tarperi**, C. Milanese, G. Zoppini, L. Gemma, C. Zancanaro, A. Cevese, E. Bonora, R. Bonadonna, F. Schena, P. Moghetti, *Confronto degli effetti metabolici dell'esercizio di forza nel diabete tipo 2*. SID 2010
- **C. Tarperi**, A. Baraldo A. Cevese, *Preconditioning effect of heavy exercise on O<sub>2</sub> uptake kinetics, determined as MRT (mean response time), in chronic heart failure patients*. SIF 2010 - Varese 15-17 settembre 2010
- **C. Tarperi**, G. Whyte, N. Rowley, A. Baraldo, A. Cevese, *Cardiac, vascular and metabolic changes during recovery from resistance effort*. IPE - ACSM 2010 - Miami (USA), 25-27 settembre 2010
- **C. Tarperi**, Bacchi E., Zanolla L., Baraldo A., Milanese C., Moghetti P., Cevese A. *Aerobic and Resistance training in Chronic Heart Failure and Type 2 Diabetes: central and peripheral limiting factors*. ECSS 2011 – Liverpool UK
- **C. Tarperi**, Skroce K., Festa L., Schena F. (2014). *Estimating the best performance in RunForScience half marathon by laboratory and field evaluations*, Napoli, Italy.
- A. Gentilin, K. Skroce, L. Budel, F. Schena, **C. Tarperi**. *Prolonged visual reaction time after strenuous endurance exercise: higher increment in male compared to female recreational runners*. SISMES 2019 Bologna, Italy.
- **C. Tarperi**, F. Pasquali, K. Skroce, F. Schena. *Circadian shift in firefighters, differences on perceived and measured workload*. SISMES 2019 Bologna, Italy.
- Braga M, Marotta A, **Tarperi C**, Skroce K, Fiorio M. The effect of physical activity on attentional bias to emotions is modulated by age. XXVIII Congresso della società italiana di Psicofisiologia e Neuroscienze cognitive. Real brain in the virtual SIPF annual meeting, 20-21 e 27-28 Nov. 2020.

#### Oral communication

- **C. Tarperi**, A. Cevese, *Effects of tilting on spectral properties of stroke volume in humans*. 54<sup>th</sup> National congress of Italian Physiology Society, 02<sup>nd</sup> October 2003.
- **C. Tarperi**, S. Pogliaghi, F. Schena, A. Cevese, *Validation of OUES (Oxygen Uptake Efficiency Slope) as an in direct index of physical fitness, in the elderly*. XI congress of the Italian Society for cardiovascular Research (S.I.R.C.), 25<sup>th</sup> September 2004.

- F. Schena, S. Pogliaghi, F. Balestreri, **C. Tarperi**, A. Cevese, *Muscle oxygenation on-kinetics during moderate intensity exercise: young vs elderly humans*. 55<sup>th</sup> S.I.F. (Italian Physiology Society) Congress in Pisa – Italy, 04-07<sup>th</sup> October 2004.
- **C. Tarperi**, S. Pogliaghi and A. Cevese, *Cardiovascular adaptation to aerobic training in hypertensive older people*. XII annual congress of Italian Society for cardiovascular Research S.I.R.C, Imola (BO) 23<sup>th</sup> October 2005.
- A. Cevese, **C. Tarperi**, *Effect of a Chinese light gymnastic course on the cardiovascular autonomic control*. 8<sup>th</sup> European Fed. Autonomic Society (EFAS) Meeting, Lisbona, Portugal. 24-27<sup>th</sup> May 2006.
- A. Cevese, **C. Tarperi**, G. Gulli, V. Trabucchi, F. Schena, *Effects of sub-acute exposure to high altitude on the post-exercise recovery of cardiovascular autonomic control*, 8<sup>th</sup> European Fed. Autonomic Society (EFAS) Meeting, Lisbona, Portugal, 24-27<sup>th</sup> May 2006.
- **C. Tarperi**, S. Pogliaghi, E. Dussin and A. Cevese, *Changes in cardiovascular variables in time and frequency domain after aerobic training in hypertensive older people*. XIII S.I.R.C. annual congress. 22<sup>nd</sup> September 2006.
- **C. Tarperi**, A. Cevese, *Stroke volume and heart rate changes during incremental exercise in hypertensive older people compared with young control subjects*. S.I.F. (Italian Physiology Society) Congress in Pisa – Italy, 04-07<sup>th</sup> October 2004.
- **C. Tarperi**, **A. Cevese**, *Stroke volume and heart rate changes during incremental exercise in hypertensive older people compared with young control subjects*. S.I.F. (Italian Physiology Society) Congress in Cagliari – Italy, 17-19 September 2008. - Published on «ACTA PHYSIOLOGICA» vol.194 n. Suppl. 665, pp.19-19
- A. Aliverti, D. Bovio, A. Lo Mauro, E. Colombo, **C. Tarperi** and P.T. Macklem, *Circulatory Effects of Expulsive Maneuvers*, American Thoracic Society Congress 2009.
- **C. Tarperi**, A. Baraldo, A. Cevese, *Acute cardiovascular responses during resistance exercise: comparison between Chronic Heart Failure Patients, Healthy Age Matched and Young Subjects*. ECSS 2010 - Antalya, 23-26 giugno 2010
- **C. Tarperi**, Baraldo A, Zarantonello A, Cevese A, *Preconditioning effect of repeated exercise bouts on O<sub>2</sub> uptake kinetics* ECSS 2011 – Liverpool UK
- Cevese A., Campi F., **Tarperi C.** (2012). Can a short-term hiking training change cardiovascular autonomic control in healthy sedentary women? - Verona, Italy.
- **Tarperi C.**, Baraldo A., Cevese A. (2012). Gender- and age-related factors in acute cardiovascular adjustments to dynamic resistance exercise, - Verona, Italy.
- Baraldo A., **Tarperi C.**, Cevese A. (2012). Aerobic versus resistance exercise, cardiovascular adaptations in young and elderly female subjects, - Palermo, Italy.
- **C. Tarperi**, F. Schena, L. Saracino, A. Cevese, *Effects of induced whole body oscillations on cardiovascular variables*. SISMES 2013 – Pavia
- Beato M., De Vita F., Brignardello G., **Tarperi C.**, Posenato L., Corradini G., Schena F. (2013). *Is the workload affected by the role during training sessions?* SISMES - Pavia, Italy.
- Beato M., Brignardello G., De Vita F., Bortolan L., Posenato L., **Tarperi C.**, Schena F. (2012). *Monitoring of the training load in a professional football team*, SISMES - Palermo, Italy.
- Boccia G., Dardanella D., Rosso V., Colamarino E., **Tarperi C.**, Schena F., Rainoldi A. (2014). *Neuromuscular fatigue on locomotor and nonlocomotor muscles induced by half marathon run*, SISMES - Napoli, Italy.
- Piacentini M.F., Molinari L., Annis F., La Torre A., Festa L., **Tarperi C.**, Skroce K., Schena F. (2014). *Differences in mood and pacing during an official and a simulated half marathon competition*, SISMES - Napoli, Italy.
- La Torre A., **Tarperi C.**, Piacentini M.F., Rainoldi A., Schena F. (2014). *Determinants of marathon performance: the Run4Science project*, SISMES - Napoli, Italy.
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