

Chiara Gattoni

EDUCATION

PhD Sport and Exercise Sciences and Sports Therapy University of Kent, Canterbury (UK)	Sep 2014 – July 2020
MSc Sport and Health Sciences Mark: Merit University of Exeter, Exeter (UK)	Sep 2013 – Sep 2014
MSc Techniques and Sport Sciences Mark: 110 cum laude/110 Università degli Studi di Verona, Verona (Italy)	Oct 2007 – Mar 2011
BSc Exercise and Sport Science Mark: 110 cum laude/110 Università degli Studi di Verona, Verona (Italy)	Oct 2004 – Mar 2008

SCHOLARSHIPS/MEMBERSHIPS

British Sleep Society	July 2022 - present
National Strength and Conditioning Association Membership	March 2021 - present
American Physiological Society – Early Career Membership	March 2021 - present
GTA PhD Scholarship, University of Kent	Academic years 2014/15, 2015/16, 2016/17
PhD Scholarship, Glaxo Smith Kline (Human Performance Lab)	Academic years 2014/15, 2015/16, 2016/17, 2017/18
Prize winner: Best Undergraduate Dissertation Technogym Scholarship	Academic year 2006/07

ACADEMIC WORK EXPERIENCE

Research Fellow University College London, London (UK)	Nov 2021 – May 2022
Invited Lecturer (MSc Module) University of Cardiff, Cardiff (UK)	Jan 2021 – Jan 2022
Research Associate (project funded by Ministry of Defence) University of Kent, Canterbury (UK)	Sep 2019 – Mar 2020
Research Assistant (project funded by Ministry of Defence) University of Kent, Canterbury (UK)	Aug 2018 – May 2019
Online Teaching Assistant (Future Learn Course: The Science of Endurance Training and performance) University of Kent, Canterbury (UK)	Dec 2016 – May 2019
Graduate Teaching Assistant University of Kent, Canterbury (UK)	Sep 2014 – Sep 2017
Undergraduate Teaching Assistant Università degli Studi di Verona, Verona (Italy)	Jan – June 2013 Jan – June 2012 Jan – June 2009

PEER-REVIEWED PUBLICATIONS

Girardi, M., Casolo, A., Nuccio, S., **Gattoni, C.**, Capelli, C. (2020). ‘Detraining effects prevention: A new rising challenge for athletes.’ *Frontiers in Physiology*, *11*, 1234.

Girardi, M., **Gattoni, C.**, Mauro, L., Capelli, C. (2021). ‘The effects of sinusoidal linear drifts on the estimation of cardiorespiratory dynamic parameters during sinusoidal workload forcing: a simulation study.’ *Respiratory Physiology & Neurobiology*. DOI: [10.1016/j.resp.2021.103652](https://doi.org/10.1016/j.resp.2021.103652)

Gattoni, C., O’Neil, B.V., Schena, F., Marcora, S. (2021). ‘The effect of mental fatigue on half-marathon performance: a pragmatic trial.’ *Sport Sciences for Health*. DOI: [10.1007/s11332-021-00792-1](https://doi.org/10.1007/s11332-021-00792-1)

Gattoni, C., Girardi M., O’Neil, B.V., Marcora, S. (2022). ‘Sleep Deprivation Training to reduce the negative effects of sleep restriction on endurance exercise performance: a single case study.’ *International Journal of Sport Physiology and Performance*. DOI: [10.1123/IJSPP.2021-0230](https://doi.org/10.1123/IJSPP.2021-0230)

Gattoni, C., Conti, E., Casolo, A., Nuccio, S., Baglieri, C., Capelli, C., Girardi, M. (2022). ‘COVID-19 disease in professional football players: symptoms and impact on pulmonary function and metabolic power during matches.’ *Physiological Reports*. DOI: [10.14814/phy2.15337](https://doi.org/10.14814/phy2.15337)

Gattoni, C., Marcora, S. (2022). ‘Response to Millet et al.’ *International Journal of Sports Physiology and Performance*. DOI: [10.1123/ijsp.2022-0263](https://doi.org/10.1123/ijsp.2022-0263)

Girardi, M., **Gattoni, C.,** Sponza, L., Micklewright, D., Marcora, S. ‘Performance prediction, pacing profile and running pattern of elite 1-h track running events.’ (In press *Sport Sciences for Health*).

Girardi, M., **Gattoni, C.,** Capelli, C. ‘Current definitions of respiratory cycle in the breath-by-breath gas exchange analysis.’ (Submitted to *Journal of Applied Physiology*).

Gattoni, C., Gonzalez B., Li C., Marcora S.M. ‘Assessing cognitive-motor interference in military contexts: validity and reliability of two dual-tasking tests.’ (Submitted to *Military Medicine*).

In preparation

Gattoni, C., Girardi M., Javadi, A.H., O’Neil, B.V., Marcora, S. ‘The effects of one-night sleep deprivation and one-night recovery sleep on endurance performance.’ (To be submitted by September 2022).

Girardi, M., Tam, E., Gattoni, C., & Capelli, C.. The influence of alveolar gas stores on the estimation of pulmonary gas exchange during voluntary periodic breathing. (To be submitted by September 2022).

Gattoni, C., Lombardi, D., O’Neil, B.V., Marcora, S. ‘Brain Endurance Training to enhance endurance exercise performance in physically-inactive males: a pilot study.’ (To be submitted by October 2022).

Girardi, M., Gattoni C., Sponza L., Marcora S. & Micklewright D. The analysis of the intensity – duration profile changes over 10 years of endurance training in an elite runner – models comparison and correlates of endurance performance. (To be submitted by October 2022).

CONFERENCE PAPERS (Oral presentations)

Gattoni, C., O’Neil, B.V., Marcora, S. (2020). ‘The effects of one-night sleep deprivation and one-night recovery sleep on endurance performance’ in *2020 International Congress on Soldiers’ Physical Performance*.

Gattoni, C., O’Neil, B.V., Marcora, S. (2018). ‘The effects of one-night sleep deprivation and one-night recovery sleep on endurance performance’ in *2018 Annual Meeting of the European College of Sport Science*.

Gattoni, C., O’Neil, B.V., Schena, F., Marcora, S. (2016). ‘The effects of mental fatigue on long-term endurance performance’ in *2016 Annual Meeting of the European College of Sport Science*.

Schena F., **Gattoni C.,** Pellegrini B., Toffolutti M., Capelli C. (2011). ‘Running economy during a 60-km race’ in *2011 Annual Meeting of the American College of Sport Medicine*.

PROFESSIONAL QUALIFICATIONS

NSCA Certified Strength and Conditioning Specialist National Strength and Conditioning Association, Colorado Springs (USA)	March 2022 - present
Associate Fellowship Scheme (AFS) Certificate University of Kent, Canterbury	May 2016
Personal Trainer Certificate Mark: 30/30 Italian Federation Fitness and European Fitness Association, Vicenza (Italy)	Oct 2012
F-MARC Injury Prevention Programme Instructor Certificate FIFA F-MARC, Zurich (Switzerland)	Jan 2011

NON-ACADEMIC WORK EXPERIENCE

Sport Scientist (Internship) Iterpro Football Intelligence, London (UK)	June 2021 - Nov 2021
Personal Trainer	Nov 2012 - present
Youth sector's football physical trainer and supervisor Semi-professional football club Sandonajesolo Calcio, Venice (Italy)	Feb 2013 - June 2013 Aug 2008 - June 2009
Under 23's football strength and conditioning coach Professional football club A.C. Chievo Verona, Verona (Italy)	Sep 2009 - July 2012
"The 11+" instructor FIFA medical assessment and research centre, Zurich (Switzerland)	Feb 2012 - May 2012

LANGUAGES

Italian (mother tongue), English (proficient), Spanish (basic), German (basic).

RELEVANT SKILLS

- Proficiency in the use of Word, Excel, Power Point;
- Proficiency in the use of SPSS for statistical data analysis;
- Proficiency in testing athletes, physically active and inactive people and using exercise physiology laboratory equipment;
- Proficiency in using laboratory and portable metabolic carts (Cortex and Cosmed);
- Proficiency in using different laboratory ergometers (treadmill, cycle and rowing ergometers);
- Proficiency in using gait and running analysis systems (Optogait, gyroscope and accelerometers);
- Proficiency in using laboratory and portable lactate analysers (Prolactate and EKF Diagnostics);
- Proficiency in using different psychology/neuroscience tools (cognitive tests, psychological questionnaires/scales, EEG, Eprime, PsychoPy);
- Proficiency in analysing the data collected with the abovementioned tools/equipment;
- Good knowledge of biomechanics laboratory equipment;
- Basic/independent knowledge of Matlab;
- Large experience in recruiting and managing participants for experimental research in the field of sports science.
- Excellent ability to organise and manage groups of students, to plan and develop lectures and practical seminars, to use teaching-related technology and assessment tools;
- Excellent ability to organise and manage groups of athletes and teams, to organise physical activities, to structure training programs and several types of tests;
- Excellent communication skills;
- Leadership skills and extreme confidence and respect for teamwork;
- Quick, enthusiastic and very ambitious to learn.

ADDITIONAL INFORMATION

- Attending the UdeMy Course 'Matlab onramp 2021' (Professor Michael Cohen);
- Attended the Google Garage Course 'The Fundamentals of Digital Marketing' (2021);
- Attended the 2019 Summer School Course 'Analyzing Neural Time Series Data' (Radboud University, Professor Michael Cohen);
- Played basketball at semi-professional level (A2 league);
- Attended three outrigger canoe sprint world championships (Hawaii, 2004; New Zealand, 2006; California, 2008);
- Attended the 72-km Molokai race (Hawaii, 2008);
- Publication of two articles for the Italian sport magazine USSI (2007, 2012);
- Volunteer for GK Student Unions (Medway Campus, University of Kent) (2015-2018);
- President Team Medway Basketball Club, GK Student Unions (2015 – 2018);
- Team Medway Executive Member, GK Student Unions (2016 – 2018);
- Three Gold Plus Kent Student Certificates for Volunteering (2015/2016; 2016/2017; 2017/2018);
- Lifetime Achievement Award and Most Improved Club of the Year Award (Student Union, Medway Campus, University of Kent) (2016/2017).

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