

Paola Zamparo

Personal information	
Date and place of birth	30 July 1962, Udine (Italy)
Citizenship	Italian
e-mail address	e-mail: paola.zamparo@univr.it
Languages	Italian, mother tongue; English, written and spoken
CV in short	
<p>I graduated in Biology at the University of Trieste in 1987 and I worked for about 20 years in the field of Exercise Physiology at the University of Udine; at present, I am full professor of Biomechanics at the University of Verona. I did my PhD at Manchester Metropolitan University (UK) and I am author of about 100 papers published in international scientific, peer-reviewed journals. My main field of interest is the interplay between the biomechanics and energetics of human locomotion: i. e. how the mechanical determinants of cyclic sports activities (such as cycling, swimming and running) influence their physiological responses.</p>	
Education	
Master's Degree	1987. Faculty of Biology, University of Trieste (I)
PhD	2003. Department of Exercise and Sport Sciences, Manchester Metropolitan University (UK)
	2016. Habilitation (Abilitazione Scientifica Nazionale) as full professor (Physiology)
	2016. Habilitation (Abilitazione Scientifica Nazionale) as full professor (Sport Sciences)
Employment history and current position	
1991-2002	Technician (Physiology Lab, University of Udine, I)
2002-2006	Research Assistant (Human Physiology) University of Udine (I)
2006-2019	Associate Professor (Biomechanics). Department of Neurosciences, Biomedicine and Movement Sciences, University of Verona (I)
2019-	Full Professor (Biomechanics). Department of Neurosciences, Biomedicine and Movement Sciences, University of Verona (I)
Fields of Interest	
<p>Effects of space flight and bed rest on skeletal muscle Energetics of walking (normal and pathological gait) Energetics and biomechanics of cyclic forms of locomotion (on land and in water) Economy and efficiency of aquatic locomotion Unsteady locomotion (sprints and shuttles) Muscle-tendon mechanics</p>	
Editorial Activities	
European Journal of Applied Physiology (member of the advisory board 2015-2025)	

European Journal of Applied Physiology ([member of the editorial board 2025-](#))

Journal of Sport Medicine and Physical Fitness ([member of the editorial board 2009-](#))

Journal of Applied Physiology; Acta Physiologica Scandinavica; Applied Physiology Nutrition and Metabolism; Medicine and Science in Sports and Exercise; International Journal of Medicine and Sports in Sciences; International Journal of Sport Medicine; British Journal of Sport Medicine; Journal of Sport Sciences; Gait and Posture; Scandinavian Journal of Medicine and Science in Sport; Human Movement Sciences; Journal of Biomechanics; Journal of Electromyography and Kinesiology; Sport Biomechanics; Journal of Strength and Conditioning Research; Ergonomics; Age; PlosOne; Journal of Experimental Biology ([reviewer](#))

Member of the scientific board of the Italian Swimming Federation (since 2006)

Research Campaigns

1990	Bretigny sur Orge (France): parabolic flight campaign (organized by ESA)
1993	CRESE (Buffalo, USA): swimming energetics/mechanics
1994-1996	Star City (Moscow): EUROMIR'94 and EUROMIR'95 campaigns (organized by ESA)
1996-1997	Star City (Moscow): MIR'97 campaign (organized by ESA)
1997	Star City (Moscow): bed rest study (organized by ESA)
1998-1999	Star City (Moscow): MIR'26 campaign (organized by ESA)
2000	CRESE (Buffalo, USA): swimming energetics/mechanics
2001-2002	Toulouse (France): bed rest study (organized by ESA)
2002	CRESE (Buffalo, USA): swimming energetics/mechanics
2006-2007	Figueres (Spain): fin swimming mechanics in dynamic apnoea
2016	Tsukuba (Japan): mechanics of sprints and shuttles

Collaborations

Prof. Pietro Enrico di Prampero (University of Udine, Italy)
Prof. David Pendergast (University of NY at Buffalo, USA)
Prof. Alberto Minetti and Prof. Gaspare Pavei (University of Milano, Italy)
Prof. Marco Bonifazi (University of Siena, Italy; Italian Swimming Federation)
Prof. M. Francesca Piacentini (Università degli Studi di Roma "Foro Italico")
Prof. Giorgio Gatta, Prof. Matteo Cortesi, Prof. Silvia Fantozzi (University of Bologna, Italy)
Prof. Ricardo Fernandez and Prof. Joao Paulo Vilas Boas (University of Porto, Portugal)
Prof. Bill Baltzopoulos and Prof. Costis Maganaris (Liverpool John Moore University, UK)
Prof. Ian Swaine (University of Greenwich, UK)
Prof. Christoph Clanet and Dr. Remi Carmignani (Paris Tech, France)

Teaching activities

1988-1999	Human Physiology practicum courses to Medical students (University of Udine)
1990-2006	Unit leader for Human Physiology to Physiotherapists and Nurses (University of Udine)
2002-2006	Unit leader for Environmental Physiology and Paediatric Exercise Physiology to Sport Science students (University of Udine): undergraduate's and master's degree
2006-	Unit leader for Sport Biomechanics to Sport Science students (University of Verona, Italy): undergraduate's and master's degree
Thesis supervisor	Bachelor's degree (Sport Sciences and Physiotherapy): > 80 Master's degree (Sport Sciences and Adapted Physical Activity): > 50
Director of studies for PhD students	Camilla Raffaelli (PhD completion 2010), University of Verona, Italy Elena Zorzi (PhD completion 2011), University of Verona, Italy Barbara Pellegrini (PhD completion 2012), University of Verona, Italy Ana Sousa (PhD completion 2014), University of Porto, Portugal

Ricardo Peterson Silveira (PhD completion 2016), Bilateral Agreement between the University of Verona and the Universidade Federal de Rio Grande do Sul (Brazil)
Andrea Monte (PhD completion 2020) University of Verona, Italy
Riccardo Magris (PhD completion 2025) University of Verona, Italy
Baptiste Bizet (2023-) University of Verona, Italy
Michele Trinchi (2023 -) University of Verona, Italy
Davide Latini (2024 -) University of Verona, Italy

2014-2016 PhD course coordinator (Exercise Sciences, University of Verona, Italy)

2009-2021 Erasmus exchange coordinator: University of Porto (Portugal)

2018-2021 Erasmus exchange coordinator: University of Coimbra (Portugal), Valencia (Spain) and La Coruna (Spain)

Publications in short

118	Original articles on peer reviewed journals, indexed on PubMed (English)
8	Original articles on peer reviewed journals, not indexed on PubMed (English)
28	Original articles on Italian journals/books

https://www.researchgate.net/profile/Paola_Zamparo