

PERSONAL INFORMATION

Spyros Skafidas



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WORK EXPERIENCE

02/09/2016–Present

Sports physician

Research Centre "Sport Mountain and Health" (CeRiSM), University of Verona, Rovereto (Italy)

- pre-participation cardiovascular screening of athletes
- functional evaluation and exercise prescription in obese patients
- evaluation of the cardiovascular effects of exercise in hypoxic conditions

30/06/2011–29/06/2016

Sports Medicine resident

University of Bologna, Bologna (Italy)

- cardiovascular screening of the athlete
- functional evaluation of the endurance athlete
- nutritional assessment of the athlete
- exercise prescription in healthy/disease populations

06/10/2010–29/06/2011

Attending physician

Istituto di Medicina dello Sport "Turno Lubich", Bologna (Italy)

- pre-participation cardiovascular screening of the athlete

02/09/2013–29/06/2014

Sports Medicine resident (training period outside of the training network)

Research Centre "Sport Mountain and Health" (CeRiSM), University of Verona, Rovereto (Italy)

- functional evaluation of the endurance athlete
- nutritional assessment of the athlete
- cardiovascular screening and exercise prescription in the elderly

01/09/2014–10/02/2016

Consultant doctor for Carpi Football Club

- cardiovascular examination of players
- nutritional assessment of players and individualised nutritional prescription

15/02/2016–17/06/2016

Sports Medicine resident (training period outside of the training network)

Heart Centre for the young and the athlete - University of Athens, Athens (Greece)

- cardiovascular evaluation of patients with inherited heart diseases
- cardiovascular evaluation of subjects with suspected cardiomyopathy or electrical heart syndrome
- pre-participation cardiovascular screening of the athlete

EDUCATION AND TRAINING

- 04/10/2004–30/07/2010 **Doctor of Medicine**
University of Patras, Patras (Greece)
- 01/07/2008–31/07/2008 **Stage of Plastic Surgery (IFMSA Professional exchange project)**
Emilio Carlos Hospital and Padre Albino Hospital, University of Catanduva, Catanduva (Brazil)
- 02/02/2009–31/07/2009 **Erasmus project**
ALMA MATER STUDIORUM University of Bologna, Bologna (Italy)
- 15/03/2010–15/06/2010 **Stage of Sports Medicine (Erasmus Placement project)**
Istituto di Medicina dello Sport "Turno Lubich", Bologna (Italy)
- 30/06/2011–29/06/2016 **Specialisation in Sports Medicine**
University of Bologna, Bologna (Italy)
- 01/01/2015–31/12/2016 **IOC Diploma in Sports Nutrition**
International Olympic Committee, Lausanne (Switzerland)
- 01/02/2017–12/12/2017 **Master in Sports Cardiology**
University of Padova, Padova (Italy)

PERSONAL SKILLS

Mother tongue(s) Greek

Foreign language(s)

	UNDERSTANDING		SPEAKING		WRITING
	Listening	Reading	Spoken interaction	Spoken production	
Italian	C2	C2	C2	C2	C2
English	B2	B2	B2	B2	B2

Cambridge University First Certificate in English

Levels: A1 and A2: Basic user - B1 and B2: Independent user - C1 and C2: Proficient user
Common European Framework of Reference for Languages

Communication skills - good communication skills gained through various study/professional experiences

Organisational / managerial skills - good organisation and team-leading skills gained as delegate of Sports Medicine residents

Job-related skills - very good knowledge of various aspects of the sports physician's everyday practice, particularly regarding the cardiovascular evaluation, i.e. physical examination, electrocardiogram interpretation, echocardiography and cardiopulmonary exercise testing, as well as exercise prescription and nutritional assessment
- continuous desire to deepen my knowledge in the various areas of Sports Medicine

Digital skills

SELF-ASSESSMENT

Information processing	Communication	Content creation	Safety	Problem solving
Independent user	Basic user	Basic user	Independent user	Basic user

Digital skills - Self-assessment grid

ADDITIONAL INFORMATION

Publications

Lippi G, Salvagno GL, Danese E, Skafidas S, Tarperi C, Guidi GC, Schena F. Mean platelet volume (MPV) predicts middle distance running performance (2014). PLoS One;9(11):e11289

Vernillo G, Savoldelli A, Zignoli A, Skafidas S, Fornasiero A, La Torre A, Bortolan L, Pellegrini B, Schena F. Energy cost and kinematics of level, uphill and downhill running: fatigue-induced changes after a mountain ultramarathon (2015). J Sports Sci;33(19):1998-2005.

Vernillo G, Savoldelli A, La Torre A, Skafidas S, Bortolan L, Schena F. Injury and illness rates during ultratrail running (2016). Int J Sports Med;37(7):565-9

Vernillo G, Savoldelli A, Skafidas S, Zignoli A, La Torre A, Pellegrini B, Giardini G, Trabucchi P, Millet GP and Schena F (2016). An Extreme Mountain Ultra-Marathon Decreases the Cost of Uphill Walking and Running. Front. Physiol. 7:530. doi: 10.3389/fphys.2016.00530

Lippi G, Gandini G, Salvagno GL, Skafidas S, Festa L, Danese E, Montagnana M, Sanchis-Gomar F, Tarperi C, Schena F. Influence of ABO blood group on sports performance. Ann Transl Med 2017;5(12):255. doi: 10.21037/atm.2017.04.33