

**Name:** Massimo Teso

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## CURRENT POSITION

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- 2020-Ongoing: **Ph.D. student in Neuroscience, Psychological and Psychiatric Sciences, and Movement Sciences** at the University of Verona (XXXVI° cycle)  
Project: “Mind the drift” of HR for Accurate Exercise Intensity Implementation in Prolonged Aerobic Exercise. Supervisor Prof. Silvia Pogliaghi, co-supervisore Prof. Jan Boone.

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## EDUCATION

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- 2019 - **Master’s Degree in Preventive and Adapted Exercise Science** (University of Verona)  
Thesis: “*Oxygen Uptake Efficiency Slope can accurately track changes of cardiorespiratory fitness early after heart transplant*”, Supervisor: Prof. Silvia Pogliaghi (110L)
- 2017 - **Baccalaureate in Sport and Exercise Science** (University of Verona)  
Thesis: *Influence of rhythm on the motor system*”, Supervisor: Prof. Paola Cesari (110L)

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## RESEARCH SCHOLARSHIP & GRANT

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- 2023 – ongoing: **Grant, Project: “Long-COVID syndrome: pathophysiology of the impaired exercise tolerance”** (Prot. 2022LBBKHx) Duration: 2 year; Supervisor Prof. Ernesto Crisafulli (University of Verona)
- 2020 – **Grant: Giancesini Foundation, Progetto: “Development of an innovative telemedicine technological solution for the prevention, early diagnosis, monitoring and treatment of sarcopenia”**  
Duration: 1 anno; Supervisor: Prof.ssa Silvia Pogliaghi (Università degli studi di Verona), Prof. Jan Boone (University of Ghent);
- 2019 – **Research scholarship, Project: “Traduzione di indici di tolleranza allo sforzo in una prescrizione individualizzata di programmi di esercizio fisico per donne in menopausa”** Duration: 1 year; Supervisor: Prof.ssa Silvia Pogliaghi (University of Verona)

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## INTERNATIONAL EXPERIENCE & COLLABORATIONS

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- 2023 – **Western University (London, Canada) – Daniel Keir’s Lab**  
Duration: 2 months (teaching, 2 hrs); Supervisor: Daniel Keir (Western University)
- 2021 – **Principal investigator, project: “Physiological determinants of the slow component of VO2” - University of Ghent (Belgio)** - Duration: 6 months; Supervisor: Prof. Jan Boone (University of Ghent)

- 2017 – Erasmus<sup>+</sup> studio, co-investigator project: *“Sensorimotor Synchronization - motor synchronization to an external rhythm”* - University of Groningen (Netherlands)” - Duration: 6 months; Supervisor: Prof. H.J. de Poel.

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## PUBLICATIONS:

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- Colosio A.L., Teso M., et al. *“Application and performance of heart-rate-based methods to estimate oxygen consumption at different exercise intensities in postmenopausal women”* European Journal of Applied Physiology. P:1-10 (December 2023)
- Pogliaghi S., Teso M., et al. *“Easy Prediction of the Maximal Lactate Steady-State in Young and Older Men and Women.”* Journal of Sports Science & Medicine 22 (1) p:68 (march 2023)
- Teso M., et al. *“An intensity-dependent Slow Component of HR Interferes with Accurate Exercise Implementation in Postmenopausal women.”* Medicine and Science in sports and exercise (April 2022)
- Colosio A.L., Teso M., Pogliaghi S. *“Prolonged static stretching causes acute, non-metabolic fatigue and impairs exercise tolerance during severe intensity cycling.”* Applied Physiology, Nutrition, and Metabolism, (March 2020)
- Ferrari L., Teso M., et al.. *“Performance and Anthropometrics of Classic Powerlifters: Which Characteristics Matter?”* The Journal of Strength and Conditioning Research (March 2020)
- Muollo V, Rossi P. A., Zignoli A., Teso M., et al. *“Effect of obesity on knee extensor muscles torque and power evaluated with isometric and isokinetic tests in older men and women.”* International Journal of Obesity (April 2021)

## Under revision:

- Teso M., et al. *“Indexes of fat oxidation from ramp vs steady-state protocols in postmenopausal women”* Applied Sciences (submitted: january 2024)
- Teso M., et al. *“Mind the drift”: a comprehensive equation predicts the Heart rate slow component across exercise intensities, age and sex”* Scandinavian journal of medicine and science in sports (submitted: january 2024)

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## SCIENTIFIC CONFERENCES :

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### Oral presentation:

- Teso M., et al. *“Validation of a novel equation model to predict heart rate over time in young adults.”* Oral presentations. European college of Sport Science (ECSS). Conference Seville, Spain. 1 september 2022. ISBN 978-3-9818414-5-9
- Teso M., et al. *“An intensity-dependent Slow Component of HR Interferes with Accurate Exercise Implementation in Postmenopausal women.”* Oral presentations. VBSW conference Bruxelles 10 December 2022
- Teso M., Ferrari L., Pogliaghi S. *“Correspondence between MLSS and RCP in postmenopausal women.”* Oral presentations. SISMES Annual Meeting, Bologna 27-29 September 2019.

### Poster:

- Teso M. et al. *“Heart rate-based exercise prescription: validation of a novel strategy that minds the gap”* Poster presentations. FEPS conference Tallin, Estonia 16-19 September 2023
- Loi M., Conti F., Teso M. et al. *“Heart rate slow component during prolonged constant exercise: effect of sex.”* Poster presentation. FEPS conference Tallin, Estonia 16-19 September 2023
- Rizzo M., Teso M., et al.: *“Conversion of VO2 targets into equivalent loads for exercise Prescription and training validation of a strategy that ensures nothing is lost in translation”*. Poster Presentation. ECSS Conference Seville, Spain 31-3 September 2022. ISBN 978-3-9818414-5-9

- Teso M., et al. *"Mind the drift": modellisation of the slow component of heart rate across exercise intensity domains.*" PhD. Course: Exercise Training and Performance of the Top-Class Athlete Copenhagen (Denmark) 26-1 July 2022).
- Teso M., et al. *"Noninvasive assessment of muscle oxidative metabolism and microvascular function in response to glucose ingestion in individuals with obesity vs lean controls."* f-TALES Annual Meeting, Ghent (Belgium) 1-2 March 2022.
- Teso M., et al. *"An intensity-dependent Slow Component of HR Interferes with Accurate Exercise Implementation in Postmenopausal women."* SIF annual meeting, Milan 7-9 September 2021
- Teso M., et al. *"Cardiovascular stress during resistance exercise: effect of age and protocol."* SISMES Annual Meeting, Padova 8-10 October 2021. <https://doi.org/10.1007/s11332-021-00838-4>
- Gianluca Bochicchio, Luca Ferrari, Matteo Rizzo, Massimo Teso, Silvia Pogliaghi *"Efficient squat technique: an index to estimate it"* SISMES Annual Meeting, Padova 8-10 October 2021. <https://doi.org/10.1007/s11332-021-00838-4>
- Luca Ferrari, Gianluca Bochicchio, Valentina Cavedon, Chiara Milanese, Massimo Teso et al. *"A field-test for force-velocity profiling in older adults: feasibility and relationship with appendicular lean mass index"* SISMES Annual Meeting, Padova 8-10 October 2021. <https://doi.org/10.1007/s11332-021-00838-4>
- Teso M., et al. *"1.2-Km shuttle run test for fitness evaluation in rugby union: what exactly does it measure"* SISMES Annual Meeting, Padova 8-10 October 2021. SIF, Bologna 10-13 September 2019.
- Teso M., Ferrari L., Colosio A.L., Pogliaghi S. *"Correspondence between indexes of maximal fat oxidation from ramp vs steady in postmenopausal women."* ACSM Annual Meeting, San Francisco (Online) 25-29 May 2020.
- Teso M., Ferrari L., Colosio A.L., Pogliaghi S. *"Exercise Duration Affects Maximal Oxidation in Post-Menopausal Women: implications for exercise prescription."* ACSM Annual Meeting, San Francisco (Online) 25-29 May 2020.
- Allam M, Teso M., Borrelli E, Grassi B, Pogliaghi S. *"Oxygen Uptake efficiency slope can accurately track changes of cardiorespiratory fitness early after heart transplant."* Joint meeting FEPS-SIF, Bologna 10-13 September 2019.
- Teso M., Ferrari L., Pogliaghi S. *"Correspondence between MLSS and RCP in menopausal women."* SISMES Annual Meeting, Bologna 27-29 September 2019.
- Ferrari L., Colosio A.L., Teso M., Pogliaghi S. *"Validation of a single 3-min submaximal test to predict Maximum Lactate Steady State."* SISMES Annual Meeting, Bologna 27-29 September 2019.
- Ferrari L., Colosio A.L., Teso M., Cerenà L., Pogliaghi S. *"Performance and Anthropometrics of Italian Powerlifters: which size matters?"* SISMES Annual Meeting, Bologna 27-29 September 2019.
- Varesco G., Teso M., Camilli A., Monte A., Zamparo P. *"Effects of pole length in the kinematic of uphill running"* SISMES Annual Meeting –Brescia 1 October 2017. DOI 10.1007/s11332-017-0384-3

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## TEACHING ACTIVITIES

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- 13 ottobre 2023 and –20 Luglio 2022 – 15 Novembre 2022. Lecture "Misurazioni del VO2max e prescrizione dell'esercizio fisico" for the master's course in "Esercizio Terapia" (Università di Verona, 18 hrs)
- 10 Novembre 2022 – Lecture for the course: "Attività fisica e salute mentale: Perché, come e quando" (Brescia, 6 hrs)
- 18 Luglio 2021 – Lab activities for the Master's course in "Research in Movement Science" (Università di Verona, 8 hrs)
- 21 giugno 2021 – Lab activities for the course "Percorsi di trattamento EBM e PDTA di cura in riabilitazione psichiatrica (Azienda ULSS n.8 Berica, Centro formazione Lonigo, 8 hrs)
- 20-24 Gennaio 2020 -Winter school "The Physiological Bases of Exercise Prescription (Università di Verona, 30 hrs)
- Giugno 2017 & 2018: Laboratories activity for the university course: "Tecniche e Metodologie d'allenamento" (Sport Science, University of Verona, 60 hrs)

## Personal competence

Mother language Italian

Other Languages

English

| COMPREHENSION |         | SPEAKING    |                  | WRITING |
|---------------|---------|-------------|------------------|---------|
| Ascolto       | Lettura | Interazione | Produzione orale |         |
| B2            | B2      | B2          | B2               | B1/B2   |

Livelli: A1 e A2: Utente base - B1 e B2: Utente autonomo - C1 e C2: Utente avanzato

Quadro Comune Europeo di Riferimento delle Lingue

### Software and instruments:

- Microsoft Office, SPSS, Jamovi, SigmaPlot e Origin Lab.
- Metabolic chart (Cosmed: quark, K5 & Cortex);  
Elettromiography (Digitimer & Zerowire);  
Cardio-impedenziometria (PhysioFlow),  
Near infrared spettroscopia  
Muscle Force (CMSi Cybex Umac, U)

*Tutto quanto da me qui dichiarato corrisponde al vero e viene reso ai sensi degli art. 46 e 47 del D.P.R. 445/2000 (dichiarazione sostitutiva di certificazione e dichiarazione sostitutiva dell'atto di notorietà)*

Place and Data

Verona, 09/10/2023

Massima Ugo