

# CURRICULUM VITAE

Nationality: Italian

Civil status: Married to Marco Signoretto

Citizenship: Italian

Two children: Maria (2002) and Emma (2004)

## Present Position:

2019-present Tenured Associate Professor in Human Physiology, Department of Neurosciences, Biomedicine and Movement Sciences, University of Verona (Italy)

2022-present Adjunct Associate Professor at the Department of Movement and Sports Sciences, Faculty of Medicine and Health Sciences, Ghent University, Ghent, Belgium

2020-present Adjunct Associate Professor, in the Faculty of Kinesiology, University of Calgary, Calgary (AB), Canada, from February 1, 2020 to January 31, 2023.

2016-present Adjunct Assistant Professor in the School of Kinesiology at The University of Western Ontario, London (ON), Canada

## Previous Positions:

2005-2019 Tenured Assistant Professor in Human Physiology, Department of Neurosciences, Biomedicine and Movement Sciences, University of Verona (Italy)

## Education

2003-05 Post-Doctoral Fellow in Human Physiology in the Center for Research in Movement Sciences (CeRiSM), University of Trento (Italy), Supervisor Prof. Federico Schena 2002 PhD in Human Physiology in the Department of Biomedical Sciences and Technologies, School of Medicine, University of Milano (Italy), Thesis: “Non-invasive functional evaluation of muscle oxidative metabolism in healthy subjects and patients”. Supervisor Prof. Bruno Grassi

1995-96 Post-doctoral fellow at University of New York at Buffalo (NY, USA), Department of Physiology and Center for Research in Special Environments, School of Medicine. Supervisor: Prof. David R. Pendergast

1996 Specialization in Sports Medicine at the University of Brescia. Thesis: “Nitric Oxide lung exhalation under varying gravitational conditions (from 0 to 2 G<sub>z</sub>)” (grades 50/50 cum laude). Supervisor Prof. Arsenio Veicsteinas

1992 MD (medical doctor) at the State University of Brescia, Italy. Thesis: “Study of the cardiovascular control system by means of spectral analysis of heart rate variability” (grades: 110/110). Supervisor Prof. Arsenio Veicsteinas

1986 Baccalaureate (Liceo Classico S. Maria, Verbania, Italy)

## RESEARCH

The main focus of my work has been the “oxygen pathway”, i.e. the study of the physiological factors that limit the transfer of oxygen from the ambient air to the mitochondria and therefore the capacity of the oxidative metabolism to re-synthesize ATP in the working muscles. This affects the ability to perform physical exercise, at adequate intensity and for an adequate duration (i.e. exercise tolerance) and has direct effects on the individuals’ independence and quality of life; furthermore, it has indirect effects on long-term health maintenance and is instrumental to health promotion throughout the life span.

I have studied the oxygen pathway in different populations (e.g., high performance athletes, young and older healthy individuals, heart transplant recipients, mitochondrial myopathy patients, obese and diabetic patients), using different exercise paradigms (incremental exercise, steady-state exercise transitions), different training modalities (aerobic, high-intensity interval training, strength-training) and different special environments (high altitude, hypoxia/hyperoxia, acute and chronic exposure to reduced gravity, increased gravity, hyperbaric environment). The above “natural experiments” allow the researcher to gain insight into the mechanisms that regulate the acute and adaptive responses of the oxidative metabolism to exercise in physiological and pathological conditions. In turn, the valuable notions gained from these studies find a direct application in evidence-based exercise prescriptions and optimal exercise-training practices to maintain/improve exercise capacity, mobility and health in the community.

In operative terms:

- Vast of experience working in an exercise physiology laboratory; exclusively with human subjects (healthy sedentary women and men, overweight, myopathic and type 2 diabetic subjects, elderly, athletes, heart transplant recipients).
- Vast experience in traditional (Douglas bags) and automated (Sensor Medics, Med Graphics, Cosmed-K4 and K5, Cosmed Quark b<sup>2</sup>) acquisition of pulmonary gas exchange measures with particular expertise in the mathematical modeling of VO<sub>2</sub> kinetics.
- Recognized expert in near-infrared spectroscopy (NIRS) measures to determine skeletal muscle oxygenation under various experimental conditions.
- Extensive experience with non-invasive techniques for measuring cardiovascular variables such as blood pressure (standard sphygmomanometry, Photoplethysmography), heart-rate variability and cardiac output (impedance cardiography, photoplethysmography and inert gas rebreathing techniques).
- Vast practical experience in evaluation of anthropometrics and performance, using both field and laboratory methods and in sports nutrition.

Direction/participation in research groups and national or international collaborations

2024-today Collaborator of a National Research Group funded by the Cariverona Foundation for the research project “èVRgreen” led by Prof. Linda Avesani of the University of Verona, in collaboration with the University of Padova and the Comune di Verona.

2022-today PI of the collaborative research project “*Gait training with Intelligent Treadmill for Parkinson’s Disease (Gait – PD)*”. This industrial development project is funded by the Innovation and Technology office of the Autonomous Province of Altoadige, Italy and includes a clinical partner (Vipiteno Hospital, Neurorehabilitation unit) and an industrial partner (Microgate srl, Bolzano, Italy).

2020-today Coordinator of an International consortium on the topic of “*Development and validation of a home-based solution for the early diagnosis, the monitoring and the treatment of Sarcopenia*”. The group includes three post docs Luca Ferrari, Gianluca Bochicchio and Stefano Lenzi, from the University of Verona, the private company Corehab that produces the home-based device for diagnosis and training, in the person of Eng. David Tacconi and the Canadian Center for Activity and ageing, in the persons of Shannon Belfry and Dr. JB Orange.

2020-today Coordinator of the International research group on “*Mathematical modelling of VO<sub>2</sub> kinetics: is it time for a re-visitation of the slow-component concept?*” The group, which includes colleague Carlo Capelli of the University of Verona and PhD student Massimo Teso, collaborates with the Norwegian School of Sport Sciences, in the person of Øyvind Nøstdahl Gløersen and with the university of Ghent, in the persons of Prof. Jan Boone and the post doc Alessandro Colosio.

2020-today International Research Associate at the Canadian Center for Activity and Ageing, University of Western Ontario, London (ON), Canada, Scientific Director Dr. JB Orange.

2019-today Collaborator of a national research group, funded by European funding for regional development (FESR), for the research project “*STEX: smart textiles for the monitoring of muscle activity*”, led by the private company Microgate (Eng. Federico Gori) in partnership with Prof. Paolo Lugli, Faculty of Science and Technology, University of Bolzano.

2019-today Collaborator of a national research group, funded by the Bando Ricerca Finalizzata of the Italian Ministry of Health for the research project “*DiAPAsOn - Daily Activities, Physical Activities and Interpersonal relationships in patients suffering from schizophrenia-spectrum disorders*”, led by Dr. Giovanni De Girolamo, IRCS Fatebenefratelli, Brescia

2017-today Director of the national research group "Harmonic analysis of cyclical movements in sports through a new video analysis technique: effect on metabolic consumption and risk of injury" at the Department of Neuroscience, Biomedicine and Movement of the University of Verona. The group, which includes colleague Barbara Pellegrini of the University of Verona and PhD student Laura Simoni, collaborates with the Don Gnocchi Institute in Florence and with the Microgate company in Bolzano.

2017-2019 Direction of the international research group "Active mamy-baby" of the University of Verona. In addition to me are part of this research group the former PhD student Giorgia Spigolon and the recent graduate Chiara Marra

and the group of Prof. Michelle Mottola, world expert in physical activity in pregnancy, Professor at the University of Western Ontario, London Ontario

2012-today Direction of the "Exercise Tolerance Research Group" at the Department of Neuroscience, Biomedicine and Movement of the University of Verona. The group collaborates with the University of Western Ontario and Calgary University (23 publications: Murias 2012, Spencer 2013, Pogliaghi 2014, Fontana 2015, Keir 2015, Keir 2016, Fontana 2017, Murias 2018a, Murias 2018b, Iannetta 2018, Mattioni-Matturana 2018, Iannetta 2019, Soares 2019Keir 2019a, Keir 2019b, Iannetta 2020a, Iannetta 2020b) and from 2018 with the group of Prof. Jan Boone of the University of Ghent, Belgium (Caen 2019, Caen 2020, Colosio 2020).

2019-today Scientific Direction of the "Strength Training Center", at the Department of Neuroscience, Biomedicine and Movement of the University of Verona. The Center carries out research activities applied to physical preparation for the development of strength for sport and for the promotion of health. Doctoral student Alessandro Colosio and scholarship holder Luca Ferrari collaborate in this research group (Ferrari 2020).

2006-2019 Scientific Direction of the "Center for Studies and Research Applied to Rugby", at the Department of Neuroscience, Biomedicine and Movement of the University of Verona. The Center collaborated with the Italian Rugby Federation and with Dr. Gabriela De Roia from the Universitat de Flors in Buenos Aires, Argentina. (6 publications: Pogliaghi 2013/1, Pogliaghi 2013/2, Da Lozzo 2013, Fontana 2015, Fontana 2016)

2013 Participation as coordinator of a local unit (at the Department of Neuroscience, Biomedicine and Movement of the University of Verona) in the international research group coordinated by Prof. Donald Paterson, of the University of Western Ontario, Canada, on the theme "Relevance of vascular adaptations to exercise training in improving quality of life in aging populations: transition from the laboratory to the community" (4 publications: McLay 2016/1, McLay 2016/2, McLay 2016/3, McLay 2016)

2017-2018 Participation as a collaborator and responsible for the motor activity intervention in the research group on the theme "Physical activity and nutritional intervention (PANI) to improve the health status of patients with schizophrenia" coordinated by Prof. Lorenzo Berti (Verona), collaborators Prof Giovanni De Girolamo (Brescia), Prof. Diana De Ronchi (Bologna), Prof. Pierluigi Politi (Pavia)

2017 Participation as collaborator in the international research group directed by Prof. Patricia Doyle-Baker, of the University of Calgary, Alberta, Canada, on the topic "A pilot study investigating the effects of the menstrual cycle on power and fat oxidation in cyclists"

2017-2019 Participation as a collaborator in the research group directed by Prof. Federico Schena, on the theme "Optimal Testing for Individualized Training in cycling", a project funded by the University of Verona in the context of the Joint Research 2017 applied research funding program, in collaboration with the company ORF srl.

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2016      Participation as a collaborator in the international research group directed by Prof. Paola Zamparo, on the theme "High Intensity Training with TRION: gender differences and implications for astronauts post flight recovery", project financed by the University of Verona in the context of the funding program of applied research Joint Projects 2015

2014-16    Participation as collaborator and logistic manager in the National research group coordinated by Prof. Giorgio Fanò and locally by Prof. Carlo Capelli on the theme "Effects of concurrent aerobic training and hypobaric hypoxia on oxidative metabolism and exercise tolerance in healthy males and females". (2 publications: Calabria 2016, Tam 2016)

2014-16    Participation as collaborator and medical director of the local unit (at the Department of Neuroscience, Biomedicine and Movement of the University of Verona) in the international research group coordinated by Prof. Per Tesh of the Karolinska Institutet in Stockholm and locally by Prof. Carlo Hair entitled "ASTRONAUT EXERCISE PRESCRIPTIONS PROMOTING HEALTH AND FITNESS ON EARTH" funded by the European Space Agency (2 publications: Bruseghini 2015, Calabria 2016)

2008       Participation as collaborator and head of logistics in the International research group coordinated by Prof. Guido Ferretti and locally by Prof. Carlo Capelli on the theme "Cardiovascular determinants of maximal oxygen consumption after bed rest: a comparison of upright and supine posture". group collaborated on the bed rest campaign organized by the International Space Agency in Ankaran, Slovenia, in the summer of 2008. (1 publication: Brigard 2010)

2007-2010   Participation as a collaborator in the national research group coordinated by Prof. Massimo Pagani, with coordinator of local unit Prof. Carlo Capelli on the theme "Effect of high intensity physical training on cardiopulmonary responses, respiratory exchanges and extraction of muscle oxygen in cardios compensated during exercise. " PRIN funded 2007 (2 publications: Adami 2011, De Roia 2012)

1999-2003   Participation as a collaborator in the research group of the LITA, of the University of Milan / CNR, coordinated by Prof. Bruno Grassi, on the theme "Non-invasive functional evaluation of muscle oxidative metabolism in health and disease". The research team collaborated with the University of Siena and with the Besta Institute of Milan (2 publications: Grassi 2003 and Borrelli 2003).

2002       Participation as a collaborator (at LITA, of the University of Milan / CNR) in the research group of the Auxological Center of Milan, coordinated by Prof. Sartorio, on the theme "Body composition and strength in children" (1 publication: Sartorio, 2002).

1997       Participation as collaborator and responsible physician (at the Physiology laboratory of the University of Brescia) of the scientific-mountaineering expedition "Extreme Altitude Survival Test 1997 -Lhotse 8501m", coordinated by Prof. Paolo Cerretelli of LITA, of the University of Milan / CNR. (1 publication: Marconi 1997)

1995-1996 Participation as a collaborator in the research group of the University of Brescia coordinated by Prof. Arsenio Veicsteinas on the topic "Factors limiting muscle oxidative metabolism". The team collaborated with Prof. Pendergast of the State University of New York at Buffalo, United States (1 publication: Pogliaghi 1997)

Visiting scientist:

2023 International Visiting Scholar Assistant Professor in the School of Kinesiology, Faculty of Health Sciences, University of Western Ontario – London, Ontario, Canada from June-August 2023 (Dr. Daniel Keir, Dr. JB Orange).

2018 International Visiting Scholar Assistant Professor in the School of Kinesiology, Faculty of Health Sciences, University of Western Ontario – London, Ontario, Canada from May-September 2018 (Dr. John Kowalchuk and Dr. Michelle Mottola).

2017 Visiting Scholar, Faculty of Kinesiology, University of Calgary –May-September 2017, with the research project “Exercise tolerance: from functional indexes to individualised prescription” supported by an International cooperation grant of the University of Verona (Dr. Juan Murias, Dr. Brian McIntosh).

2016 Visiting Scholar, Faculty of Kinesiology, University of Calgary –October 2016, with the research project “Exercise tolerance: from functional indexes to individualised prescription” supported by an International cooperation grant of the University of Verona (Dr. Juan Murias, Dr. Brian McIntosh).

2014 Visiting Scholar, Faculty of Kinesiology, University of Calgary –May-June 2014 as part of CIHR planning grant “Relevance of vascular adaptations to exercise training in improving quality of life in aging populations: transitioning from the laboratory to the community” (Dr. Don Paterson and Dr. Juan Murias).

2013 International Visiting Scholar Assistant Professor in the School of Kinesiology, Faculty of Health Sciences, University of Western Ontario – London, Ontario, Canada from June-August 2013 (Dr. Don Paterson, Dr. John Kowalchuk and Dr. Juan Murias).

2010 Visiting Professor/Scholar experience and partnership with the Canadian Centre for Activity and Aging (CCAA) at The University of Western Ontario – London, Ontario, Canada from June 2010 (Dr. Donald Paterson)

Participation in International Scientific Expeditions:

2008 Co-investigator in the study “Cardiovascular determinants of maximal oxygen consumption after bed rest: a comparison of upright and supine posture”, in the Italian Space Agency (ASI) campaign in Slovenia, July-August 2008. Scientific Coordinator Prof. Guido Ferretti. I was in charge of the logistic organization of the temporary laboratory, coordination of research staff, data collection and analysis.

1997 Researcher and Physician of the climbing-scientific expedition Extreme Altitude Survival Test 1997 -Lhotse 8501m, at the high altitude laboratory "Piramide" in Nepal (April-May 1997), Scientific coordinator Prof. Paolo Cerretelli. I was the physician in charge of conducting stress tests and provided medical assistance for the 30 members of the expedition, for the Pyramid staff and for by-passing trekkers and climbers in the Kumbu Valley.

## PUBLICATIONS

Total products of research indexed in Scopus as of today 96, total citations 1977, h-index 25

Articles in Peer-Reviewed International Journals (74):

\* indicates trainees under my supervision

1. Bourgois G, Mucci P, Caen K, Colosio AL, Kerckhove M, Bourgois JG, **Pogliaghi S**, Boone J. Effect of acute heat exposure on the determination of critical power and W' in women and men. *Eur J Sport Sci.* 2023 Dec;23(12):2425-2434. doi: 10.1080/17461391.2023.2240748. Epub 2023 Aug 8.
2. Zarbo C, Rota M, Calza S, Crouter SE, Ekelund U, Barlati S, Bussi R, Clerici M, Placenti R, Paulillo G, **Pogliaghi S**, Rocchetti M, Ruggeri M, Starace F, Zanolini S, Zamparini M, de Girolamo G; DiAPAsOn Collaborators. Ecological monitoring of physical activity, emotions and daily life activities in schizophrenia: the DiAPAsOn study. *BMJ Ment Health.* 2023 Sep;26(1):e300836. doi: 10.1136/bmjamnt-2023-300836.
3. Colosio AL, Teso M\*, Boone J, **Pogliaghi S**. Application and performance of heart-rate-based methods to estimate oxygen consumption at different exercise intensities in postmenopausal women. *Eur J Appl Physiol.* 2023 Dec 18. doi: 10.1007/s00421-023-05374-2
4. Bourgois G\*, Mucci P, Boone J, Colosio AL, Lievens M, Bourgois JG, **Pogliaghi S**, Caen K. Critical Power, W' and W' reconstitution in women and men. *European Journal of Applied Physiology EJAP-D-23-00162*, accepted 20 June 2023.
5. **Pogliaghi S**, Teso M\*, Ferrari L\*, Boone J, Murias JM, Colosio AL. Easy Prediction of the Maximal Lactate Steady-State in Young and Older Men and Women. *J Sports Sci Med* 2023 Mar 1;22(1):68-74. doi: 10.52082/jssm.2023.68. eCollection 2023 Mar.
6. Calabria E, Muollo V\*, Cavedon V, Capovin T, Saccenti L, Passarotti F, Ghiotto L, Milanese C, Gelati M, Rudi D, Salvagno GL, Lippi G, Tam E, Schena F, **Pogliaghi S**. Type 2 Diabetes Related Mitochondrial Defects in Peripheral Mononucleated Blood Cells from Overweight Postmenopausal Women. *Biomedicines.* 2023 Jan 3;11(1):121. doi: 10.3390/biomedicines11010121
7. **Pogliaghi S**, Tam E, Capelli C. Effect of recovery time on [Formula: see text]-ON kinetics in humans at the onset of moderate-intensity cycling exercise. *Eur J Appl Physiol.* 2023 Feb;123(2):261-270. doi: 10.1007/s00421-022-05057-4. Epub 2022 Oct 17
8. Bochicchio G\*, Ferrari L\*, Bottari A\*, Lucertini F, Scarton A, **Pogliaghi S**. Temporal, Kinematic and Kinetic Variables Derived from a Wearable 3D Inertial Sensor to Estimate Muscle Power during the 5 Sit to Stand Test in Older Individuals: A Validation Study. *Sensors* 2023, 23, 4802. <https://doi.org/10.3390/s23104802>
9. Gløersen Ø, Colosio AL\*, Boone J, Dysthe DK, Malthe-Sørensen A, Capelli C, **Pogliaghi S**. Modeling VO<sub>2</sub> on-kinetics based on intensity-dependent delayed adjustment and loss of efficiency (DALE). *J Appl Physiol (1985)*, 2022 Jun 1;132(6):1480-1488 doi: 10.1152/japplphysiol.00570.2021. Epub 2022 Apr 28
10. Iannetta D, Inglis EC, Mattioni Maturana F, Spigolon G\*, **Pogliaghi S**, Murias JM. Transient speeding of VO<sub>2</sub> kinetics following acute sessions of sprint interval training: Similar exercise dose but different outcomes in older and young adults. *Exp Gerontol* 2022 Jul;164:111826. doi: 10.1016/j.exger.2022.111826. Epub 2022 Apr 30.

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11. Teso M\*, Colosio AL\*, **Pogliaghi S**. An Intensity-dependent Slow Component of HR Interferes with Accurate Exercise Implementation in Postmenopausal Women. *Med Sci Sports Exerc.* 2021 Dec 29. doi: 10.1249/MSS.00000000000002835. Online ahead of print
12. Pedrinolla A, Magliozzi R, Colosio AL\*, Danese E, Gelati M, Rossi S, **Pogliaghi S**, Calabrese M, Muti E, Cè E, Longo S, Esposito F, Lippi G, Schena F, Venturelli M. Repeated passive mobilization to stimulate vascular function in individuals of advanced age who are chronically bedridden. A randomized controlled trial. *J Gerontol A Biol Sci Med Sci.* 2021 May 24:glab148. doi: 10.1093/gerona/glab148. Online ahead of print
13. Colosio AL\*, Caen K, Bourgois JG, Boone J, **Pogliaghi S**. Metabolic instability vs fibre recruitment contribution to the [Formula: see text] slow component in different exercise intensity domains. *Pflugers Arch.* 2021 Jun;473(6):873-882. doi: 10.1007/s00424-021-02573-8. Epub 2021 May 19. IF 3.657, cit 38
14. Simoni L\*, Scarton A, Macchi C, Gori F, Pasquini G, **Pogliaghi S**. Quantitative and Qualitative Running Gait Analysis through an Innovative Video-Based Approach. *Sensors (Basel).* 2021 Apr 23;21(9):2977. doi: 10.3390/s21092977. IF 3.576, cit 2
15. Iannetta D, Keir DA, Fontana FY, Inglis EC, Mattu AT, Paterson DH, **Pogliaghi S**, Murias JM. Evaluating the Accuracy of Using Fixed Ranges of METs to Categorize Exertional Intensity in a Heterogeneous Group of Healthy Individuals: Implications for Cardiorespiratory Fitness and Health Outcomes. *Sports Med.* 2021 Nov;51(11):2411-2421. doi: 10.1007/s40279-021-01476-z. Epub 2021 Apr 26. IF 11.14, cit 3
16. Caen K, **Pogliaghi S**, Lievens M, Vermeire K, Bourgois JG, Boone J. Ramp vs. step tests: valid alternatives to determine the maximal lactate steady-state intensity? *Eur J Appl Physiol.* 2021 Jul;121(7):1899-1907. doi: 10.1007/s00421-021-04620-9. Epub 2021 Mar 16. IF 3.078
17. Muollo V\*, Rossi A, Zignoli A, Teso M, Milanese C, Cavedon V, Zamboni M, Schena F, Capelli C, **Pogliaghi S**. Full characterisation of knee extensors' function in ageing: effect of sex and obesity. Accepted for publication in *International Journal of Obesity*, November 2020. IF 5.095
18. Colosio AL\*, Caen K, Bourgois JG, Boone J, **Pogliaghi S**. Bioenergetics of the VO<sub>2</sub> slow component between exercise intensity domains. *Pflugers Arch.* 2020 Oct;472(10):1447-1456. doi: 10.1007/s00424-020-02437-7. Epub 2020 Jul 14
19. Simoni L\*, Scarton A, Gerli F, Macchi C, Gori F, Pasquini G, **Pogliaghi S**. Testing the Performance of an Innovative Markerless Technique for Quantitative and Qualitative Gait Analysis. *Sensors (Basel).* 2020 Nov 20;20(22):6654. doi: 10.3390/s20226654
20. Simoni L\*, Pasquini G, Pancani S, Vannetti F, Macchi C, **Pogliaghi S**. Time-course of running treadmill adaptation in novice treadmill runners. *J Sports Sci.* 2020 Oct;38(20):2321-2328. doi: 10.1080/02640414.2020.1782567. Epub 2020 Jun 23
21. de Girolamo G, Rocchetti M, Benzi IMA, Agosta S, Casiraghi L, Ferrari C, De Franceschi N, Macis A, **Pogliaghi S**, Starace F. DAily time use, Physical Activity, quality of care and interpersonal relationships in patients with Schizophrenia spectrum disorders (DiAPASon): an Italian multicentre study. *BMC Psychiatry.* 2020 Jun 8;20(1):287. doi: 10.1186/s12888-020-02588-y
22. Colosio AL\*, Teso M\*, **Pogliaghi S**. Prolonged static stretching causes acute, non-metabolic fatigue and impairs exercise tolerance during severe intensity cycling. *Appl Physiol Nutr Metab.* 2020 Mar 16. doi: 10.1139/apnm-2019-0981. Online ahead of print.
23. Pedrinolla A, Colosio AL\*, Magliozzi R, Danese E, Kirmizi E, Rossi S, **Pogliaghi S**, Calabrese M, Gelati M, Muti E, Cè E, Longo S, Esposito F, Lippi G, Schena F, Venturelli M. The Vascular Side of Chronic Bed Rest: When a Therapeutic Approach Becomes Deleterious. *J Clin Med.* 2020 Mar 27;9(4):918. doi: 10.3390/jcm9040918.

24. Colosio AL\*, Spigolon G\*, Bacchi E, Moghetti P, **Pogliaghi S**. Monitoring exercise intensity in diabetes: applicability of "heart rate-index" to estimate oxygen consumption during aerobic and resistance training. *J Endocrinol Invest.* 2020 May;43(5):623-630. doi: 10.1007/s40618-019-01150-2. Epub 2019 Nov 28.

25. Colosio AL\*, Lievens M, **Pogliaghi S**, Bourgois JG, Boone J. Heart rate-index estimates aerobic metabolism in professional soccer players. *J Sci Med Sport.* 2020 Apr 27:S1440-2440(19)31624-X. doi: 10.1016/j.jsams.2020.04.015. Online ahead of print. IF 4.319.

26. Caen K\*, Boone J, Bourgois JG, Colosio AL\*, **Pogliaghi S**. Translating Ramp V'O<sub>2</sub> into Constant Power Output: A Novel Strategy that Minds the Gap. *Med Sci Sports Exerc.* 2020 Feb 29. doi: 10.1249/MSS.0000000000002328. Online ahead of print

27. Ferrari L, Colosio AL, Teso M, **Pogliaghi S**. Performance and Anthropometrics of Classic Powerlifters: Which Characteristics Matter? *J Strength Cond Res.* 2020 Mar 12. doi: 10.1519/JSC.00000000000003570. Online ahead of print.

28. Iannetta D, Inglis EC, Mattu AT, Fontana FY, **Pogliaghi S**, Keir DA, Murias JM. A Critical Evaluation of Current Methods for Exercise Prescription in Women and Men. *Med Sci Sports Exerc.* 2020 Feb;52(2):466-473. doi: 10.1249/MSS.0000000000002147

29. Iannetta D, Inglis EC, **Pogliaghi S**, Murias JM, Keir DA. A "Step-Ramp-Step" Protocol to Identify the Maximal Metabolic Steady State. *Med Sci Sports Exerc.* 2020 Mar 20. doi: 10.1249/MSS.0000000000002343. Online ahead of print.

30. Caen K, Vermeire K, **Pogliaghi S**, Moerman A, Niemeijer V, Bourgois JG, Boone J. Aerobic Interval Training Impacts Muscle and Brain Oxygenation Responses to Incremental Exercise. *Front Physiol.* 2019 Sep 20;10:1195. doi: 10.3389/fphys.2019.01195. eCollection 2019.

31. Colosio AL\*, Baldessarri E\*, Basso E\*, **Pogliaghi S**. Respiratory and muscular response to acute non-metabolic fatigue during ramp incremental cycling. *Journal: Respiratory Physiology & Neurobiology*, accepted; IF 3.12, cit 0

32. Soares R\*, Colosio A\*, Murias JM, **Pogliaghi S**. Non-invasive and in vivo assessment of upper and lower limb skeletal muscle oxidative metabolism activity and microvascular responses to glucose ingestion in humans. *Appl Physiol Nutr Metab.* 2019 Feb 25. doi: 10.1139/apnm-2018-0866. [Epub ahead of print]; IF 1.97, cit 0

33. Iannetta D, Inglis EC, Soares RN, McLay KM, **Pogliaghi S**, Murias JM. Reliability of microvascular responsiveness measures derived from near-infrared spectroscopy across a variety of ischemic periods in young and older individuals. *Microvasc Res.* 2019 Mar;122:117-124. doi: 10.1016/j.mvr.2018.10.001. Epub 2018 Oct 4, IF 2.47, cit 3

34. Keir DA, **Pogliaghi S**, Murias JM. The Respiratory Compensation Point and the Deoxygenation Break Point Are Valid Surrogates for Critical Power and Maximum Lactate Steady State. *Med Sci Sports Exerc.* 2018 Nov;50(11):2375-2378. doi: 10.1249/MSS.0000000000001698; IF 4.29, cit 0

35. Iannetta D, Fontana FY\*, Maturana FM, Inglis EC, **Pogliaghi S**, Keir DA, Murias JM. An equation to predict the maximal lactate steady state from ramp-incremental exercise test data in cycling. *J Sci Med Sport.* 2018 Dec;21(12):1274-1280. doi: 10.1016/j.jsams.2018.05.004. Epub 2018 May 24, IF 3.93, cit 1

36. Colosio AL\*, Pedrinolla A, Da Lozzo G, **Pogliaghi S**. Heart Rate-Index Estimates Oxygen Uptake, Energy Expenditure and Aerobic Fitness in Rugby Players. *J Sports Sci Med.* 2018 Nov 20;17(4):633-639. eCollection 2018 Dec, IF 1.99, cit 0

37. Colosio AL\*, **Pogliaghi S**. Quantification of energy expenditure of military loaded runs: what is the performance of laboratory-based equations when applied to the field environment? *J R Army Med Corps.* 2018 Aug;164(4):253-258. doi: 10.1136/jramc-2017-000887. Epub 2018 Mar 17, IF 0.88, cit 2

38. Zuo L, Zhou T, Malatesta D, Lanzi S, Millet GP, **Pogliaghi S**, Paterson DH, Murias JM, van der Zwaard S, Jaspers RT, van der Laarse WJ. Commentaries on Viewpoint:  $\dot{V}O_2$ peak is an acceptable estimate of cardiorespiratory fitness but not  $\dot{V}O_2$ max. *J Appl Physiol* (1985). 2018 Sep 1;125(3):966-967. doi: 10.1152/japplphysiol.00687.2018, IF 2.77, cit 0

39. Tam E, Bruseghini P, Capelli C, Oliboni E, Pezzato A, **Pogliaghi S**, Pozzi Mucelli R, Schena F, Calabria E. Effect of Endurance and Strength Training on the Slow Component of  $O_2$  Kinetics in Elderly Humans. *Front Physiol*. 2018 Oct 9;9:1353. doi: 10.3389/fphys.2018.01353. eCollection 2018, IF 3.39, cit 0

40. Murias JM, **Pogliaghi S**, Paterson DH. Measurement of a True  $\dot{V}O_2$ max During a Ramp Incremental Test is not Confirmed by a Verification Phase. *Frontiers in Physiology - Exercise Physiology*, accepted Feb 2018, IF 3.39, cit 3

41. Mattioni Maturana F, Fontana FY\*, **Pogliaghi S**, Passfield L, Murias JM. Critical power: How different protocols and modelling strategies affect its determination. *Journal of Science and Medicine in Sport*, Accepted 21 Nov 2017, IF 3.93, cit 10

42. Fontana FY\*, Colosio, AL\*, Keir DA\*, Murias JM, **Pogliaghi S**. Identification of critical intensity from a single lactate measure during a 3-min, submaximal cycle-ergometer test. *Journal of Sports Sciences*, 2016 Dec 6:1-7. doi: 10.1080/02640414.2016.1261177. [Epub ahead of print], IF 2.54, cit 1

43. Colosio AL\*, Fontana FY\*, **Pogliaghi S**. Attrition in Italian Ranger Trainees During Special Forces Training Program: A preliminary Investigation. *Sport Sciences for Health*, July 2016, DOI 10.1007/s11332-016-0299-4, IF 0.323, cit 1

44. Fontana FY\*, Colosio AL\*, Da Lozzo G, **Pogliaghi S**. Player's success prediction in rugby union: From youth performance to senior level placing. *J Sci Med Sport*. 2016 Sep 1. pii: S1440-2440(16)30160-8. doi: 10.1016/j.jsams.2016.08.017. [Epub ahead of print], IF 3.86, cit 2

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Capelli C. Gokyo Khumbu/Ama Dablam Trek 2012: effects of physical training and high-altitude exposure on oxidative metabolism, muscle composition, and metabolic cost of walking in women. *Eur J Appl Physiol*, 116(1):129-44, 2016, IF 2.13, cit 10.

51. Bruseghini P, Calabria E, Tam E, Milanese C, Oliboni E, Pezzato A, **Pogliaghi S**, Salvagno GL, Schena F, Mucelli RP, Capelli C. Effects of eight weeks of aerobic interval training and of isoinertial resistance training on risk factors of cardiometabolic diseases and exercise capacity in healthy elderly subjects. *Oncotarget*, 6(19):16998-7015, 2015, IF 5.01, cit 15.
52. Fontana FY\*, Colosio A\*, De Roia GF\*, Da Lozzo G\*, **Pogliaghi S**. Anthropometrics of Italian Senior Male Rugby Union Players: From Elite to Second Division. *Int J Sports Physiol Perform*, 10(6):674-80, 2015, IF 3.98, cit 8.
53. Keir DA\*, Fontana FY\*, Robertson TC, Murias JM, Paterson DH, Kowalchuk JM, **Pogliaghi S**. Exercise Intensity Thresholds: Identifying the Boundaries of Sustainable Performance. *Med Sci Sports Exerc*, 47(9):1932-40, 2015, IF 4.04, cit 58.
54. Fontana FY\*, Keir DA\*, Bellotti C\*, De Roia GF\*, Murias JM, **Pogliaghi S**. "Determination of RCP in healthy adults: can NIRS help?" *J Sci Med Sport*, 18(5):590-5, 2015, IF 3.76, cit 23.
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57. Bellotti C\*, Calabria E, Capelli C, **Pogliaghi S**. Anaerobic threshold determination in healthy adults: can NIRS help? *Med Sci Sports Exer*, 45(6): 1208-16, 2013, IF 4.46, cit 32
58. Murias JM, Spencer MD, **Pogliaghi S**, Paterson DH. Non-invasive estimation of microvascular O<sub>2</sub> provision to the working muscles during the exercise on-transients in healthy young males. *Am J Physiol Regul Integr Comp Physiol*, 303(8): R815-23, 2012, IF 3.28, cit 22.
59. De Roia G\*, Adami A, Papadopoulos C, **Pogliaghi S**, Capelli C. Effects of priming exercise on the speed of adjustment of muscle oxidative metabolism at the onset of moderate-intensity step transitions in older adults. *Am J Physiol Regul Integr Comp Physiol*, 302(10): R1158-R1166, 2012, IF 3.28, cit 18
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61. Doria C, Toniolo L, Verratti V, Cancellara P, Pietrangelo T, Marconi V, Paoli A, **Pogliaghi S**, Fano G, Reggiani C, Capelli C. Improved VO<sub>2</sub> uptake kinetics and shift in muscle fiber type in high altitude trekkers. *J Appl Physiol*, 111(6): 1597-605, 2011, IF 3.75, cit 26
62. Bringard A, **Pogliaghi S**, Adami A, De Roia G\*, Lador F, Lucini D, Pizzinelli P, Capelli C, Ferretti G. Cardiovascular determinants of maximal oxygen consumption in upright

and supine posture at the end of prolonged bed rest in humans. *Respir Physiol Neurobiol*, 172(1-2): 53-62, 2010, IF 2.38, cit 15

63. Capelli C, Cautero M, **Pogliaghi S**. Algorithms, modelling and VO<sub>2</sub> kinetics. *Eur J Appl Physiol*, 111(3): 331-42, 2011; mistake under the names: Carlo C, Michela C, Silvia P. IF 2.15, cit 15

64. Adami A, **Pogliaghi S**, De Roia G\*, Capelli C. Oxygen uptake, cardiac output and muscle deoxygenation at the onset of moderate and supramaximal exercise in humans. *Eur J Appl Physiol*, 111(7): 1517-27, 2011, IF 2.15, cit 20

65. Capelli C, **Pogliaghi S**. Comments on point: counterpoint: the kinetics of oxygen uptake during muscular exercise do/do not manifest time-delayed phase. Time delays are not artifacts generated by the algorithms used for calculations. *J Appl Physiol*, 107(5): 1671-2, 2009, IF 2.77, cit 0

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67. **Pogliaghi S**, Terziotti P, Cevese A, Balestreri F, Schena F. Adaptations to endurance training in healthy elderly: arm cranking versus leg cycling. *Eur J Appl Physiol*, 97(6): 723-31, 2006, IF 2.15, cit 36

68. Borrelli E, **Pogliaghi S**, Molinello A\*, Diciolla F, Maccherini M, Grassi B. Serial assessment of peak VO<sub>2</sub> and VO<sub>2</sub> kinetics early after heart transplantation. *Med Sci Sports Exerc*, 35(11): 1798-1804, 2003, IF 4.29, cit 21

69. Grassi B, **Pogliaghi S**, Rampichini S, Quaresima V, Ferrari M, Marconi C, Cerretelli P. Muscle oxygenation and pulmonary gas exchange kinetics during cycling exercise on-transitions in humans. *J Appl Physiol*, 95(1): 149-158, 2003, IF 2.80, cit 278

70. Sartorio A, Lafortuna CL, **Pogliaghi S**, Trecate L. The impact of gender, body dimension and body composition on hand-grip strength in healthy children. *J Endocrinol Invest*, 25(5): 431-5, 2002, IF 3.17, cit 42

71. **Pogliaghi S**, Veicsteinas A. Influence of low and high dietary fat intake on physical performance in untrained males. *Med Science Sports Exerc*, 31(1): 149-155, 1999, IF 4.29, cit 14

72. Marconi C., **Pogliaghi S.**, Grassi B, Rasia Dani E., Colombini A., Cerretelli P. Energy metabolism at 7.600M. *FASEB Journal* 12: A724, 1998, IF 5.50, cit 3.

73. **Pogliaghi S**, Malgrati D. A new taping technique for shoulder impingement. Pilot study. *Europa Medicophysica*, 10: 145-152, 1998, IF 0.29, cit 4

74. **Pogliaghi S**, Krasney JA, Pendergast DR. Effect of gravity on lung exhaled nitric oxide at rest and during exercise. *Respiration Physiology*, 107(2): 157-164, 1997, IF 1.77, cit 20

Letters to the Editor/Commentaries (7):

1. Colosio AL, Gløersen Ø, **Pogliaghi S**. *J Appl Physiol* (1985). Reply to MacIntosh et al. 2022 Nov 1;133(5):1165. doi: 10.1152/japplphysiol.00568.2022.
2. **Pogliaghi S**, Colosio AL\*, Caen K, Bourgois JG, Boone J, Gløersen ØN, Capelli C. Response to the commentary on our paper "bioenergetics of the VO<sub>2</sub> slow component

between exercise intensity domains". *Pflugers Arch.* 2020 Dec;472(12):1665-1666. doi: 10.1007/s00424-020-02489-9. Epub 2020 Nov 9. IF 3.657, cit 0

3. Keir DA, **Pogliaghi S**, Murias JM. Response. *Med Sci Sports Exerc.* 2019 Apr;51(4):830. doi: 10.1249/MSS.0000000000001851; IF 4.29, cit 0
4. Keir DA, **Pogliaghi S**, Murias JM. Response. *Med Sci Sports Exerc.* 2019 Mar;51(3):603. doi: 10.1249/MSS.0000000000001820, IF 4.29, cit 0
5. Mc Lay KM, Fontana FY\*, Nederveen JP, Paterson DH, **Pogliaghi S**, Murias JM. Response to Letter from Tremblay & King: Near-infrared spectroscopy: can it measure conduit artery endothelial function? *Exp Physiol.* 2017 Jan 1;102(1):128-129. doi: 10.1113/EP085909. Epub 2016 Nov 28.
6. Keir DA\*, Fontana FY\*, Robertson TC, Murias JM, Paterson DH, Kowalchuk JM, **Pogliaghi S**. Response. *Med Sci Sports Exerc.* 47(9):1998-9, 2015.
7. **Pogliaghi S**. Accuracy of oxygen desaturation of haemoglobin in muscle by near-infrared oximeters. Author reply. *Med Sci Sports Exerc.* 45(6):1218, 2013

#### Papers in Peer-Reviewed Congress Proceedings (3):

\* indicates trainees under my supervision

1. Da Lozzo G\*, **Pogliaghi S**. What is the work-load during training sessions in Rugby Union? *Science and Football VII, The Proceedings of the Seventh World Congress on Science and Football* Edited by Hiroyuki Nunome, Barry Drust, Brian Dawson Routledge 2013 ISBN: 978-415-68991-5.
2. **Pogliaghi S**, Da Lozzo G\*, Ceradini V\*, De Roia G\* Physiological and anthropometric characteristics of elite women's rugby union players. *Science and Football VII, The Proceedings of the Seventh World Congress on Science and Football* Edited by Hiroyuki Nunome, Barry Drust, Brian Dawson Routledge 2013 ISBN: 978-415-68991-5.
3. **Pogliaghi S**, Da Lozzo G\*, De Roia G\* Anthropometrics of elite senior male Italian rugby union players. *Science and Football VII, The Proceedings of the Seventh World Congress on Science and Football* Edited by Hiroyuki Nunome, Barry Drust, Brian Dawson Routledge 2013 ISBN: 978-415-68991-5.

#### Book Chapters (3):

1. **Silvia Pogliaghi** and Juan M Murias. "Cardiovascular Changes Associated with Aging" in *Exercise and Physical Activity for Older Adults*, , edited by Danielle R Bouchard, to be published by Human Kinetics.
2. Paola Zamparo, Carlo Capelli and **Silvia Pogliaghi**. "Bioenergetics of Cyclic Sports Activities on Land. Walking, Running and Cycling" in *Nutrition and enhanced sports performance. Muscle building, endurance and strength*, edited by D. Bagchi, S. Nair, C.K. Sen, Elsevier Inc. 2013. ISBN: 978-0-12-396454-0.
3. **Silvia Pogliaghi**. "Alimentazione e sport in età giovanile (Nutrition for young athletes)" in "Doping: aspetti medici, nutrizionali, psicopedagogici, legali ed etici ed indicazioni per la prevenzione. Manuale teorico-pratico per operatori di prevenzione e dei dipartimenti delle dipendenze." Serpelloni G. A. Rossi, 2006. [www.dronet.org](http://www.dronet.org).

#### Non-indexed Articles (3)

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\* indicates trainees under my supervision

1. Zamparo P, Licari G\*, Gozzi L, Peterson Silveira R, **Pogliaghi S.** (2012) Come diventare da sedentario a triatleta in sei mesi. *La Tecnica del Nuoto*, 1-2: 9-19.
2. Lopez SM\*, **Pogliaghi S**, Capelli C. (2012) Quantificazione del dispendio energetico in diverse situazioni nello sport della vela in bambini della classe Optimist. *Optimist*, 3: 36-42.
3. Beccati D\*, **Pogliaghi S**, Moser L, Zamparo P. (2011) Effetti dell'integrazione idrica ed energetica in giovani nuotatori. *La Tecnica del Nuoto*, 1: 26-34.

FUNDING OBTAINED (~1,400,000 euro)

2024 University of Verona, International Mobility Program, for international cooperation incoming and outgoing mobility support for teaching and research, Principal applicant (4000 euro)

2023-26 PhD competitive grant PNRR D.M. 118/2023 Digital and Green innovation, for the research project “Exposure to green spaces for the promotion of health and well-being: what is the "minimum dose" and how can we get it in our cities?”, Applicant and Supervisor (75000 euro)

2022-25 PhD competitive grant PNRR Dottorati innovativi PNRR in collaborazione con le imprese 38° ciclo a.a. 22/23, for the research project “Gait Training with an intelligent treadmill for Parkinson’s Disease (GaIT-PD)”, Applicant and Supervisor (75000 euro)

2022-25 Innovation and Technology office of the Autonomous Province of Altoadige, Italy Industrial development grant, for the research project “Gait training with Intelligent Treadmill for Parkinson’s Disease (GaIT – PD)” Primary investigator (365,000 euro).

2022 University of Verona, International Mobility Program, for international cooperation incoming and outgoing mobility support for teaching and research, Principal applicant (4000 euro)

2020-22 University of Verona, Department of Neurosciences, Biomedicine and Movement Sciences Academic Staff Research Funding (15,000 euro)

2020 Caritro Foundation Research and Development Competitive grant, for the project “Development of an innovative technological solution of telemedicine for the prevention, early diagnosis, monitoring and treatment of sarcopenia” Primary investigator (100,000 euro)

2019-21 European funding for regional development (FESR), for the research project “STEX: smart textiles for the monitoring of muscle activity”, led by the private company Microgate in partnership with the University of Bolzano. Sub-contractor (60,000 euro)

2019 University of Verona, Department of Neurosciences, Biomedicine and Movement Sciences Academic Staff Research Funding (5,500 euro)

2019 University of Verona, School of Medicine, International Cooperation Program, Funding for Academic Staff Outgoing Mobility Principal applicant (6,000 euro)

2019 University of Verona, School of Medicine, International Cooperation Program, Funding for the organisation of the Winter School “The Physiological Bases of Exercise Prescription” Principal applicant and organiser (6,000 euro)

2018 University of Verona, Department of Neurosciences, Biomedicine and Movement Sciences Academic Staff Research Funding (5,500 euro)

2018 University of Verona, Joint Project Program, Project title “Synergic interventions for treatment of mitochondrial dysfunction and complications

associated with type 2 diabetes”, Principal applicant and scientific coordinator (64.500 euro)

2017 University of Verona, Department of Neurosciences, Biomedicine and Movement Sciences Academic Staff Research Funding (4,500 euro)

2017 Italian Ministry of Research, basic research staff funding (Finanziamento delle attività base di ricerca) (3000 euro)

2017 CSEP Symposium preparation funding (2000 CAD)

2017 University of Verona, International Cooperation in the science of education Program, PhD Program funding for international cooperation, Principal applicant (2000 euro)

2017 University of Verona, International Cooperation in the science of education Program, Department staff mobility grant towards international cooperation, Principal applicant (2000 euro)

2017 Sport Science Association of Alberta, Sport Science Research Grant, “A pilot study investigating the effects of the menstrual cycle on power and fax oxidation in cyclists”, Co-investigator (4800 CAD)

2017 University of Verona, Joint Project Program, Project title “Optimal Testing for Individualised Training in cycling”, Collaborator (33.500 euro)

2016 University of Verona, Department of Neurosciences, Biomedicine and Movement Sciences Academic Staff Research Funding (3,500 euro)

2016 CSEP Symposium preparation funding (2000 CAD)

2016 University of Verona, International Cooperation in the science of education Program, Cooperint outgoing mobility grant, Principal applicant (5000 euro)

2016 University of Verona, International Cooperation in the science of education Program, Cooperint incoming mobility grant (1), Principal applicant (2,700 euro)

2016 University of Verona, International Cooperation in the science of education Program, Cooperint incoming mobility grant (2), Principal applicant (3,200 euro)

2016 University of Verona, International Cooperation in the science of education Program, Cooperint teaching grant (2), Principal applicant (3,300 euro)

2016 University of Verona, International Cooperation in the science of education Program, Cooperint teaching grant (1), Principal applicant (3,300 euro)

2015 University of Verona, Department of Neurosciences, Biomedicine and Movement Sciences Academic Staff Research Funding (3,500 euro)

2015 University of Verona, International Cooperation in the science of education Program, Cooperint incoming staff mobility grant, Principal applicant (6,700 euro)

2015 University of Verona, International Cooperation in the science of education Program, Cooperint teaching grant, Principal applicant (3,300 euro)

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2014 University of Verona, Department of Neurosciences, Biomedicine and Movement Sciences Accademic Staff Research Funding (3,500 euro)

2014 University of Verona, International Cooperation in the science of education Program, Cooperint incoming mobility grant, Principal applicant (7,500 euro)

2013 University of Verona, Department of Neurosciences, Biomedicine and Movement Sciences Accademic Staff Research Funding (3,500 euro)

2013 Canadian Institutes of Health Research, CIHR planning grant entitled "Relevance of vascular adaptations to exercise training in improving quality of life in aging populations: transitioning from the laboratory to the community", International collaborator (21,000 CAD)

2012-13 European Space Agency, ESA MAP "Astronaut exercise prescriptions promoting health and fitness on Earth", Work Package "Cardiovascular and skeletal muscle responses to chronic concurrent exercise using flywheel technology in old men", Participant of work package (100,000 euro)

2013 University of Western Ontario, International Scholar-In-Residence Program, (8,000 CAD)

2012 University of Verona, Department of Neurosciences, Biomedicine and Movement Sciences Accademic Staff Research Funding (3,500 euro)

2012 University of Verona, International Cooperation in the science of education Program, Cooperint outgoing staff mobility grant, Principal applicant (6,000 euro)

2011 University of Verona, Department of Neurosciences, Biomedicine and Movement Sciences Accademic Staff Research Funding (3,500 euro)

2011 University of Verona, International Cooperation in the science of education Program, Cooperint outgoing staff mobility grant (3,000 euro)

2010 University of Verona, Department of Neurosciences, Biomedicine and Movement Sciences Accademic Staff Research Funding (3,500 euro)

2010 University of Verona, International Cooperation in the science of education Program, Cooperint Incoming Mobility Grant (2,000 euro)

2009-10 CARIVERONA Foundation, Two-year research project: "Rehabilitation in cerebral palsy", Participant (50,000 euro).

2009 University of Verona, Department of Neurosciences, Biomedicine and Movement Sciences Accademic Staff Research Funding (2,500 euro)

2009 University of Verona, International Cooperation in the science of education Program, Cooperint Staff Incentive Grant for teaching courses in English (2,000 euro).

2008 University of Verona, Department of Neurosciences, Biomedicine and Movement Sciences Accademic Staff Research Funding (2,500 euro)

2007-09 Italian Ministry of University and Research, Progetto di Interesse Nazionale (PRIN) 2-year grant on the project: "Effect of high-intensity training on the cardiopulmonary response to exercise, the gas exchanges and muscle O2

extraction in heart failure patients." Participant of local unit, at the University of Verona (Local Unit budget: 60,000 euro).

2007 University of Verona, Department of Neurosciences, Biomedicine and Movement Sciences Academic Staff Research Funding (2,500 euro)

2006-09 Italian Rugby Federation research grant for the project "Talent identification and promotion in rugby", Principal Investigator (12,000 euro)

2006 University of Verona, Department of Neurosciences, Biomedicine and Movement Sciences Academic Staff Research Funding (2,500 euro)

2005 University of Verona, Department of Neurosciences, Biomedicine and Movement Sciences Academic Staff Research Funding (2,500 euro)

2003-05 University of Trento, Post Doc funding (Assegno di Ricerca) (24,000 euro)

1999-02 University of Milano, PhD in Human Physiology, PhD fellowship (50,000 euro).

1998 Eastern Lombardy University Foundation, EULO: three-year research fellowship for the project: "Physical exercise and health promotion" carried out at the Faculty of Medicine, University of Brescia, Principal Investigator (36,000 euro).

1997 Brescia's Milk Central, Centrale del Latte di Brescia s.p.a.: one-year fellowship for the research project: "Dietary fat consumption: effect on blood lipids and aerobic performance in healthy sedentaries", Principal Investigator (12,000 euro).

1996 Rehabilitation Clinic "Domus Salutis" , Brescia, Italy: one-year fellowship for applied research for the research project: "Development and application of innovative rehabilitation techniques for shoulder impingement", Principal Investigator (12,000 euro).

1995 Italian Ministry of Education: one-year student mobility grant, Principal applicant (20,000 euro).

1993 Eastern Lombardy University Foundation, EULO: one-year fellowship for integrative teaching activities at the Faculty of Medicine, University of Brescia, Principal applicant (6,000 euro).

Invited Speaker – Conferences- (28)

§ indicates International Conferences

1. Pogliaghi S. "Exercise intensity prescription for health and performance: what's new?" Annual conference of f-TALES (Flanders TrAining network LifE Sciences), Gent, Belgium 1-2 March 2022 §
2. Pogliaghi S. Symposium organizer, chair and presenter of "VO<sub>2</sub> slow component: What's new?" in the Symposium "What's new on VO<sub>2</sub> kinetics? Mechanistic insight and practical implications for exercise testing and prescription" Italian Physiological Society annual conference, On-line 6-8 September 2021.
3. Pogliaghi S. Symposium organizer, chair and presenter of "Tracking intensity, the elusive ingredient of the exercise "formula"" in the Symposium "Exercise intensity prescription for health and performance: How close (or how far) are we from getting it right?" at the 68<sup>th</sup> Annual Meeting of the ACSM, Online conference, 1-5th June 2021 §
4. Pogliaghi S. "Loss of muscle mass with ageing: non-pharmacological treatment and intervention" First International University School on Physical Activity and Exercise, Verona, Italy 9-11 December 2021.
5. Pogliaghi S. "Female sport: does sex make a difference?" Convegno "Giovani e Sport di Montagna, 9<sup>th</sup> Edition, 5 May 2018, Predazzo, Italy
6. Pogliaghi S. "Determination of cardiorespiratory fitness: the whys and hows" Research to Action annual conference of the Canadian Center for Activity and Ageing, 8<sup>th</sup> June 2018, London, Canada §
7. Pogliaghi S. Symposium organizer, chair and presenter of "Landmarks of exercise intensity: from measurement to individualised exercise prescription" in the Symposium: "Exercise tolerance: from functional indexes to individualised prescription" Italian Physiological Society annual conference, Pavia (Italy), 6-8 September 2017.
8. Pogliaghi S. Symposium organizer, chair and presenter "Laboratory- derived measures of critical intensity: what's new?" in the Symposium: "Can we give relevant perceptual and physiological names to ranges of exercise intensity?" CSEP Annual conference2017, Winnipeg (MB, Canada), 25-28 October 2017§
9. Pogliaghi S. "Laboratory- derived measures of critical intensity: what's new?" 7th edition of the International Congress "Mountain, Sport & Health", Rovereto, Italy, 9-10<sup>th</sup> November 2017 §
10. Pogliaghi S. "Endurance sports: what and when to eat for optimal performance". App & Bike: International Workshop on Technology applied to Cycling. Verona, 07 April 2017§.
11. Pogliaghi S. "Methods for the evalutation and monitoring of physical activity in patients with schizophrenia: the contribution of sports medicine" National Conference of the Italian Society of Psychopathology, Rome, 22-25 February 2017.
12. Pogliaghi S. "Should practitioners consider VO<sub>2</sub> as a "vital sign"?" in the Symposium: "VO<sub>2</sub> and O<sub>2</sub> extraction during exercise: Implications for health and performance" CSEP Annual conference2016, Victoria (BC, Canada), 12-15 October 2016§
13. Pogliaghi S. "Physical exercise and nutrition in Parkinson's disease patients". Invited speaker, National Congress "Management of Parkinson from diagnosis to advanced

disease: pharmacological treatment, nutrition, physical activity”, Verona 19 November 2015.

14. Pogliaghi S. “Vegetarian diet and Health”. Invited speaker, National Conference “Food and Culture: interdisciplinary dialogues” MilanoEXPO 2015 Initiatives of the University of Verona, May 2015.
15. Pogliaghi S. “Valutazione funzionale nell’adulto e nell’anziano”. Invited speaker, National Congress on Exercise prescription in metabolic disorders, Verona, 12 December 2014.
16. Pogliaghi S. “Guidelines for optimal hydration in youth practicing sports”. Invited speaker, 5<sup>th</sup> National Congress on Nutrition, metabolism and diabetes in children and adolescents, Verona, 14-15 September 2012.
17. Pogliaghi S. “The benefits of physical activity at all ages” conference on the occasion of the 2010 WHO Health day, 1000Cities-1000Lives initiative, Arezzo, Italy, 10 April, 2010.
18. Pogliaghi S. “Cardio-pulmonary testing in sports medicine: who should we be testing and why?” invited seminar within the course for continuing medical education “Interactive course on Stress Testing: methods, interpretation of results and application in clinical cardiology, 2nd Edition” organized by Istituto Cardiovascolare Camogli (ISCC), Camogli, Genova, 7-9 May, 2009.
19. Pogliaghi S. “Cardio-pulmonary testing in sports medicine: who should we test?” invited seminar within the course for continuing medical education “Interactive course on Stress Testing: methods, interpretation of results and application in clinical cardiology” organized by Istituto Cardiovascolare Camogli (ISCC), Camogli, Genova, 7-8 May 2008.
20. Pogliaghi S. “Planning of physical activity for health: principles and practicalities” National Congress on Nordic Walking, National Italian Nordic Walking association, Riva del Garda 24 May 2008.
21. Pogliaghi S. “Nutritional support to physical conditioning in team sports” Verona-Ghirada Team Sport Conference, Treviso, 7-8 June, 2008. §
22. Pogliaghi S. “Nutritional support for physical conditioning” within the workshop “Physical preparation for rugby: a repeated-sprint activity” organized by the Italian Rugby Federation, Verona, 14th January 2008.
23. Pogliaghi S. “Why and how physical exercise: theory and practice of exercise prescription”. Practical Workshop. 2nd Mountain, Sport and Health International Congress, Rovereto (TN), 18-20 ottobre 2007. §
24. Pogliaghi S. “Near-infrared Spectroscopy (NIRS): a non-invasive technique for the functional evaluation of muscle oxidative metaboism”. 2nd Mountain, Sport and Health International Congress, Rovereto (TN), 18-20 ottobre 2007. §
25. Pogliaghi S. “Urban mobility strategies for health promotion” seminar within the Conference “Urban mobility and traffic moderation”, Administrative Council of Verona, Verona, 20 September, 2005.
26. Pogliaghi S. “Basic techniques for the monitoring of training”, Italian Sports Medicine Federation Annual Conference, Verona, Italy, 8 May, 2004.

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27. Pogliaghi S. "Introduction to aerobic quality testing" European College of Sport Science Satellite Workshop "Functional evaluation of physical performance in elderly" Salzburg, 7-9 July, 2003. §
28. Pogliaghi S. "Exercise prescription in healthy elderly people: case presentation." European College of Sport Science Satellite Workshop "Functional evaluation of physical performance in elderly" Salzburg, 7-9 July, 2003. §

Invited Speaker – University Lectures and Seminars - (17)

§ indicates International Universities

1. Pogliaghi S. Invited speaker for the Seminar "Mind the Drift' of HR for Accurate Exercise Intensity Implementation in Prolonged Aerobic Exercise" as part of the International Scholar in Residence Program, at the Faculty of Health Sciences, University of Western Ontario, London, Ontario, Canada, Agust 8<sup>th</sup> 2023 §
2. Pogliaghi S. Invited speaker for the Seminar "How can we grant Accurate Exercise Intensity Implementation in Prolonged Aerobic Exercise?" as part of the International Scholar in Residence Program, at the Faculty of Health Sciences, University of Western Ontario, London, Ontario, Canada, Agust 16<sup>th</sup> 2023 §
3. Pogliaghi S. Invited speaker for the Seminar "The elusive intensity ingredient of the «exercise pill»: what's new?" within the Multidisciplinary Medical and Health Seminars, at the Faculty of Medicine, University of Gent, Belgium, 24<sup>th</sup> September 2020 §
4. Pogliaghi S. Invited speaker for the Seminar "Oxidative metabolism and exercise tolerance: what's strength got to do with it?" at the Norwegian School of Sport Sciences (NIH), Oslo, 3<sup>rd</sup> February 2019 §
5. Pogliaghi S. Invited speaker for the Seminar "Factors limiting oxidative metabolism and exercise tolerance in healthy young and older adults" at the Swedish School of Sport and Health Sciences (GIH), Stockholm, 9<sup>th</sup> October 2018 §
6. Pogliaghi S. "Oxidative metabolism and exercise tolerance: what's strength got to do with it?" Western Visiting University Scholar Seminar, School of Kinesiology, Faculty of Health Sciences, The University of Western Ontario, London (ON), Canada, London, 14th September 2018. §
7. Pogliaghi S. Invited seminar "Measures of cardiorespiratory fitness: whys and hows" at the Faculty of Movement Sciences, University of Ghent, Belgium, 30<sup>th</sup> March 2018 §
8. Pogliaghi S. "Laboratory- derived measures of critical intensity: what's new?" Invited speaker for the Workshop "Exercise tolerance: from functional indexes to individualised prescription" PhD School in LIFE AND HEALTH SCIENCES, PhD Program in Neuroscience, Psychological and Psychiatric Sciences and Movement Sciences, University of Verona, 12<sup>th</sup> December 2017
9. Pogliaghi S. "Laboratory- derived measures of critical intensity: what's new?" Invited Exercise Physiology Seminar, Faculty of Kinesiology, University of Calgary, Calgary (AL), Canada, 2<sup>nd</sup> November 2017. §
10. Pogliaghi S. "Should practitioners consider VO2max as a vital sign?" Kinesiology Graduate Seminar Series, School of Kinesiology, Faculty of Health Sciences, The University of Western Ontario, London (ON), Canada, London, 24th October 2016. §

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11. Pogliaghi S. "Should practitioners consider VO<sub>2</sub> as a "vital sign"?" Invited Exercise Physiology Seminar, Faculty of Kinesiology, University of Calgary, Calgary (AL), Canada, 20th October 2016. §
12. Pogliaghi S. "The training diary: from couch to Olympic triathlon in 6 months" Invited seminar at the Canadian Center for Activity and Ageing, University of Western Ontario, London, Ontario, Canada, London, 18th July 2013. §
13. Pogliaghi S. "Non-invasive functional evaluation of aerobic exercise capability: field tests from Verona" Invited lecture for the International Scholar-in-Residence Program of the Faculty of Health Sciences, University of Western Ontario, London, Ontario, Canada, London, 17th July 2013. §
14. Pogliaghi S. "Non-invasive functional evaluation of muscle oxidative metabolism under physiological and pathological conditions" Faculty seminar, Canadian Center for Activity and Ageing - Faculty of Health Sciences- University of Western Ontario, Ontario Canada, 2006. §
15. Pogliaghi S. "Non-invasive functional evaluation of muscle oxidative metabolism under physiological and pathological conditions" Special Seminars of the Center for Imaging Science and Technology - Swiss Federal Institute of Technology – Zurich, Switzerland, 2006. §
16. Pogliaghi S. "Lung and muscle VO<sub>2</sub> kinetics in healthy subjects and in heart transplant recipients". Invited seminar, CeBiSM, University of Trento, Italy, 2001.
17. Pogliaghi S. "Nitric oxide elimination through the lungs under different experimental conditions". Invited seminar at Faculty of Science, University of Trento, Italy, 1999.

#### International Conference Communications (81)

\* indicates trainees under my supervision

1. Petrelli M, Shkodra B, Costa Angeli MA, Scarton A, **Pogliaghi S**, Biasi R, Lugli P, Petti L. Novel gate electrode design for planar, flexible electrolyte-gated field-effect transistor-based sensors for real-time ammonium detection in sweat. IEEE Sensors Conference, June 2022.
2. Petrelli M, Golparvar A, Shkodra B, Costa Angeli MA, Scarton A, **Pogliaghi S**, Biasi R, Lugli P, Petti L, Carrara S. 3D-printed, wearable platform for real-time ammonium sensing in sweat. Swiss Sweat Science Technology & Symposium, Losanne, CH, June 2022
3. Petrelli M, Shkodra B, Costa Angeli MA, Scarton A, **Pogliaghi S**, Biasi R, Lugli P, Petti L. Flexible, planar, and stable electrolyte-gated carbon nanotube field-effect transistor-based sensor for ammonium detection in sweat. IFETC 2022
4. Paplinskie SA\*, Filler R, Nagpal TS, Hosein K, Bgeginski R, Manley M, Marra C\*, Spigolon G\*, **Pogliaghi S**, Mottola MF. The impact of the postpartum exercise intervention on maternal health outcomes and infant physical activity and sleep behaviours. ACSM Annual Congress, San Francisco, CA, USA, 2020
5. **Pogliaghi S**, Teso M\*, Ferrari L\*, Colosio AL\*. Exercise Duration Affects Maximal Fat Oxidation in Post-Menopausal Women: Implications for exercise prescription. ACSM Annual Congress, San Francisco, CA, USA, 2020

6. Simoni L\*, Scarton A, Pasquini G, Gori F, **Pogliaghi S**. Testing the Performance of an Innovative Video-Based Technique for Gait Analysis. ACSM Annual Congress, San Francisco, CA, USA, 2020
7. Colosio AL\*, Caen K\*, Bourgois J, Boone J, **Pogliaghi S**. The VO<sub>2</sub> Slow Component: is there such a thing? Federation of European Physiological Societies (FEPS) and the Italian Physiological Society (SIF) Joint Meeting, 10-13 September 2019, Bologna, Italy
8. 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. Federation of European Physiological Societies (FEPS) and the Italian Physiological Society (SIF) Joint Meeting, 10-13 September 2019, Bologna, Italy
9. **Pogliaghi S**, Colosio AL\*, Iannetta D, Caen K\*, Keir DA, Boone J, Murias JM. Equivalent Load calculation for exercise prescription: validation of a new model. Federation of European Physiological Societies (FEPS) and the Italian Physiological Society (SIF) Joint Meeting, 10-13 September 2019, Bologna, Italy
10. Iannetta D, Inglis EC, Mattu AT, Fontana FY, **Pogliaghi S**, Keir DA, Murias JM. A critical evaluation of current methods for exercise prescription in women and men. CSEP Annual conference, Kelowna (BC, Canada), 6-9 November 2019
11. Iannetta D, Inglis EC, Spigolon G\*, **Pogliaghi S**, Murias JM. Changes in VO<sub>2</sub> kinetics in older compared to young healthy individuals after a single session of sprint interval training. CSEP Annual conference, Niagara Falls (ON, Canada), 31 October-3 November 2018
12. Colosio AL\*, Baldessarri E\*, Basso E\*, **Pogliaghi S**. Passive stretching: Effect of an acute fatiguing intervention on indexes of exercise tolerance and efficiency. Integrative Physiology of Exercise Conference, San Diego (CA), USA, 5-8<sup>th</sup> September 2018
13. **Pogliaghi S**, Baldessarri E\*, Basso E\*, Colosio AL\*. Dropjumps: Effect of an acute fatiguing intervention on indexes of exercise tolerance and efficiency. Integrative Physiology of Exercise Conference, San Diego (CA), USA, 5-8<sup>th</sup> September 2018
14. **Pogliaghi S**, Bonfioli E, Burti L. It could work!: Feasibility and health outcomes of a guided-walking intervention in patients with functional psychosis. 6° Annual Scientific Conference of the European Association of Psychosomatic Medicine –EAPM- Verona (Italy), 27-30 June 2018
15. Murias JM, **Pogliaghi S**, Paterson DH. Measurement of a true VO<sub>2max</sub> during ramp incremental tests: Is there evidence for a constant load validation trial? CSEP Annual conference2017, Winnipeg (MB, Canada), 25-28 October 2017
16. **Pogliaghi S**, Colosio AL. Quantification of the Energy Expenditure of Three Medium-Distance Military Loaded Runs in the Italian Ranger Regiment. CSEP Annual conference2017, Winnipeg (MB, Canada), 25-28 October 2017
17. **Pogliaghi S**, Fontana FY, Ferrari L, Murias JM, Colosio AL. Validation of a single 3-min submaximal test to predict Critical Power. CSEP Annual conference2017, Winnipeg (MB, Canada), 25-28 October 2017
18. Iannetta D, Inglis CE, Spigolon G\*, **Pogliaghi S**, Murias JM. Single sprint interval training session induces faster VO<sub>2</sub> kinetics that is sustained for 72 hours. ACSM Annual Congress, Denver, CO, USA, 2017

19. Spigolon G\*, Colosio AL\*, Fontana FY\*, **Pogliaghi S.** Effect of strength training on “excess” VO<sub>2</sub> in Older Adults. ACSM Annual Congress, Denver, CO, USA, 2017
20. Colosio AL\*, Spigolon G\*, Fontana FY\*, **Pogliaghi S.** Strength training between Science and Practice. ACSM Annual Congress, Denver, CO, USA, 2017
21. Fontana FY\*, Muollo V\*, Spigolon G\*, **Pogliaghi S.** Effect of strength training on “excess” VO<sub>2</sub> in Older Adults. CSEP Annual Conference, Victoria (BC), Canada, 2016
22. Fontana FY\*, Pacifici A\*, **Pogliaghi S.** May the Force be with you: strength training between science and practice. CSEP Annual Conference, Victoria (BC), Canada, 2016
23. Fontana FY\*, Colosio AL\*, Da Lozzo G, **Pogliaghi S.** Player's Success Prediction in Rugby Union: from Youth Performance to Senior Level Placing. ECSS Annual Conference, Vienna, Austria, 2016
24. Capelli C, Bruseghini P, Calabria E, **Pogliaghi S.**, Tam E. Effect of aerobic and strength training on gas exchange kinetics during moderate and heavy-intensity exercise in elderly. ECSS Annual Conference, Vienna, Austria, 2016
25. Bruseghini P, Tam E, Calabria E, **Pogliaghi S.**, Capelli C. Effects of high-intensity isoinertial on muscle functions in older adults. ECSS Annual Conference, Vienna, Austria, 2016
26. Fontana FY\*, Spigolon G\*, **Pogliaghi S.** VO<sub>2</sub> Slow Component: the effect of Strength training on Metabolic Efficiency and Exercise Tolerance. ACSM Annual Congress, Boston, MA, USA, 2016.
27. **Pogliaghi S.**, Spigolon G\*, Fontana FY\*. “Excess” VO<sub>2</sub>: the effect of Strength Training on Metabolic Efficiency and Exercise Tolerance. ACSM Annual Congress, Boston, MA, USA, 2016.
28. Spigolon G\*, Fontana FY\*, Bacchi E, Moghetti P, **Pogliaghi S.** VO<sub>2</sub>/PO relationship in Type 2 diabetic subjects. ACSM Annual Congress, Boston, MA, USA, 2016.
29. Fontana FY\*, Colosio AL\*, Keir DA\*, Murias JM, **Pogliaghi S.** Critical power: a single lactate measure from a 3-min sub-maximal test can predict it. 1st Endurance Research Conference, Sept. 02-04, 2015 – Kent, UK.
30. Artuso P, Fontana FY\*, **Pogliaghi S.** A longitudinal monitoring study in a top professional cycling team of type I diabetic athletes. 1<sup>st</sup> Endurance Research Conference, Sept. 02-04, 2015 – Kent, UK.
31. Fontana FY\*, Colosio AL\*, Keir DA\*, Murias JM, **Pogliaghi S.** A Single Sub-maximal 3-min Test For Critical Power Estimation. ACSM Annual Congress, San Diego, CA, USA, 2015.
32. Spigolon G\*, Bacchi E, Negri C, Moghetti P, **Pogliaghi S.** Glycemic response to acute exercise in type II diabetes: training type, sequence or energy expenditure? ACSM Annual Congress, San Diego, CA, USA, 2015.
33. Colosio AL\*, Fontana FY\*, **Pogliaghi S.** Drop-out rate of Italian Ranger trainees: who is the enemy? ECSS Annual Conference, Maalmo, Sweden, 2015.
34. Vitali F, Squassabia S.\*, **Pogliaghi S.** Motivational process and prevention of burnout in youth rugby. 50th Anniversary of International Society of Sport Psychology, Rome 2015.

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35. Capelli C., Bruseghini, P., Calabria, E., Tam, E., **Pogliaghi S.** Speeding of VO<sub>2</sub> kinetics in response to high-intensity interval training in older, healthy men. 19th annual Congress of the European College of Sport Science, Amsterdam – The Netherlands, 2014.
36. Fontana F.\*, De Roia G.F., Pagan Griso F.\*, Colosio A.\*., Testoni M.\*., Da Lozzo G., **Pogliaghi S.** Anthropometrics Of Senior Male Italian Rugby Union Players: From Elite To Second Division. ACSM Annual Congress, Orlando, FL, USA, 2014.
37. Tam E., Bruseghini P., Calabria E., Milanese C., **Pogliaghi S.**, SchenaF., Capelli C.. Effects of high-Intensity-Interval-Training (HIT) on cardiovascular fitness and cardiometabolic risk factors in older adults. ACSM Annual Congress, Orlando, FL, USA, 2014.
38. **Pogliaghi S.**, Tam E., Capelli C. Effect Of Incomplete Recovery On Vo<sub>2</sub>-on Kinetic During Moderate-intensity Exercise Transitions In Healthy Males. ACSM Annual Congress, Orlando, FL, USA, 2014.
39. Calabria E., **Pogliaghi S.**, Dyar K., Salvagno G., Morandi C., Guidi G., Schiaffino S., Schena F., Capelli C.. Physical exercise and immunosenescence: can we play for healthy ageing. ACSM Annual Congress, San Francisco, CA, 29 May-2 June, 2013.
40. **Pogliaghi S.**, Da Lozzo G.\*., De Roia G.F.\*. Anthropometrics of elite male Italian rugby union players. VII World Congress of Science and Football, Nagoya, Japan, May 2011.
41. **Pogliaghi, S.**, Da Lozzo, G.\*., Ceradini V.\*., De Roia, G.F.\* Physiological and anthropometric characteristics of elite women rugby union players. VII World Congress of Science and Football, Nagoya, Japan, May 2011.
42. Da Lozzo, G.\*., **Pogliaghi, S.**. What is the work-load during training sessions in rugby union? VII World Congress of Science and Football, Nagoya, Japan, May 2011.
43. **Pogliaghi S.**, Bellotti C.\*., De Roia G.F.\*., Schena F.. Anaerobic threshold determination in young males: can NIRS help? ACSM Annual Congress, Baltimore, MD, USA, 2-5 June, 2010.
44. Capelli C., De Roia G.F.\*., Schena F. **Pogliaghi S.**. Isotonic training added to aerobic training and heavy warm-up: effect on muscle oxidative metabolism in the elderly. ACSM Annual Congress, Baltimore, MD, USA, 2-5 June, 2010.
45. De Roia G.F.\*., Capelli C., Schena F. **Pogliaghi S.**. Aerobic training and heavy warm-up: effect on muscle oxidative metabolism in the elderly. ACSM Annual Congress, Baltimore, MD, USA, 2-5 June, 2010.
46. Adami A., Brigard A., **Pogliaghi S.**, De Roia G\*. Lador F., Lucini D., Pizzinelli P., Pagani M., Simunic B., Pisot R., Capelli C., Ferretti G.. Cardiovascular responses to standing at the end of 35-day bed rest in humans. European Space agency Conference “Life in Space for Life on Earth”, Trieste, 14-17 July 2010.
47. Brigard A., **Pogliaghi S.**, Adami A., De Roia G\*. Lador F., Lucini D. Pizzinelli P., Capelli C., Ferretti G.. Cardiovascular determinants of maximal oxygen consumption in upright and supine posture at the end of prolonged bed rest in humans. European Space agency Conference “Life in Space for Life on Earth”, Trieste, 14-17 July 2010.
48. De Roia G.\*., **Pogliaghi S.**. Effect of a medium-term high fat diet on muscle oxidative metabolism in healthy males. ACSM Annual Congress, Seattle, WA, USA, 27-30 May, 2009.

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49. Da Lozzo G.\*, Ceradini V.\*, De Roia G.\* , De Cesaro A., **Pogliaghi S.**. Physiological and anthropometric characteristics of the Italian national women rugby union team. ACSM Annual Congress, Seattle, WA, USA, 27-30 May, 2009

50. Bellotti C.\*, Casiello L.\* , **Pogliaghi S.** . “Tailored” step test for rapid, accurate and safe VO<sub>2</sub>max determination in healthy elderly. ACSM Annual Congress, Seattle, WA, USA, 27-30 May, 2009.

51. **Pogliaghi S.**, Casiello L.\* , Bandera A. Validation of a continuous-wave, single-distance NIRS oxymeter for the determination of muscle oxygenation during cycling. ACSM Annual Congress, Seattle, WA, USA, 27-30 May, 2009.

52. Adami A., De Roia G.\* , **Pogliaghi S.**, Capelli C. Kinetics of O<sub>2</sub> uptake and muscle deoxygenation during moderate and supra maximal intensity cycling exercise in humans. in Book of Abstract. Sport Sciences: nature, nurture and culture, 14th Annual Congress of the European College of Sport Sciences, Oslo, Norway , 24-27 June 2009 , pp. 213.

53. Capelli C., Marconi V., Adami A., Cevese A., De Roia G.\* , Ferretti G., **Pogliaghi S.**, Schena F. Oxygen deficit and cardiovascular oxygen transport after prolonged exposure to hypobaric hypoxia. 3rd International Congress: Mountain, Sport & Health Rovereto, Italy, 12-14 November 2009.

54. Bringard A., **Pogliaghi S.**, Adami A., De Roia G.\* , Lador F., Lucini D., Pizzinelli P., Capelli C., Ferretti G. Maximal oxygen consumption in upright and supine posture at the end of prolonged bed rest in humans. in Book of Abstract FEPS 2009, Lubjana, 12-15 November 2009, pp. 226.

55. Venturelli M.\* , Armani G., **Pogliaghi S.** Determinants of swing performance in young baseball players. Verona-Ghirada Team Sport Conference, Treviso, 7-8 June, 2008.

56. De Roia G.F.\* , **Pogliaghi S.**, Schena F. Physiological and anthropometric characteristics of rugby union players of an Italian senior A team. Verona-Ghirada Team Sport Conference, Treviso, 7-8 June, 2008.

57. **Pogliaghi S.**, De Roia G.F.\* , Melegati G. Anthropometric characteristics of elite male Italian Rugby Union Players. Verona-Ghirada Team Sport Conference, Treviso, 7-8 June, 2008.

58. **Pogliaghi S.**, Ceradini V.\* , Da Lozzo G.\* , De Roia G.F.\* , Schena F., Di Cesare A. Physiological and anthropometrical characteristics of the Italian national women rugby union team. Verona-Ghirada Team Sport Conference, Treviso, 7-8 June, 2008.

59. Da Lozzo G.\* , **Pogliaghi S.**, Schena F., Brasili P., Di Michele R., Giovanetti G., Magnani B., Merni F., Tedeschini L., Toselli S., Valenti M., Lusi G. Anthropometric and functional evaluation of junior Italian rugby union players. Verona-Ghirada Team Sport Conference, Treviso, 7-8 June, 2008.

60. Schena F., Lanza M., **Pogliaghi S.**, Zandonai T., Morandi C.. Adapted motor activity, limiting factors and effects of physical training in the elderly. XI Congreso International de Educacion Fisica, Deporte y Recreacion "Actividad Fisica, Envejecimiento y Obesidad, Chihuahua, Messico, 14-19 May 2007.

61. **Pogliaghi S.**, De Roia G.F.\* . Muscle Oxygenation during Incremental Arm and Leg Exercise in Professional Rugby Union Players. ACSM Annual Congress, New Orleans, LU, USA, 30 May-2 June, 2007.

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62. Schena F., Adami A., Dussin E., De Roia G.\*, Tarperi C., Cevese A., **Pogliaghi S.**. Effect of aerobic training on muscle oxygenation during incremental cycling exercise in healthy and hypertensive elderly. ACSM Annual Congress, New Orleans, LU, USA, 30 May-2 June, 2007.

63. **Pogliaghi S.**, C. Tarperi, A. Cevese, F. Schena. Muscle oxygenation during incremental cycling exercise in healthy and hypertensive elderly humans. ACSM Annual Congress, Denver, Colorado, USA, 31 May-3 June, 2006.

64. **Pogliaghi S.**, E. Dussin, C. Tarperi, A. Cevese, F. Schena. Muscle oxygenation during incremental arm-cranking exercise in healthy and hypertensive elderly humans. *ACSM Conference on Integrative Physiology of Exercise – Indianapolis 27-30 settembre 2006*.

65. **Pogliaghi S.**, F. Balestreri, A. Cevese, B. Grassi, F. Schena. Effect of aerobic training on muscle oxygenation during incremental cycling exercise in healthy elderly. ACSM Annual Congress, Indianapolis, Indiana, USA, June 2-5, 2004.

66. **Pogliaghi S.**, A. Cevese, F. Schena. NIRS evaluation of muscle oxygenation kinetics during cycling on-transitions in elderly subjects. Effect of aerobic arm training. ECSS Annual Congress, Belgrad, July 2004.

67. **Pogliaghi S.**, A. Cevese, F. Schena. Effect of training on muscle oxygenation kinetics during cycling exercise on-transitions in elderly subjects. 6<sup>th</sup> World Congress on Ageing and Physical Activity, London, Ontario, Canada, August 3<sup>rd</sup>-7<sup>th</sup> 2004.

68. Balestreri F., **Pogliaghi S.**, Terziotti P., Cevese A., Schena F. Effect of two training modalities on exercise tolerance in the elderly. ECSS Annual Congress, Salzburg, July 2003.

69. Terziotti P., **Pogliaghi S.**, Balestreri F., Cevese A., Schena F. Workload corrections during arm and leg ergometry training in elderly people. ECSS Annual Congress, Salzburg, July 2003.

70. Grassi B., Morandi L., **Pogliaghi S.**, Rampichini S., Marconi C., Cerretelli P. Functional evaluation of patients with metabolic myopathies during exercise. *Medicine and Science in Sports and Exercise*, 34(5): S78, 2002.

71. Morandi L., Grassi B., **Pogliaghi S.**, Marconi C., Cerretelli P. Functional evaluation during exercise of patients with metabolic myopathies. VII International Congress of the World Muscle Society, Rotterdam (NL), october 2-5, 2002.

72. Balestreri F., Terziotti P., **Pogliaghi S.**, Schena F. Factors limiting maximal aerobic performance in the elderly. *Biogerontology* 3(1): 3, 2002.

73. **Pogliaghi S.**, Grassi B., Rampichini S., Quaresima V., Ferrari M., Cerretelli P. On-kinetics of muscle oxygenation during constant-load cycling at different workloads. *Medicine and Science in Sports and Exercise*, 33(5): S330, 2001.

74. Borrelli E., **Pogliaghi S.**, Grassi B., Cerretelli P. Longitudinal evaluation of exercise performance during the first 2 years after heart transplantation. *Medicine and Science in Sports and Exercise*, 33(5): S62, 2001.

75. Perini R., **Pogliaghi S.**, Veicsteinas A. Weight-reducing diet in post-menopausal women. Effects on cardiovascular responses. *Medicine and Science in Sports and Exercise*, 33(5): S336, 2001.

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76. Perini R., **Pogliaghi S.**, Veicsteinas A. Cardiac autonomic modulation in post-menopausal women. ECSS Annual Congress, Rome, 14-17 July, 1999.
77. **Pogliaghi S.**, Benassa A., Mognoni P. Tennis: what can heart rate tell us? 1<sup>st</sup> International Tennis Symposium, Milano, 20-21 November 1999.
78. **Pogliaghi S.**, Veicsteinas A. Dietary fat intake: influence on physical performance and blood lipids in sedentaries. *Medicine and Science in Sports and Exercise*, 30(5): S4, 1998.
79. **Pogliaghi S.**, Veicsteinas A. Dietary fat: influence on physical performance in sedentaries. ECSS Annual Congress, Copenhagen, 20-23 August, 1997.
80. **Pogliaghi S.**, Krasney J.A., Pendergast D.R. Nitric oxide exhalation during graded exercise in air and water immersion. The 3rd International head-out water immersion symposium, Copenhagen, August 28-29 1995.
81. Perini R., Milesi S., Biancardi L., **Pogliaghi S.**, Veicsteinas A. Thermoregulatory effects on heart rate variability at rest. *FASEB Journal* 8(4): A369, 1994.

#### National Conference Communications (45)

\* indicates trainees under my supervision

1. Zignoli A, Rota P, Losi G\*, **Pogliaghi S.** Can machine learning techniques inform maximal vs submaximal classification in cardiopulmonary exercising testing? 11<sup>th</sup> National Congress of Society of Sport and Movement Sciences, Bologna Italy, 27-29<sup>th</sup> September 2019
2. Teso M\*, Ferrari L\*, **Pogliaghi S.** Correspondence between MLSS and RCP in menopausal women. 11<sup>th</sup> National Congress of Society of Sport and Movement Sciences, Bologna Italy, 27-29<sup>th</sup> September 2019
3. 11<sup>th</sup> National Congress of Society of Sport and Movement Sciences, Bologna Italy, 27-29<sup>th</sup> September 2019
4. 11<sup>th</sup> National Congress of Society of Sport and Movement Sciences, Bologna Italy, 27-29<sup>th</sup> September 2019
5. **Pogliaghi S.**, Love LK. Hodgson MD, Kowalchuk JM. Comparison of physiological response “boundaries” during dynamic incremental two-legged knee-extension vs leg cycling exercise. 10<sup>th</sup> National Congress of Society of Sport and Movement Sciences, Messina, 5-7<sup>th</sup> October 2018
6. **Pogliaghi S.**, Spigolon G\*, Colosio AL\*, Fontana FY\*, Ferrari L\*, Kowalchuk JM. RCP and deoxy-BP change at unison during longitudinal interventions. 10<sup>th</sup> National Congress of Society of Sport and Movement Sciences, Messina, 5-7<sup>th</sup> October 2018
7. Spigolon G\*, **Pogliaghi S.**, Colosio AL\*. HR-index, a simple way to quantify exercise “dose” in Diabetic type II patients. SIAMOC Annual Conference 2018
8. **Pogliaghi S.**, Ferrari L\*, Bochicchio G\*. A small horizontal component of the barbell trajectory is a simple index of technical ability in squat. SIAMOC Annual Conference 2018

9. Colosio AL\*, Pedrinolla A, Schena F, Venturelli M, **Pogliaghi S.** A simple method to quantify physical activity “dose” in Patients with Alzheimer Disease. SIAMOC Annual Conference 2018
10. Simoni L\*, Pasquini G, Pancani S, Vannetti F, Macchi C, **Pogliaghi S.** Time-course of running treadmill adaptation – pilot study. SIAMOC Annual Conference 2018
11. **Pogliaghi S.**, Marra C\*, Colosio AL\*, Da Lozzo G. Anthropometric and functional characteristics of female “Coppa Italia” rugby players. 9<sup>th</sup> National Congress of Society of Sport and Movement Sciences, Brescia, 29<sup>th</sup> September-1<sup>st</sup> October 2017
12. **Pogliaghi S.**, Paterson DH, Murias JM. Measurement of a true VO<sub>2</sub>max during ramp incremental tests: Is there evidence for the necessity of a constant load validation trial? 9<sup>th</sup> National Congress of Society of Sport and Movement Sciences, Brescia, 29<sup>th</sup> September-1<sup>st</sup> October 2017
13. Colosio AL\*, Fontana FY, Ferrari L\*, Murias JM, **Pogliaghi S.** Validation of a single 3-min submaximal test to predict Critical Power. 9<sup>th</sup> National Congress of Society of Sport and Movement Sciences, Brescia, 29<sup>th</sup> September-1<sup>st</sup> October 2017
14. Colosio AL\*, Pedrinolla A, Da Lozzo G. **Pogliaghi S.** HR-index: A Valid and Practical Way to Estimate VO<sub>2</sub> and Energy Expenditure in Rugby Players. 9<sup>th</sup> National Congress of Society of Sport and Movement Sciences, Brescia, 29<sup>th</sup> September-1<sup>st</sup> October 2017
15. Ferrari L\*, Fontana FY, Zamparo P, **Pogliaghi S.** Analysis of the barbell trajectory as an index of technical ability in squat. 9<sup>th</sup> National Congress of Society of Sport and Movement Sciences, Brescia, 29<sup>th</sup> September-1<sup>st</sup> October 2017
16. Muollo V\*, Fontana FY\*, Spigolon G\*, **Pogliaghi S.** Effect of strength training on “excess” VO<sub>2</sub> in Older Adults. 8<sup>th</sup> National Congress of Society of Sport and Movement Sciences, Roma, 2016
17. **Pogliaghi S.**, Spigolon G\*, Fontana FY\*. VO<sub>2</sub> slow component: the effect of strength training on metabolic efficiency and exercise tolerance. 67° National Congress of Italian Physiological Society, Catania, 2016
18. Spigolon G\*, Bacchi E, Donà S, Negri C, Moghetti P, **Pogliaghi S.** Glycemic response to acute exercise in type II diabetes: training type or energy expenditure? 7<sup>th</sup> National Congress of Society of Sport and Movement Sciences, Padova, 2015
19. Fontana FY\*, Artuso P, **Pogliaghi S.** Changing diabetes® professional cycling team: characterization of type I diabetic athletes during the competitive season. 7<sup>th</sup> National Congress of Society of Sport and Movement Sciences, Padova, 2015
20. Colosio AL\*, **Pogliaghi S.** Drop-out rate of Italian Ranger trainees: a pilot study. 7<sup>th</sup> National Congress of Society of Sport and Movement Sciences, Padova, 2015
21. Colosio AL\*, **Pogliaghi S.** Estimated energy expenditure of Army Loaded Run in Italian Ranger trainees. 7<sup>th</sup> National Congress of Society of Sport and Movement Sciences, Padova, 2015
22. Guida FF\*, McLay KM, Fontana FY\*, Nederveen JP, Paterson DH, Murias JM, **Pogliaghi S.** Vascular health: can we measure it with NIRS? 7<sup>th</sup> National Congress of Society of Sport and Movement Sciences, Padova, 2015
23. Capelli C., Tam E., Bruseghini P., Calabria E., **Pogliaghi S.** VO<sub>2</sub> kinetics in response to High-Intensity Interval Training (HIT) and isoinertial resistance training (IRT) in older,

healthy men. 65° National Congress of Italian Physiological Society, Verona, 28-30 September 2014.

24. Bruseghini P, Tam E, Calabria E, **Pogliaghi S.**, Dal Sacco L, Capelli C. Effect of hiking training at high-altitude on VO2 and Q kinetics in healthy sedentary women. 5<sup>th</sup> National Congress of Society of Sport and Movement Sciences, Pavia, 27-29 September 2013.
25. Vitali F, Squassabia S\*, **Pogliaghi S.** Motivational processes and prevention of burnout in youth rugby. 5<sup>th</sup> National Congress of Society of Sport and Movement Sciences, Pavia, 27-29 September 2013.
26. **Pogliaghi S.**, Molesini M.\*, Capelli C. Effect of recovery time, following moderate-intensity exercise on VO2 kinetics in healthy males. 63° National Congress of Italian Physiological Society, Verona, 21-23 September 2012. Publication: Pogliaghi S. et al., *Acta Physiologica*, 206 (suppl. 692): 178 (September 2012).
27. Tam E., Bruseghini P., **Pogliaghi S.**, Capelli C. Can a short-term hiking training speed up VO2 kinetics in healthy sedentary women? 63° National Congress of Italian Physiological Society, Verona, 21-23 September 2012. Publication: Pogliaghi S. et al., *Acta Physiologica*, 206 (suppl. 692): 149 (September 2012).
28. Calabria E., **Pogliaghi S.**, Mazza M.E., Dyark K., Bellotti C.\*, Salvagno G., Mottes M., Guidi G., Bicciato S., Schiaffino S., Schena F., Capelli C. Immunosenescence and physical exercise: search for healthy ageing. 63° National Congress of Italian Physiological Society, Verona, 21-23 September 2012. Publication: Calabria. et al., *Acta Physiologica*, 206 (suppl. 692): 38 (September 2012)..
29. Adami A., Brigard A., **Pogliaghi S.**, De Roia G.\*., Lador F., Lucini D., Pizzinelli P., Pagani M., Simunic B., Pisot R., Capelli C., Ferretti G.. Cardiovascular responses to standing at the end of 35-day bed rest in humans 61° National Congress of Italian Physiological Society, Varese, 15-17 September 2010.
30. Marconi V., Adami A., Capelli C., Cevese A., De Roia G.\*., Ferretti G., **Pogliaghi S.**, Schena F. Oxygen supply and oxygen utilization in muscle after chronic exposure to hypobaric hypoxia. 2009 Spring Padua Muscle Days, Padova, Italy, 26-28 April 2009. BAM - Basic Applied Myology, European Journal of Translational Myology - 2009 Vol. 19(4).
31. Adami A., De Roia G.\*., **Pogliaghi S.**, Capelli C. O2 uptake and cardiac output kinetics during moderate and supra-maximal intensity exercise in humans. 59° National Congress of Italian Physiological Society, Villasimius (CA), 17-20 September 2008. Publication: Adami A. et al., *Acta Physiologica*, 194 (suppl. 665):18-19 (September 2008).
32. Tarperi C., **Pogliaghi S.**, Dussin E. and Cevese A. Changes in cardiovascular variables in time and frequency domain after aerobic training in hypertensive older people. XIII Congresso Nazionale della Società Italiana di Ricerche Cardiovascolari, Imola (Bologna), 21-23 settembre 2006.
33. Tarperi C., **Pogliaghi S.**, Dussin E. and Cevese A. Changes in stroke volume and cardiac stroke work after aerobic training in hypertensive older people. XIII Congresso Nazionale della Società Italiana di Ricerche Cardiovascolari, Imola (Bologna), 21-23 settembre 2006.
34. Dussin E., **Pogliaghi S.**, Schena F., Tarperi C., Cevese A. Effect of training with two different modalities on exercise tolerance in healthy and in hypertensive elderly. XIII

Congresso Nazionale della Società Italiana di Ricerche Cardiovascolari, Imola (Bologna), 21-23 settembre 2006.

35. **Pogliaghi S.**, Tarperi C., DeRoia G.\*, Schena F., Cevese A. Muscle oxygenation during incremental cycling exercise in healthy and hypertensive elderly humans. XII Congresso Nazionale, Società Italiana di Ricerche Cardiovascolari, Imola, 22-24 Settembre 2005.
36. Tarperi C., **Pogliaghi S.**, Cevese A. Cardiovascular adaptations to aerobic training in hypertensive older people. XII Congresso Nazionale della Società Italiana di Ricerche Cardiovascolari, Imola, 22-24 Settembre 2005.
37. **Pogliaghi S.**, Schena F. L'apparato cardiorespiratorio, il metabolismo energetico, la termoregolazione. 8° Congresso Nazionale di Medicina dello Sport, Sessione: Donna e sport. La resistenza: ruolo e fattori limitanti, Firenze, 9-11 Maggio 2004.
38. Tarperi C., **Pogliaghi S.**, Terziotti P., Cevese A. Effects of tilting on spectral properties of stroke volume in humans. Congresso SIF, Chieti Settembre 2003.
39. Cevese A., **Pogliaghi S.**, Terziotti P., Tarperi C.. Instant changes in stroke volume and total peripheral resistance on tilting up and down. Congresso SIF, Chieti Settembre 2003.
40. **Pogliaghi S.**, Balestreri F., Terziotti P., Cevese A., Schena F. Muscle oxygenation during incremental arm and leg exercise in healthy elderly. Congresso SIF, Chieti Sett. 2003.
41. Grassi. B, Morandi L., Spelta M., Marzorati M., Ferri A., **Pogliaghi S.**, Rampichini S, Marconi C., Cerretelli P. Functional evaluation of oxidative metabolism in patients with metabolic myopathies. Telethon Convention, Riva del Garda 24-26 Novembre, 2002.
42. Grassi B., Morandi L., **Pogliaghi S.**, Rampichini S., Marconi C., Cerretelli P. VO2 on-kinetics for functional evaluation of myopathy patients. Telethon Convention, Riva del Garda 18-20 Novembre, 2001.
43. Grassi B., **Pogliaghi S.**, Rampichini S., Hogan M.C., Gladden L.B.. VO2 on- kinetics for functional evaluation of myopathy patients. Telethon Convention, Rimini 14-16 Novembre, 1999.
44. Veicsteinas A., **Pogliaghi S.**, Marzorati M.. Physical activity and sport for women. Congresso Annuale ANASMES UDA "Attività fisico-sportiva: attuale medicina del benessere" Montesilvano (PE) 15-18 Giugno 1997.
45. Perini R., Milesi S., **Pogliaghi S.**, Ferri V., Veicsteinas A.. Heart rate variability in resting man at different ambient temperatures. Riunione Congiunta SIBS, SIF, SINU, Pavia, 8-10 Sett. 1993.

## THIRD TASK

### Initiatives and events:-

2006- Founder and Scientific Director of the former Center for research applied to Rugby, currently Strength-training Center of the University of Verona

2017 Scientific consultant and speaker of the project “Eat well for optimal performance” organised in collaboration by the Verona BluVolley Professional volleyball team, the food services company Marcas and the University of Verona. The project included two conferences respectively for parents and coaches, held during the annual Sport Expo Festival in Verona in March 2017 and one conference for the Faculty of kinesiology students. Finally, a cycle of seven conferences will be held between April and May 2017 for the students of the Sport-Education High schools in Verona.

2015-17 Scientific consultant for the exhibit “Science and Sport” at the Natural History Museum of Montebelluna (TV), Italy, 12/12/2016-28/05/2017

2013 “From the couch to Olympic Triathlon in 6 months: the diary of an adventure”, Center for Marathon Preparation, University of Verona conference for participants.

2012 Scientific coordinator and physician for the project “TriO Challenge: from the couch to an Olympic Triathlon in 6 months”, Organized by the Sport Event Management Agency “In Caso di Evento” in collaboration with the University of Verona. The project had extensive media coverage (Radio and Television) and was followed by hundreds of people.

2002 “Use it or lose it: Physical activity to maintain health and function in the third age”. Sporting Club Mondadori, Verona, Italy

2002 “Use it or lose it: Physical activity to maintain health and function in the third age”. Università della terza età, Verona, Italy

2001 “What should I eat? Optimal nutrition during childhood”, Polisportiva Passirano

1998 “Optimal nutrition to maintain and promote health in menopause” Brescia Housewives Association, Brescia

1997 “Meet the participants to the E.A.S.T. (Extreme Altitude Survival Test) expedition”, organized by Mountain Equipe, Bergamo

1996 “Physical exercise and Sport during pregnancy” within the divulgative event “Women in sport” organized by the Provincial Council of Brescia and the sport newspaper “La Gazzetta dello Sport”.

### Community Engagement courses:

2023 “Find the mistake: common errors in adolescent’s diet” for the Rugby Club Scaligera Verona, March 2023

2022 “Nutrition for sports” theoretical-practical course for the Athletics Club Bovolone, Verona, November-December 2022

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2020      “Optimal nutrition for health promotion in adolescents” course for teaching staff at the highschool Educandato Agli Angeli, Verona, Italy (2 hrs)

2017      “Nutrition for sport: what role for sport clubs and federations?” course for volleyball coaches and staff organized by the BluVolley, Verona (2 hrs)

2017      “Optimal nutrition for youth volleyball players” course for young athletes, their families organized by the BluVolley, Verona (2 hrs)

2016      “Optimal Nutrition for Mountain Sports: things to do and mistakes to avoid” course for athletes and amateurs organized by the climbing association “Le pernici della Piof”, Rovereto, Trento (2 hrs)

2016      “Optimal Nutrition for Cycloturism” course for cycloturism guides organized by the Italian Committee for Olympic Sport (CONI), Bolzano (4 hrs)

2015      “Optimal Nutrition for Cycloturism” course for cycloturism guides organized by the Italian Committee for Olympic Sport (CONI), Paderno del Grappa (TV) (4 hrs)

2015      “Optimal Nutrition for young rugby players” for the annual course for young athletes and their families held by the CUS Verona Rugby Team (4 hrs/year).

2013      “Optimal nutrition for health and sport performance” course for young athletes, their families and the technical staff of the club organized by the Polisportiva Bussolengo, Bussolengo, Verona (4 hrs)

2012      “Common nutritional mistakes in young athletes: how to avoid them” course for sport coaches and managers organized by the Administrative Council of Rovereto, Italy (2 hrs)

2011      “Optimal Nutrition for young basketball players” course for young athletes and their families held by the Center for Basketball, University of Verona, (2 hrs).

2010      “Optimal nutrition for health and sports” organized by the Italian Committee for Olympic Sport (CONI)-Veneto Chapter for Zevio’s Middle School, Zevio, Verona (4 hrs)

2010      “Physical exercise for health and well-being” a cycle of conferences (3 for the children and one for their parents) organized by the Italian Committee for Olympic Sport (CONI)-Veneto Chapter for Zevio’s Middle School, Zevio, Verona (4 hrs)

2010      “Functional evaluation for exercise prescription” Workshop for regional and local coordinators of health promotion interventions, Territorial Health Management Unit of Verona, Italy (6 hrs).

2010      “Optimal Nutrition for young basketball players” course for young athletes and their families held by the Polisportiva San Giorgio, Villafranca, Verona (4 hrs).

2010      “Doping in sports: problems and diffusion” conference of the Verona’s Lawyers Association, (1 hr)

2010-14    “Optimal Nutrition for young rugby players” for the annual course for young athletes and their families held by the CUS Verona Rugby Team (4 hrs/year).

2010-14    “Optimal Nutrition for runners” for the annual course for participants held by the Center for Marathon Preparation, University of Verona (2 hrs/year).

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2008      “Optimal nutrition for young athletes” course for young athletes and their families organized by the Administrative Council of Verona, Italy (2 hrs)

2009-13    “Why and how should a sport club care about diet?” for the annual course for rugby managers held by the Italian Rugby Federation (4 hrs/year).

2006-09    “Sports Nutrition” and “Exercise Physiology” for the annual course for rugby physical coaches held by the Italian Rugby Federation (8 hrs/year).

2008      “Exercise prescription for older adults: actions and synergies for health professionals. 2<sup>nd</sup> Edition” Continuing Education for family physicians and Nurses, Territorial Health Management Unit of Trento, Italy (8 hrs)

2006      “Exercise prescription for older adults: actions and synergies for health professionals” Continuing Education for family physicians and Nurses, Territorial Health Management Unit of Trento, Italy (8 hrs)

2006      “Exercise prescription for type II diabetes”, Invited course, Continuing Education for family physicians, Territorial Health Management Unit of Trieste, Italy (8 hrs).

2006      “Exercise prescription for health promotion” Continuing Education for family physicians and Nurses, Territorial Health Management Unit of Trieste, Italy (8 hrs)

2004      “Nutrition for sports” course for participants of the Caldiero Bowling Club, Caldiero, Verona (2 hrs)

2004      “Functional evaluation for long distance competitions: field tests” Invited lecture, Italian Athletics Federation, Verona, Italy (2 hrs).

2004      “Nutrition for sports” course for athletes of the Polisportiva Paderno Franciacorta, Paderno, Italy

2003      “Optimal nutrition for power sports” Invited lecture, Italian Weight Lifting Federation, Rovigo, Italy (4 hrs)

2003      “Aerobic training in the third age” Invited lecture, Italian Fitness Federation, Ravenna, Italy (4 hrs).

2003      “Physiology of head-out water immersion” European Aquatic Association, Level 2 Aquafitness course for instructors, Portogruaro (6 hrs)

1992-97    Lessons on clinical conditions related to high and low barometric pressure (high altitude sickness and decompression sickness) and hyperbaric oxygen therapy (8 hrs/year), for the Red Cross Association in Mantova Italy.

1992-94    Human Anatomy and Physiology at Istituto Ranzetti high school in Brescia (12 hrs/week).

1992-95    Science Class at Istituto Artiginaelli professional school for children with different abilities in Brescia (4 hrs/week).

## TEACHING

### University courses:

Teaching evaluations have been introduced at the University of Verona in 2010 yet they are systematically conducted for undergraduate and graduate courses only since 2014. The averages of the evaluations for the following academic years are reported when available.

n.a. indicated non-available data; § indicates courses that I teach in English

Year	University/Faculty	title	level	hours	students	evaluation
2017	Verona/PhD Neurosciences	Translation of functional indexes into exercise prescription §	PhD	4	5	n.a.
2016	Verona/PhD Neurosciences	Non-invasive functional evaluation of oxidative metabolism: VO2 kinetics §	PhD	4	5	n.a.
2015	Verona/PhD Neurosciences	Non-invasive functional evaluation of oxidative metabolism: Near-infrared spectroscopy §	PhD	4	5	n.a.
2015-today	Verona/Kinesiology	Human Physiology	Graduate	48	120	2.8/4
2012	Verona/PhD Kinesiology	Technical aspects of the study of VO2 and muscle oxygenation kinetics §	PhD	4	10	n.a.
2011-today	Pisa/Kinesiology	Advanced nutrition for Soccer	Graduate	8	35	n.a.
2009-2013	Verona/Kinesiology	Functional evaluation for exercise prescription in older, diseased populations	Graduate	24	70	6.9/10
2005-today	Verona/Kinesiology	Physiological Bases of Human Nutrition §	Undergraduate	32	150	3.2/4
2005-today	Verona/Kinesiology	Advanced sports nutrition §	Graduate	16	15	3.4/4
2005-today	Verona/Kinesiology	Sports Physiology §	Undergraduate	24	15	3.2/4
2011-2014	Verona/Medicine	Human Physiology	Undergraduate	20	50	7.5/10
2005-2011	Verona/Kinesiology	Physiology of ageing	Graduate	16	30	n.a.
2005-2011	Verona/Kinesiology	Functional evaluation in older adults	Graduate	16	30	n.a.
2005-2011	Verona/Kinesiology	Functional evaluation sports	Graduate	8	50	n.a.
2001-2002	Verona/Kinesiology	Exercise Physiology	Undergraduate	12	150	n.a.
2000	Milano/Politechnic	Human Physiology	Undergraduate	16	30	n.a.
1997-1998	Brescia/Physical Therapy	Post-Injury recovery of muscle function	Undergraduate	10	30	n.a.

COORDINATION OF TEACHING INITIATIVES

2020-today Director of the Continuing education course (Corso di Perfezionamento post Lauream) “Master of research in movement sciences”, University of Verona, Italy

2020 Organizer of the International Winter school entitled “The Physiological Bases of Exercise Prescription”, University of Verona, January 2020

2019-today Director of the Continuing education course (Corso di Perfezionamento post Lauream) in “Strength Training for Older Adults”, University of Verona, Italy

2017-today Director of the Continuing education course (Corso di Perfezionamento post Lauream) in “Exercise-Therapy for Parkinson’s Disease”, University of Verona, Italy

2015-today Director of the Continuing education course (Corso di Perfezionamento post Lauream) in “Exercise-Therapy for Diabetes”, University of Verona, Italy

2015-today Director of the Continuing education course (Corso di Perfezionamento post Lauream) in “Exercise-Therapy for Alzheimer’s disease”, University of Verona, Italy

2015-today Director of the Second Level Master (Master di Secondo Livello) in “Exercise-Therapy: Preventive and adapted physical activity”, University of Verona, Italy

## STUDENT MENTORING

### PhD Students Supervised (13):

1. 2023-ongoing Maura Loi, University of Verona "Exposure to green spaces for the promotion of health and well-being: what is the "minimum dose" and how can we get it in our cities?"
2. 2022-ongoing Alberto Bottari, University of Verona "Gait training with an Intelligent Treadmill for Parkinson Disease (GaIT-PD): Development, evaluation of efficacy and mechanism of action of an innovative technological solution for the administration of exercise-therapy with biofeedback for individuals affected by Parkinson's disease." (#1 publication)
3. 2021-ongoing Luca Ferrari, University of Urbino (co-tutorship with Prof. Francesco Lucertini) "Development and validation of a force-velocity profiling protocol for the monitoring of strength in older adults" (#3 publication)
4. 2021-ongoing Gianluca Bochicchio, University of Verona "Stronger@HOME: Development of an innovative technological solution of telemedicine for the prevention, early diagnosis, monitoring and treatment of sarcopenia" (#1 publication)
5. 2021-ongoing Matteo Rizzo, University of Verona "Gait training with an Intelligent Treadmill for Parkinson Disease (GaIT-PD): Development, evaluation of efficacy and mechanism of action of an innovative technological solution for the administration of exercise-therapy with biofeedback for individuals affected by Parkinson's disease."
6. 2020-2023 Massimo Teso, University of Verona "Transaltion of indexes of exercise tolerance into individualised exercise prescription in post-menopausal women" (#6 publications)
7. 2017-2021 Laura Simoni, University of Verona "Harmonic analysis of cyclical movements in sports through a new video analysis technique: effect on metabolic consumption and risk of injury" (#4 publications)
8. 2016-2020 Alessandro Colosio, University of Verona "Strength training and health promotion in ageing ad obese subjects" (# 23 publications)
9. 2015-2019 Giorgia Spigolon, University of Verona "Strength training and health promotion in ageing ad diabetic subjects" (#1 publication)
10. 2014-2017 Federico Fontana, University of Verona "Strength training and health promotion" (# 11 publications).
11. 2009-2012 Cecilia Bellotti, University of Verona "Functional evaluation for a "tailored" exercise prescription in older adults" (# 3 publications)
12. 2008-2012 Giorgio Da Lozzo, University of Verona "Elaboration and application of functional evaluation techniques for rugby union" (# 5 publications)
13. 2007-2011 Gabriela Fernanda De Roia, University of Verona "Limitations in oxidative metabolism: central and peripheral factors manipulation" (# 8 publications)

Visiting Students Supervised in my Laboratory (8):

2022 Lorenzo Micheli, PhD student from the University of Urbino, Italy (Supervisor: Francesco Lucertini)

2019 Kevin Caen, PhD Student from The University of Ghent, Belgium (Supervisor: Jan Boone). 4 published manuscripts and two under preparation.

2018-19 Stephanie Paplinskie, PhD Student from the University of Western Ontario (Supervisor: Michelle Mottola). 2 conference abstracts.

2018 Rogerio Soares, PhD Student from the University of Calgary (Supervisor: Juan M. Murias). Two published articles.

2016-17 Danilo Iannetta, PhD Student from the University of Calgary (Supervisor: Juan M. Murias). 4 published manuscripts.

2016 Felipe Mattioni, MSc from the University of Calgary (Supervisor: Juan M. Murias). One published manuscript.

2014 Kait M. McLay, PhD Candidate form the University of Western Ontario (Supervisor: Donald H. Paterson). 5 published manuscripts.

2014 Daniel A. Keir, PhD Candidate form the University of Western Ontario (Supervisor: John M. Kowalchuk). 11 published manuscripts.

Internal/External examiner at other Universities (4):

2017 Member of the Examination Committee for the PhD in Exercise Sciences Program, Faculty of Kinesiology, University of Calgary, Alberta, Canada; candidate Rogerio Soares

2016 Member of the Thesis Examination Committee for the Master of Science Graduate Program, Faculty of Kinesiology, University of Calgary, Alberta, Canada; candidate Jaimie Weir

2013 Member of the Thesis Examination Committee for the Master of Science Graduate Program, School of Kinesiology, University of Western Ontario, London, Ontario, Canada; candidate Joshua Nederveen

2013 Member of the Thesis Examination Committee for the Integrated Physiology Graduate Program, School of Kinesiology, University of Western Ontario, London, Ontario, Canada; candidate John Leckie

## SERVICE

### ADMINISTRATIVE EXPERIENCE

2020-today Director of the Scientific Commission of the Second-degree Master of Research in Movement Sciences, Continuing Education Program, University of Verona, Italy (30 hrs/year)

2020-today Appointed member of the Quality assurance committee of the Master “Sciences and techniques of Sports”, University of Verona, Italy (8 hrs/year)

2018-19 Elected representative member of the School of Medicine Council at the University of Verona, Italy (12 hrs/year)

2016-today Elected member of the Research and Internationalization Commission of the Department of Neurosciences, Biomedicine and Movement Sciences (10 hrs/year)

2015-today Director of the Scientific Commission of the Second-degree Master in “Preventive and adapted physical activity”, Continuing Education Program, University of Verona, Italy (30 hrs/year)

2015-today Member of the Board of the PhD School in Neurosciences, University of Verona, Italy (15 hrs/year)

2008-today Member of the Didactic Commission of the Master in “Preventive and adapted physical activity”, University of Verona, Italy (10 hrs/year)

2008-today Member of the Didactic Commission of the Master “Sciences and techniques of Sports”, University of Verona, Italy (10 hrs/year)

2008-2015 Member of the Board of the PhD School in Biomedical Translational Sciences, University of Verona, Italy (15 hrs/year)

2005-12 Elected member in the Faculty Board of the Faculty Human Movement Sciences, University of Verona, Italy (24 hrs/year)

2010-13 Elected member of the Administrative Council of the University of Verona, Italy (30 hrs/year)

2009-2015 Elected member of the Commission for internal grants assignment of the Department of Neurological and Movement Sciences (30 hrs/year)

### Recognitions:

2021 National habilitation as Full Professor for Human Physiology and in Kinesiology

2014 Fellow of the American College of Sports Medicine (ACSM) (the Fellow status is assigned based on scientific or professional excellence in the field of Sports Medicine)

Affiliation to medical-scientific associations:

2018- present Member of the Italian Society of Sports and Movement Sciences (SISMES)  
2016-present Academic Member of the Canadian Society of Exercise Physiology (CSEP)  
2005-present Member of the Italian Physiological Society (SIF)  
1998-present Member of the American College of Sports Medicine (ACSM)

Editorial activity:

2022 Member of the Editorial Board of Medicine and Science in Sports and Exercise (ISSN: 0195-9131)  
2022 Session Editor for Frontiers in Exercise Physiology (ISSN: 1664042X)  
2017- Review Editor for Frontiers in Exercise Physiology (ISSN: 1664042X)  
2015-2018 Review Editor for Universal Journal of Psychology (ISSN: 2332-3485)

Reviewer for:

AGE  
Applied Physiology, Nutrition and Metabolism  
American Journal of Physiology  
Canadian Respiratory Journal  
Canadian Journal of Physiology and Pharmacology  
European Journal of Applied Physiology  
Frontiers in Exercise Physiology  
International Journal of Sport Physiology  
International Sports Medicine Journal  
Journal of Applied Physiology  
Journals of Gerontology Biological Sciences  
Journal of Sports Medicine and Physical Fitness  
Journal of Sport Sciences  
Journal of Science and Medicine in Sport  
Metabolism  
PLOS one

External reviewer for grant assignment:

2020 Member on the Canada New Frontiers in Research Fund (NFRF) Advisory Panel  
2016 University of Insubria, Italy (evaluation of 1 project)

Languages:

English (fluent), French (advanced), Spanish (basic), Italian (mother language)

PRACTICE OF MEDICINE

2021-2023 Health Director of the outpatient clinic Promotus, Bolzano, Italy ([www.promotus.com](http://www.promotus.com))

2005-present Physician in charge for the Exercise Physiology Laboratory at the University of Verona

2006-present Physician of the former Center for Rugby Research and current Strength-training Center at the University of Verona

2010-12 Nutritionist of the Rovigo Delta professional men's senior Rugby team (Elite national championship)

2008-13 Nutritionist at the medical center "Centro Medico Equipe" in Rovigo (~50 patients/year).

2012 Physician of the project "TriO Challenge: from the couch to an Olympic Triathlon in 6 months", University of Verona

2006-09 Consultant of the Italian Rugby Federation for nutrition and functional evaluation of athletes of the Senior Male National Team and the under 14 to under 20 national teams.

1993-04 Primary care physician in Brescia and Verona metropolitan area (home and office visits)

1996-02 Team physician of the Italian Water-Ski national team and consultant of the Italian and International Water-Ski Federation for athlete's functional evaluation and injury prevention.

1998 Team physician of the Italian Water-Ski Different Ability national team.

1998-02 Physician for the Service of Athletes' Functional Evaluation, Training and Nutrition at the private medical facility "Sportlife Medical Center" in Brescia.

1996-98 Research assistant fellow at the Rehabilitation Division for motor and neurological diseases of the Clinic "Domus Salutis" in Brescia, Director Dr. D. Malgrati.

1993-97 Physician at the Hyperbaric Medicine Division at the Clinic "Città di Brescia" in Brescia, Director Dr. R. Moroni.

1995 Residency (one year) at the Sports Medicine Institute, State University of New York at Buffalo School of Medicine, Buffalo, NY, USA, Director Dr. John J. Leddy.

1994 Residency (6-months) at the Orthopaedics and Traumatology Division of Gardone Val Trompia Civil Hospital, Brescia, Director Dr. G. Libassi