

CURRICULUM VITAE

PERSONAL DETAILS

Name Gloria Adamoli
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Nationality Italian

PROFESSIONAL EXPERIENCE AND CURRENT POSITION

- Oct 2025- to date* PhD student in Inflammation, Immunity and Cancer at University of Verona, in *STARLight* project – *"Exercise and Nutrition Intervention in Early-Stage Lung Cancer Patients: From Theory to Practice"*
Supervisor: Prof. Sara Pilotto
- Jan 2025- Oct 2025* Scholarship holder at the Section of Oncology, University of Verona Hospital Trust for the *"C.H.O.i.C.E. project"* and the research project *"A Multiomic Approach to Identify Prognostic and Predictive Signatures in Advanced Non-Oncogene Addicted Non-Small Cell Lung Cancer (NSCLC) receiving Immunotherapy"*. This multicenter study aims to develop a prognostic-predictive model incorporating lifestyle, genetic, and molecular data in patients with advanced non-small cell lung cancer undergoing immunotherapy.
Activities: i) collecting lifestyle data, regarding physical activity, nutrition, body composition, and quality of life, across the study centers; ii) managing the related database; iii) planning, scheduling, conducting, and monitoring the exercise intervention in patients with cancer undergoing anticancer treatments; iv) conducting assessment for the exercise program, including functional and patient-reported evaluations.
- Nov 2024 – Dec 2024* Scholarship holder at the Section of Sports Science, Department of Neuroscience, Biomedicine and Movement Science, University of Verona for the *"C.H.O.i.C.E. project"*. This research project aims to explore the impact on several physical and patient-reported outcomes in patients with cancer.
Activities: i) planning, scheduling, conducting, and monitoring the exercise intervention in patients with cancer undergoing anticancer treatments; ii) conducting assessment for the exercise program, including functional and patient-reported evaluations.
Supervisor: Prof. Federico Schena and Dr. Alice Avancini
- Nov 2022- Aug 2024* Internship at *"C.H.O.i.C.E. project"* (Choose Health: Oncological Patients Centered Exercise), research program on exercise in cancer patients at University of Verona.
Supervisor: Prof. Massimo Lanza, Alice Avancini
Activities: i) participation in Journal Club meetings; ii) planning, scheduling, conducting, and monitoring the exercise intervention in patients with cancer undergoing anticancer treatments;

iii) conducting assessment for the exercise program, including functional and patient-reported
Supervisor: Prof. Massimo Lanza and Dr. Alice Avancini

- Nov 2022 - Sep 2023* Internship at “O.R.E. project” (ORE – Oncologist Recommend Exercise in 30 sec), dedicated to studying the impact of the oncologist recommendations on the amount of physical activity performed and quality of life in patients with lung cancer.
Activities: i) assessment at follow-up regarding patients' lifestyles and quality of life, ii) management and integration of data into the appropriate database.
Supervisor: Prof. Sara Pilotto and Dr. Alice Avancini
- Jan 2023 – to date* Kinesiologist at “Cooperativa Spazio Aperto”;
Conducted gentle physical activity sessions for people over 65 in the Municipality of Brentino Belluno and at-home activities on call.
- Jul 2023 - Sep 2023* Internship at “Coster Medical Center”, focusing on post-operative, injuries rehabilitation and posture exercise;
Supervisor: Dr. Rossella Cocucci
- Jan 2022 - Apr 2022* Internship in physical exercise with population over 65 at University of Verona
Supervisor: Dr. Doriana Rudi
- 2021 – 2022* Internship at various sports clubs, such as “Ginnastica Verona,” “Valpolicella Rugby,” “A.P. Redskins Cavaion,” with experience in managing youth categories

EDUCATION

- October 2024* **Master’s degree in Preventive and Adapted Exercise Science (110/110 cum laude)**
Dept. of Neuroscience, Biomedicine and Movement Sciences. University of Verona, Italy.
Title: *Structured Physical Exercise for Cancer Patients: Feasibility Study in the Context of Pancreatic Cancer*
Supervisor: Dr. Alice Avancini; Co-supervisors: Dr. Anita Borsati
- July 2022* **Bachelor’s degree in Sport and Exercise Science (107/110)**
Dept. of Neuroscience, Biomedicine and Movement Sciences. University of Verona, Italy.
Title: *Can physical exercise improve the perception of fatigue in individuals with Parkinson’s disease?*
Supervisor: Prof. Massimo Venturelli

PUBBLICATIONS

Borsati A., Marotta A., Ciurnelli C., Bettariga F., **Adamoli G.**, Belluomini L., Schena F., Milella M., Tarperi C., Newton R. U., Pilotto S., Avancini A., (2025) “How a physical exercise program performed by patients may impact caregiver burden in cancer: a qualitative study” [under review]

Borsati A., **Adamoli G.**, Giannarelli D., Belluomini L., Trevisan A., Schenal P., Bettariga F., Markarian A. M., Schena F., Milella M., Newton R. U., Pilotto S., Avancini A. (2025) "Effect of physical exercise on bone health modulation in patients with cancer: a systematic review and meta-analysis"

Toniolo L., Borsati A., Garcia C. C., Ciurnelli C., **Adamoli G.**, Belluomini L., Trestini I., Tregnago D., Schena F., Newton R. U., Paiella S., Salvia R., Milella M., Pilotto S., Avancini A. (2025) "Exercise medicine in supportive care of patients affected by pancreatic cancer across different treatment phases: a systematic review"

Borsati A., Toniolo L., **Adamoli G.**, Ciurnelli C., Trestini I., Belluomini L., Tregnago D., Insolda J., Pilotto S., Schena F., Milella M., Avancini A. (2025) "Structured exercise during chemotherapy for locally advanced or metastatic pancreatic cancer: a single-arm, feasibility trial" [under review]

Ciurnelli C., Scaglione I.M., Eccher S., Borsati A., Toniolo L., **Adamoli G.**, Tregnago D., Longo L., Sposito M., Insolda J., Milella M., Schena F., Quist M., Belluomini L., Pilotto S., Avancini A. (2025) "Managing lorlatinib-induced weight gain through a structured exercise intervention in an ALK+ NSCLC patient: a case report" [under review]

Avancini A., Giannarelli D., Ugel S., Mafficini A., Fiorini P., Scaglione I. M., **Adamoli G.**, Borsati A., Belluomini L., Eccher S., Trestini I., Tregnago D., Sposito M., Insolda J., Schena F., Scarpa A., Milella M., Novello S., Pilotto S., (2025) "Protocol for the STARLight trial: targeting nutrition and physical exercise to improve earlystage non-small cell lung cancer outcomes" [under review]

Avancini A., Sposito M., **Adamoli G.**, Borsati A., Ciurnelli C., Scaglione I.M, Eccher S., Toniolo L., Tregnago D., Longo S., Insolda J., Milella M., Schena F., Pilotto S., Belluomini L., (2025) "Impact of long-term structured exercise on body composition in an NTRK fusion-positive NSCLC patient treated with entrectinib" [under review]

ABSTRACTS, POSTER AND PRESENTATION

Adamoli G., Borsati A., Toniolo L., Ciurnelli C., Belluomini L., Trestini I., Tregnago D., Insolda J., Schena F., Milella M., Pilotto S., Avancini A., "A Tailored 3-Month Exercise Program During Chemotherapy in Patients with Advanced Pancreatic Cancer: Feasibility and Benefits", XVI SISMES National Congress, 6-8 November 2025 Parma – Poster

Adamoli G., "Exercise during palliative treatments in a patient with pancreatic cancer: a case study" – Live Webinar, titled. Physical activity and exercise in oncology: the lung cancer chapter, IGEO (Italian Group of Exercise Oncology), Oral Presentation, 19th November 2024

Adamoli G. "Exercise as prehabilitation in lung cancer: a case study" – Live Webinar, titled. Physical activity and exercise in oncology: the lung cancer chapter, IGEO (Italian Group of Exercise Oncology), Oral presentation, 15th May 2025

Borsati A., **Adamoli G.**, Toniolo L., Ciurnelli C., Belluomini L., Trestini I., Tregnago D., Insolda J., Schena F., Milella M., Pilotto S., Avancini A., *Effects of a 3-month exercise intervention in patients with advanced pancreatic cancer undergoing adjuvant treatments: a single-arm feasibility study*", XXX European College of Sports Science, 1-4 July 2025 Rimini – Oral Presentation

Ciurnelli C., Borsati A., **Adamoli G.**, Toniolo L., Belluomini L., Trestini I., Tregnago D., Insolda J., Schena F., Milella M., Pilotto S., Avancini A., "Associations between physical fitness, cancer-related fatigue, and sleep quality in patients with cancer: A cross-sectional study", XXX European College of Sports Science, 1-4 July 2025 Rimini – Poster

EXPERIENCES IN EXERCISE ONCOLOGY

November 2022 – September 2023

Internship in Exercise Oncology (C.H.O.I.C.E Project)

Activities:

- Presentation and participation in weekly Journal Club, presenting and discussing peer-review articles in the fields of exercise oncology.
- Support in designing, planning, and conducting training sessions for patients with cancer. Each patient was offered an individualized, personalized, and tailored exercise program according to their needs and preferences.
- Support in functional assessments and administration of questionnaires regarding quality of life, physical activity, and symptomatology to design the program and monitor the changes over time.
- Support in research activities, data collection, and analysis for the publication of original and systematic review articles focused on exercise oncology.
- Support in data collection, and analysis of the feasibility study evaluating the impact of physical exercise in patients affected by metastatic cancer.

November 2024 – on going

The C.H.O.I.C.E Project

Activities:

- Designing, planning, conducting, and monitoring the training interventions for approximately 80 patients with cancer undergoing treatments. Each patient was offered an individualized, personalized, and tailored exercise program according to their needs and preferences.
- Functional assessments for patients with cancer, including evaluations of cardiorespiratory fitness, muscular strength, body composition, flexibility, and balance
- Patient-reported assessments for patients with cancer, including questionnaires related to physical activity, nutrition, quality of life, cancer-related fatigue, peripheral neuropathy, sleep quality.
- Scientific Research: Active involvement in scientific research activities, e.g., systematic review by screening through databases such as PubMed, Cochrane, and Scopus, data extraction, risk of bias assessment, data collection and analysis, for original articles.

January 2025 – October 2025

Research project *“Multiomic Approach to Identify Prognostic and Predictive Signatures in Advanced Non-Oncogene Addicted Non-Small Cell Lung Cancer (NSCLC) receiving Immunotherapy”* and The *“C.H.O.I.C.E Project”*

Activities:

- Collecting lifestyle data, regarding physical activity, nutrition, body composition, and quality of life, across the study centers;
- Body composition assessment and analysis on CT scan
- Managing the related database;
- Planning, scheduling, conducting, and monitoring the exercise intervention in patients with cancer undergoing anticancer treatments;
- Conducting assessment for the exercise program, including functional and patient-reported evaluations

MEMBERSHIP

Società Italiana delle Scienze Motorie e Sportive (SISMES): Italian Society of Motor Sciences and Sports.

Associazione Italiana Specialisti dell'Esercizio (AISE): Italian Association of Exercise Specialists.

Italian Group on Exercise Oncology (IGEO): an Italian group dedicated to research and promotion of adapted physical activity for people with oncological diseases, involving four different departments (the Department of Medicine and Aging Sciences at the "G. d'Annunzio" University of Chieti-Pescara, the Department of Motor, Human, and Health Sciences at the "Foro Italico" University of Rome, the Department of Biomolecular Sciences at the "Carlo Bo" University of Urbino, and the Department of Neuroscience, Biomedicine, and Movement Sciences at the University of Verona).

Research member of C.H.O.i.C.E. Project: a research program on exercise in cancer patients at University of Verona.

LANGUAGES

<i>Lingua</i>	<i>Listen</i>	<i>Speak</i>	<i>Write</i>
English	B1	B1	B1
French	A2	A2	A2

TECHNICAL AND DIGITALS SKILLS

Software:

- Microsoft Office;
- Biomechanical analysis software (Kinovea, Tracker,ImagineJ);
- Atlas.ti, a tool for qualitative research analysis and development;
- SigmaStat 3.5, software for advanced statistical analysis;
- Jamovi, software for advanced statistical analysis;
- SliceOmatic, medical image analysis software that allows the to measure, segment, and analyze data from multi-slice scanners.

Functional Assessments:

The main assessments of physical function include:

- Cardiorespiratory fitness [direct (e.g., CPET) and indirect methods (e.g., six minutes walking test)];
- Strength [isokinetic, cycling power, direct (e.g., 1RM) and indirect methods];
- Flexibility.
- Balance.
- Body composition [bioimpedance, anthropometric measurements].

OTHER INFORMATION

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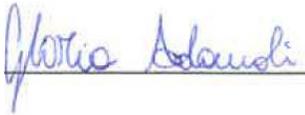
- Certification “*Statistics for healthcare professionals*”, Understanding the basic concepts of statistics without needing to learn complex equations. Learn how to analyse your research data with SPSS. and Jamovi. Udemu 9th September 2024;

- Certification “*Microsoft Excel Data Analysis and Dashboard Reporting*”, learn to analyze and present data effectively using Excel tools, including TEXT and array functions, PivotTables, and interactive dashboards with buttons and drop-down menus. Udemy 9th September 2024;
- Certification “*Good Clinical Practice*”, IRCCS Ospedale San Raffaele, 10th October 2024;
- General OSH training course for workers, University of Verona;
- Scoliosis I° level: “corso tecnico – pratico di ginnastica correttiva/compensativa”, University of Verona;
- Scoliosis Advance: “corso tecnico – pratico di ginnastica correttiva/compensativa”, University of Verona;
- Conference “L’esercizio fisico e lo sport nella malattia di Parkinson”;
- Driver's License "B" 14/09/2018.

I authorize the use of my personal data in accordance with Legal Decree 30 June 2003, No 196 “Protection of personal data”.

Verona, 14 October, 2025

Dr. Gloria Adamoli

A handwritten signature in blue ink, reading "Gloria Adamoli", is written over a horizontal blue line.