

## Professor Massimo Venturelli PhD



Behavior and Technology Hub for Health Choices  
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### Research Interest

My area of research includes age-related mechanisms that limit exercise capacity and nutritional approaches associated to healthy lifestyle (centenarians), mobility limitations (frail older adults), cognitive and neuromuscular disorders (Alzheimer's, Parkinson's diseases and Multiple Sclerosis) cardiovascular and pulmonary impairments (heart failure, congenital heart disease, COPD). With an integrative and translational approach, I am focusing on the role of muscular, lung, heart, vascular and mitochondrial function, associated to longevity, age-related disease, fatigue and dementia.

### Ongoing research lines

The larger research line involving my team is the ChokoAge European project. This multicentric project aims to determine the effects of high intensity exercise training in combination with dietary supplementation of dark chocolate enriched with vitamin E on sarcopenia of patients with Alzheimer's disease. Molecular, neuromuscular and functional outcomes are the main objectives of the project. Major collaborators are the University of Perugia (ITA), Molde University (NOR), University of Liverpool (UK), Inclivia research institute (ESP).

Another research line is regarding the effect of dietary nitrate supplementation on the vascular and mitochondrial dysfunction in patients with Alzheimer's disease. Major collaborators are the University of Perugia (ITA), University of Pavia (ITA) and the University of West Scotland (UK).

Another important research line of my team is related to the physiological determinants of maximal force and neuromuscular fatigue in males and females. For this research we are using a comprehensive analysis of the neuromuscular (TMS and interpolated twitch), biological (fiber type and mitochondrial function), cardiovascular (blood flow and metabolic parameters) and translational factors (gut microbiota) determining potential sex differences in the exercise performance.

In the field of neuroscience, we are investigating the effect of theta-burst transcranial magnetic stimulation on the central and peripheral components of neuromuscular fatigue and exercise performance. The main objective of this project is to manipulate the cortical activation of contralateral or ipsilateral motor and non-motor cortex areas prior to fatiguing exercise tasks. With a same approach, we are using the theta-burst transcranial magnetic stimulation, as tool for unlocking the central fatigue in patients with multiple sclerosis and Parkinson's disease. Moreover, we are investigating the effect of augmented virtual reality for attenuates the exacerbated neuromuscular fatigue, typical of patients with multiple sclerosis. Major collaborators are the University of Adelaide (AUS), and the University of Alberta (CAN).

In a different clinical scenario (patients with pulmonary failure) we are investigating the effect of oxygen supply on performance fatigability in the locomotor and respiratory muscles. Major collaborator is the Maugeri Hospital (ITA).

The autonomic control of muscular, heart and brain circulation is another research line of my group. With an innovative technique we are measuring via microneurography both the sympathetic and vagal responses to the dynamic and static activation of the skeletal muscle mechanoreceptors. These autonomic measurements are coupled with the values of local circulation. Major collaborator is the University of Ancona (ITA).

With an integrated physiological approach, we are studying the effects of high intensity interval training coupled with exposure to hypoxia or hyperoxia. The main outcomes of this projects reside in the pulmonary, cardiovascular, metabolic and cellular changes of the oxygen cascade. Major collaborator of this project is the University of Molde (NOR).

In the field of cardiovascular pathologies, we are investigating the effect of congenital heart diseases, chronic tachycardia and heart microcirculatory diseases on the determinants of exercise capacity, skeletal muscle myopathy and peripheral vascular function. For these projects we are investigating in adults and children the causes of their reduced exercise capacity and after a period of supervised exercise training the potential effects of the exercise on these clinical phenomena. The major collaborators of this study are the University of Utah (USA) and the cardiology section of the University of Verona.

My team is also investigating the effects of endurance and resistance exercise training in intradialytic patients. For this study we are investigating the pulmonary, cardiovascular, metabolic and cellular changes of the oxygen cascade. The major collaborator of this project is the Pederzoli Hospital (ITA).

Last but not least, we are conducting research on the effects of different muscle contractions on the skeletal muscle perfusion and force, as a tool for potential rehabilitation approach following muscle injury.

### **Education**

January 2011- July-2013: Postdoctoral Fellow Department of Internal Medicine, University of Utah.

Mentor: Russell S. Richardson.

2008 – 2011: Ph.D. in Translational Biomedicine, University of Verona, research area: exercise physiology and aging processes. Advisor: Federico Schena.

2004 – 2006 M.S. in Adapted Exercise Physiology, University of Verona. Thesis: VO<sub>2</sub> kinetics during arm and leg exercise in elderly adults. Advisor: Federico Schena.

2002 – 2004 B.S. in Kinesiology – exercise physiology, University of Verona. Thesis: Developing health and fitness: combination of resistance and endurance training. Advisors: Antonio Cevese, and Federico Schena.

### **Academic Experience**

November 2019 - now: Associate Professor, Department of Neurosciences, Biomedicine and Movement Sciences. University of Verona.

January 2018: Adjunct Professor, Department of Internal Medicine, University of Utah.

November 2016 - October 2019: Assistant Professor, Department of Neurosciences, Biomedicine and Movement Sciences. University of Verona.

July 2013 – June 2016: Assistant Professor, Department of Biomedical Sciences for health, University of Milan, Italy.

May 2011- June 2013: Research Assistant, Department of Neurological, Neuropsychological, Morphological and Movement Sciences, University of Verona.

### **Academic assignments**

2026: Representative of Associate Professors of the Department of Neuroscience, Biomedicine and Movement at the School of Medicine and Surgery of the University of Verona.

2026: Member of the steering committee of the PhD board in Neuroscience, Psychological and Psychiatric sciences- University of Verona.

2025: President of the internationalization Board ERASMUS – Exercise and Sport Science, School of Medicine. University of Verona.

2023: President of the Master in exercise-therapy. Department of Neurosciences, Biomedicine and Movement Sciences. University of Verona.

2023: Member of the National PhD board in Exercise and Sport Science- University of Verona.

2017: Member of the PhD board in Neuroscience, Psychological and Psychiatric sciences- University of Verona.

2016: Member of the Educational Board in Exercise Sport Science – School of Medicine. University of Verona.

2016: Member of the scientific Board for the Master in exercise-therapy in Alzheimer's disease. Department of Neurosciences, Biomedicine and Movement Sciences. University of Verona.

2016: Member of the Department Council of Neurosciences, Biomedicine and Movement Sciences. University of Verona.

2016: Member of the internationalization Board ERASMUS – School of Medicine. University of Verona.

July 2013 – June 2016: Member of the PhD board in integrated biomedical research, University of Milan.

July 2013 – June 2016: Member of the Department Council of Biomedical Sciences for health, University of Milan.

### **Teachings**

Physiological bases of exercise prescription. Master's degree in Sport and Exercise Science. 2026 to now - 2 (CFU). University of Verona.

Physiology of aging. Master's degree in Sport and Exercise Science. 2026 to now - 1 (CFU). University of Verona.

Preventive and adapted physical activity. Master's degree in Sport and Exercise Science. 2024 to now - 8 (CFU). University of Verona.

Training methodology. School of Sport Medicine. 2024 to now – 1 (CFU). University of Verona.

Design and evaluation of sport and physical activity for health: evaluation and training protocols. "Health and Sport" Degree Course Surgical, Medical, Dental and Morphological Sciences Department with Transplantology, Oncology and Regenerative Medicine Interest, University of Modena and Reggio Emilia from a.y. 2022 to now - 12 (CFU).

Preventive and adapted physical activity. Bachelor's degree in Sport and Exercise Science. 2016 to 2024 - 8 (CFU). University of Verona.

Evidence of the neurocognitive effects of physical activity in neurodegenerative diseases. Combined Bachelor's + Master's degree in Medicine and Surgery – 2020-21 - 1 (CFU). University of Verona.

Individual and team sports. Bachelor's degree in Sport and Exercise Science. 2020-21- 2 (CFU). University of Verona.

Exercise training methodology. Bachelor's degree in Sport and Exercise Science. 2020-21- 2 (CFU). University of Verona.

Ageing and physical exercise: theory, technique, didactics and organization. Master's degree in Sport and Exercise Science - LM-67. 2013/2014 - 9 (CFU). University of Milan.

Ageing and physical exercise: theory, technique, didactics and organization. Master's degree in Sport and Exercise Science - LM-67. 2014/2015 - 9 (CFU). University of Milan.

Exercise training in patients with Alzheimer's disease. Master level II. 2014/2015. University of Verona.

Exercise training in patients with Alzheimer's disease. Master level II. 2015/2016. University of Verona.

Physical activity monitoring assessment. Bachelor's degree in Sport and Exercise Science - LM-67. 2014/2015 - 9 (CFU). University of Milan.

Football. Bachelor's degree in Sport and Exercise Science - L-22. 2013/2014 - 6 (CFU). University of Milan.

### **Mentorship**

2017- 2022: Supervisor for postdoctoral fellow: Anna Pedrinolla. University of Verona

2021- 2022: Supervisor for postdoctoral fellow: Matteo Maria Ottaviani. University of Verona

2023 – 2025: Supervisor for the postdoctoral fellow: Martina Mendo. University of Verona

2021 – 2024: Co-supervisor for postdoctoral fellow: Roberto Modena, University of Verona

2022 – 2025: Supervisor for postdoctoral fellow: Gaia Giuriato. University of Verona

2018 – 2022: Supervisor for the PhD student Fabio Giuseppe Laginestra, PhD school in Neuroscience, Psychological and Psychiatric sciences. University of Verona.

2018 – 2022: Co-supervisor for the PhD student Mara Paneroni, PhD school in Neuroscience, Psychological and Psychiatric sciences. University of Verona.

2019 – 2022: Supervisor for the PhD student Gaia Giuriato, PhD school in Neuroscience, Psychological and Psychiatric sciences. University of Verona.

2020 – 2024: Supervisor for the PhD student Camilla Martignon. PhD school in Neuroscience, Psychological and Psychiatric sciences. University of Verona.

2020 – 2022: Co-supervisor for the PhD student Fabio Zambolin. Institute of Sport, Manchester Metropolitan University. United Kingdom.

2021- 2025: Supervisor for the PhD student: Chiara Barbi. PhD school in Neuroscience, Psychological and Psychiatric sciences. University of Verona.

2022 – now: Supervisor for the PhD student: Gianluigi Dorelli. PhD school in Neuroscience, Psychological and Psychiatric sciences. University of Verona.

2023 – now: Supervisor for the PhD student: Claudia Baschiroto. PhD school in Neuroscience, Psychological and Psychiatric sciences. University of Verona.

2024 – now: Supervisor for the PhD student: Laura Spinello. National PhD program in exercise and sport science. University of Verona.

2024 – now: Supervisor for the PhD student: Camilla Costagliola. National PhD program in exercise and sport science. University of Verona.

2025 – now: Supervisor for the PhD student: Martina Mendo. National PhD program in exercise and sport science. University of Verona.

2025 – now: Supervisor for the PhD student: Alberto Oppio. National PhD program in exercise and sport science. University of Verona.

### **Certifications**

American Heart Association – Basic Life Support

MRI Safety Training C1, for MRI Healthcare Professionals

Integrative Human Cardiovascular Control, (Rings Hospitalet), Copenhagen, Denmark.

Cardiovascular ultrasound in sport and exercise science, Liverpool, UK.

High-resolution mitochondrial respirometry and fluorometry. Schroecken, Austria.

### **Memberships**

American Physiological Society APS.

American College of Sport Medicine ACSM.

Società Italiana delle Scienze Motorie e Sportive SISMES.

Società Italiana di Fisiologia SIF.

### **Professional development**

Reviewer for the AISM-FISM research grant program.

Reviewer for the Alzheimer's Association research grant program.

Reviewer for the Brain Research Foundation Verona (BRFV)- research grant program.

2013: Member of the Editorial Board for 'Sport Science for Health'.

2019: Member of the Editorial Board for 'Aging Clinical Experimental Research'.

2019: Review Editor for 'Frontiers Oxidant Physiology'.

2021: Associate Editor for 'Sport Science for Health'.

2021: Associate Editor for 'Aging Clinical Experimental Research'.

1<sup>st</sup> opponent for the 2016 and 2019 PhD course at the Norwegian University of Science and Technology (NTNU), Faculty of Medicine.

April 2017, member of the evaluation committee for the PhD course of integrated biomedical research at the University of Milan.

Ad Hoc Reviewer: JACC: Advances, Sports Medicine, Journal of the American College of Cardiology, Circulation research, Journal of Physiology, American Journal of Physiology Heart and Circulatory Physiology, Journal of Applied Physiology, American Journal of Physiology Regulatory, Integrative and Comparative Physiology, Clinical Science, Journal of Neurophysiology, PlosOne, Psychiatry Research, Age, CMAJ, Medicine & Science in Sport & Exercise, European Journal of Applied Physiology, Journal of Sport Science and Medicine, Journal of Physical Education and Sport Management, American Journal of Human Biology, BMC Geriatrics, Journal of Aging and Physical Activity, Journal of Sport Sciences for Health, Aging clinical experimental research, Annals of Gerontology and Geriatric Research.

### **Participation to international research groups**

2016 member of the international research group between the Norwegian University of Science and Technology, faculty of Medicine, Department of circulation and medical imaging Trondheim, Norway and the Department of Neurosciences, Biomedicine and Movement Sciences. University of Verona.

2016 member of the research group between IRCCS Maugeri and the Department of Neurosciences, Biomedicine and Movement Sciences. University of Verona. Project: Physiological and functional basis of frailty in elderly patients with Chronic Obstructive Pulmonary Disease and Heart Failure.

2019 member of the research group between University of Adelaide, Australia e the Department of Neurosciences, Biomedicine and Movement Sciences. University of Verona. Project: Neural components of fatigue in Multiple Sclerosis.

2019 Faculty manager for the internationalization agreement (ERASMUS) between the University of Strasburg Faculty of medicine and the University di Verona, Department of Neurosciences, Biomedicine and Movement Sciences.

2025 member of the international research group between the University of Molde, Norway and the Department of Neurosciences, Biomedicine and Movement Sciences. University of Verona.

2025 member of the international research group between the University of Alberta, Canada and the Department of Neurosciences, Biomedicine and Movement Sciences. University of Verona.

### **Clinical trials**

Principal Investigator: ClinicalTrials.gov Identifier: NCT02462291. New Approach for Treatment of Behavioral Disorders in Alzheimer's Disease (Alzheimer's Behavioral and Cognitive Disorders) (ABCD).

Principal Investigator: ClinicalTrials.gov Identifier: NCT03087643. Effectiveness of Passive Mobilization on Vascular Function of Bedridden Oldest Old.

Principal Investigator: ClinicalTrials.gov Identifier: NCT03963050 - Successful Aging and Frailty (SAFe).

### **Awards**

2014 Research Prize in Neurodegenerative Pathologies and Dementia. Mons. Mazzali Foundation.  
11,000\$

2016 Fondazione Franchetti award for clinical investigation.  
3,000\$

### **Grants**

2024-2026: Co-Principal Investigator for the Grant AGE-IT 'trajectories for active and healthy ageing (behavioral and psychological determinants'. *CREO*. PI: Federico Schena. (299.900€)

2022-2023: Principal Investigator for the Grant Joint research 2021 - OxyFatigue - Acute effects of oxygen administration on neuromuscular fatigue in chronic obstructive pulmonary disease patients with chronic respiratory failure and long-term oxygen therapy (11500€)

2021-2024: Co-Investigator for the European Grant ERA-HDHL (2020) PREVNUT - Development of targeted nutrition for prevention of undernutrition for older adults. Combining chocolate-based functional food with physical exercise to prevent undernutrition and the risk of frailty in pre-dementia aged people - CHOKO-AgE. (1,068,632 €)

**2020-2021: Co-Investigator for the Grant: Multiple Sclerosis Australia- The interaction between neuromodulation and fatigue in Multiple Sclerosis. – PI: Simranjit Sidhu.**  
(21,656 AU\$)

2020-2022: Co-Investigator for the Grant: Joint Project 2019 - JPVR1935FY. Can exercise and cognitive training mitigate symptoms of physical and cognitive frailty? TRAINFRAIL - PI: Federico Schena.  
(20,000€)

2020-2022: Co-Investigator for the Grant: Fondazione Cassa Risparmio Perugia #10429- Invecchiamento. Cura e prevenzione della fragilità: aspetti biologici, fisiopatologici e problematiche cliniche. PI Anna Maria Stabile (57,000€)

2020-2021: Principal Investigator for the Grant: Brain Research Foundation Verona (BRFV)- Can exercise training mitigate Parkinson's disease-related fatigue? (12,500€)

2019-2023: Co-investigator for the Grant: PRIN 2017- #2017RS5M44. ACTLIFE. Is active lifestyle enough for health and wellbeing? PI: Federico Schena. (613,660€)

2019-2021: Principal Investigator for the Grant 'Ricerca di Base 2017 - RBVR17XRSA' Effectiveness of exercise and nitrate supplementation on progression of dementia in patients with Alzheimer's disease.  
(77.000€)

2018. Team leader for the project 'Molecular and functional basis of successful aging and frailty' of the Dipartimento di Eccellenza: 'Comportamenti e benessere: un approccio multidisciplinare per favorire la qualità della vita in condizioni di vulnerabilità'. PIs: Lidia Del Piccolo, Federico Schena. University of Verona, Department of Neurosciences, Biomedicine and Movement Sciences.

2018-2019: Co-investigator for the Grant: Joint Project 2017 - JPVR17HS3N. Efficacia dell'ambiente naturale per la sindrome del crepuscolo nella malattia di Alzheimer. - PI: Stefano Tamburin. (66750€)

2014-2015: Principal Investigator for the University of Milan Grant B. New treatment for sundowning syndrome in Alzheimer's disease. (7000€)

2015-2016: Co-Principal Investigator for the Grant Linea-2 #15-6-3016000-202 University of Milan. Determinants of maximal oxygen uptake in old sedentary and master athletes. (8000€)

2016-2017: Co-investigator for the Grant ValDoNi CE 739CESC #39553 Azienda ospedaliera integrata di Verona. Correlation between Doppler, NIRS, and magnetic resonance for the evaluation of cerebral perfusion during hypercapnia. (15000€)

## Publications

1. **Venturelli M**, Lanza M, Schena F, Bottura R. Gli arti superiori, risorsa e benessere. *Assistenza anziani*, Feb. 2007 pag. 54-58.
2. **Venturelli M**, Bishop D, Pettene L. Sprint training in pre-adolescent soccer players. *International Journal of Sports Physiology and Performance*. 3 (4) Dec. 2008. 558–562. IF = 3.384
3. **Venturelli M**, Muti E, Lanza M, Schena F. Positive effects of physical training in ADL dependent older adults. *Experimental Aging Research*. 2010 Apr; 36(2):190-205. IF = 1.306
4. Trinity JD, McDaniel J, **Venturelli M**, Fjeldstad AS, Ives SJ, Witman MA, Barrett-O'Keefe Z, Amann M, Wray DW, Richardson RS. Impact of body position on central and peripheral hemodynamic contributions to movement-induced hyperemia: implications for rehabilitative medicine. *Am J Physiol Heart Circ Physiol*. 2011 May;300(5):H1885-91. Epub 2011 Feb 25. IF = 3.569
5. **Venturelli M**, Schena F, Zanolla L, Bishop D. injury risk factors in young soccer players detected by a multivariate survival model. *J Sci Med Sport*. 2011 Jul;14(4):293-8. Epub 2011 Apr 6. IF = 3.929
6. **Venturelli M**, Scarsini R, Schena F. Six-month walking program changes cognitive and ADL performance in patients with Alzheimer. *Am J Alzheimers Dis Other Demen*. 2011 Aug;26(5):381-8. Epub 2011 Aug 17. IF = 1.774.
7. **Venturelli M**, Amann M, McDaniel J, Trinity JD, Fjeldstad AS, Richardson RS. Central and peripheral hemodynamic responses to passive-limb movement: the role of arousal. *Am J Physiol Heart Circ Physiol*. 2012 Jan 1;302(1):H333-9. IF = 3.569
8. Rossman MJ, **Venturelli M**, McDaniel J, Amann M & Richardson RS. Muscle mass and peripheral fatigue: a potential role for afferent feedback? *Acta physiologica* 2012; 206, 242-250. IF = 5.97
9. **Venturelli M**, Magalini A, Scarsini R & Schena F. From Alzheimer's disease retrogenesis: a new care strategy for patients with advanced dementia. *American journal of Alzheimer's disease and other dementias*. 2012; 27, 483-489. IF = 1.774.
10. **Venturelli M**, Richardson RS. Skeletal muscle mechanical efficiency does/does not increase with age. *Journal of applied physiology*. 2012; 114: 1108–1113. IF = 3.256
11. **Venturelli M**, Schena F & Richardson RS. The role of exercise capacity in the health and longevity of centenarians. *Maturitas*. 2012; 73, 115-120. IF = 2.942
12. **Venturelli M**, Schena F, Scarsini R, Muti E & Richardson RS. Limitations to exercise in female centenarians: evidence that muscular efficiency tempers the impact of failing lungs. *Age*. 2013 Jun; 35(3):861-70. IF = 4.084
13. **Venturelli M**, Richardson RS. Last Word on Point: Skeletal muscle mechanical efficiency does increase with age. *Journal of applied physiology*. 2013; 114: 1119. IF = 3.256
14. Amann M, **Venturelli M**, Ives S. J, McDaniel J, Layec G, Rossman M.J, Richardson, R.S. Peripheral Fatigue Limits Endurance Exercise via a Sensory Feedback-Mediated Reduction in Spinal Motoneuronal Output. *Journal of applied physiology*. 2013 Aug 1; 115(3):355-64. IF = 3.256
15. **Venturelli M**, Scarsini R, Muti E, Salvagno GL, Schena F. Sundowning syndrome and hypothalamic-pituitary-adrenal axis dysregulation in Alzheimer patients: is there an association?. *Journal of American Geriatrics Society*. 2013 Nov; 61(11):255-6. IF = 4.388
16. **Venturelli M**, Amann M, Layec G, McDaniel J, Trinity J.D, Fjeldstad A.S, Ives S, J Yonnet, G. Richardson R.S. Passive leg movement-induced hyperemia with a spinal cord lesion: Evidence of preserved vascular function. *Acta Physiologica*. 2013 Oct 1. doi: 10.1111/apha.12173. IF = 5.97
17. Layec G, **Venturelli M**, Jeong EK, Richardson, R.S. The validity of anthropometric leg muscle volume estimation across a wide spectrum: From able bodied adults to individuals with a spinal cord injury. *Journal of applied physiology*. 2014 May 1; 116(9): 1142-7. IF = 3.256
18. **Venturelli M**, Morgan GR, Donato AJ, Reese V, Bottura R, Tarperi C, Milanese C, Schena F, Reggiani C, Naro F, Cawthon RM, Richardson RS. Cellular aging of skeletal muscle: telomeric and free radical evidence that physical inactivity is responsible and not age. *Clin Sci (Lond)*. 2014 Sep; 127(6): 415-21. IF = 5.220
19. Rossman M, Garten R, **Venturelli M**, Amann M, and Richardson RS. The role of active muscle mass in determining the magnitude of peripheral fatigue during dynamic exercise. *AJP - Regulatory, Integrative and Comparative Physiology*. 2014 Jun 15;306 (12):R934-40. IF = 3.082

20. Amann M, **Venturelli M**, Ives S, Morgan D, Gmelch B, Witman M, Groot J, Wray W, Stehlic J, Richardson R. Group III/IV muscle afferents impair limb blood flow during exercise in patients with chronic heart failure. *International Journal of Cardiology*. 2014 Jun 15; 174(2):368-75. IF = 4.034
21. Sidhu SK, Weavil JC, **Venturelli M**, Garten RS, Rossman MJ, Richardson RS, Gmelch BS, Morgan DE, Amann M. Spinal  $\mu$ -opioid receptor sensitive lower limb muscle afferents determine corticospinal responsiveness and exacerbate central fatigue in upper limb muscle. *The Journal of Physiology*. 2014 Nov 15;592(22):5011-24. IF = 4.739
22. Amann M., Sidhu S.K, Weavil J., Mangum T., **Venturelli M**. Autonomic responses to exercise: Group III/IV muscle afferents and fatigue. *Autonomic Neuroscience: Basic and Clinical*. 2015 Mar 188:19-23. IF = 1.562
23. Cè E, Rampichini S, **Venturelli M**, Limonta E, Veicsteinas A, Esposito F. Electromechanical delay components during relaxation after voluntary contraction: Reliability and effects of fatigue. *Muscle Nerve*. 2015 Jun;51(6):907-15. IF = 2.496
24. Cè E, Longo S, Rampichini S, Devoto M, Limonta E, **Venturelli M**, Esposito F. Stretch-induced changes in tension generation process and stiffness are not accompanied by alterations in muscle architecture of the middle and distal portions of the two gastrocnemii. *J Electromyogr Kinesiol*. 2015 Jun;25(3):469-78. IF = 1.93
25. **Venturelli M**, Saggini P, Muti E, Naro F, Cancellara L, Toniolo L, Tarperi C, Calabria E, Richardson R.S, Reggiani C, F. Schena. In vivo and in vitro evidence that in oldest-old humans intrinsic upper- and lower-limb skeletal muscle function is unaffected by ageing and disuse. *Acta Physiologica*. 2015 Sep;215(1):58-71. IF = 5.97
26. **Venturelli M**, Cè E, Limonta E, Schena F, Caimi B, Carugo S, Veicsteinas A, Esposito F. Effects of endurance, circuit, and relaxing training on cardiovascular risk factors in hypertensive elderly patients. *Age*. 2015 Oct;37(5):101. IF = 4.084
27. Sidhu SK, Weavil JC, **Venturelli M**, Rossman MJ, Gmelch BS, Bledsoe AD, Richardson RS, Amann M. Aging alters muscle reflex control of autonomic cardiovascular responses to rhythmic contractions in humans. *Am J Physiol Heart Circ Physiol*. 2015 Nov;309(9):H1479-89. IF = 3.569
28. Esposito F, Cè E, Rampichini S, Limonta E, **Venturelli M**, Monti E, Bet L, Fossati B, Meola G. Electromechanical delay components during skeletal muscle contraction and relaxation in patients with myotonic dystrophy type 1. *Neuromuscular disorders*. 2016 Jan;26(1):60-72. IF = 2.638
29. Ives S, Amann M, **Venturelli M**, Witman MA, Jonathan Groot H, Walter Wray D, Morgan DE, Stehlic J, Richardson RS. The Mechanoreflex and Hemodynamic Response to Passive Leg Movement in Heart Failure. *Med Sci Sports Exerc*. 2016 Mar;48(3):368-76. IF = 4.291
30. Limonta E, Rampichini S, Riboli A, **Venturelli M**, Cè E, Esposito F. Influence of acute passive stretching on the oxygen uptake vs work rate slope during an incremental cycle test. *Eur J Appl Physiol*. 2015 Dec;115(12):2583-92. IF = 2.401.
31. Limonta E, Cavagna M, **Venturelli M**, Cè E, Esposito F. Heart rate response to different training phases in young female acrosport athletes. *Sport Sciences for Health*. 12: 21. doi:10.1007/s11332-015-0249-6.
32. Riboli A, Cè E, Rampichini S, **Venturelli M**, Alberti G, Limonta E, Veicsteinas A, Esposito F. Comparison between continuous and discontinuous incremental treadmill test to assess the velocity at  $VO_2$ max. *J Sports Med Phys Fitness*. 2017 Sep;57(9):1119-1125. doi: 10.23736/S0022-4707.16.06393-3. Epub 2016 Apr 13. IF = 1.55
33. **Venturelli M**, Sollima A, Cè E, Limonta E, Bisconti AV, Brasioli A, Muti E, Esposito F. Effectiveness of exercise- and cognitive-based treatments on salivary cortisol levels and sundowning syndrome symptoms in patients with Alzheimer's disease. *Journal of Alzheimer's Disease*. 2016 Jul 14;53(4):1631-40. doi: 10.3233/JAD-160392. IF = 3.476
34. **Venturelli M**, Cè E, Limonta E, Muti E, Scarsini R, Brasioli A, Schena F, Esposito F. Possible predictors of involuntary weight loss in patients with Alzheimer's disease. *Plos One*. 2016 Jun 27;11(6):e0157384. IF = 2.766
35. Longo S, Devoto M, Monti E, **Venturelli M**, Limonta E, Rampichini S, Bisconti A.V, Esposito F, Cè E. Acute effects of static stretching on skeletal muscle relaxation at different ankle joint angles. *Sport Sciences for Health*. 2016. doi:10.1007/s11332-016-0309-6.
36. Crispoltoni L, Stabile AM, Pistilli A, **Venturelli M**, Cerulli G, Fonte C, Smania N, Schena F, Rende M. Changes in plasma  $\beta$ -NGF and its receptors expression on peripheral blood monocytes during Alzheimer's disease progression. *Journal of Alzheimer's Disease*. 2017;55(3):1005-1017. IF = 3.476
37. Maconi F, **Venturelli M**, Limonta E, Rampichini S, Bisconti A.V, Monti E, Longo S, Esposito F, Cè E. Effects of a 12-week neck muscles training on muscle function and perceived level of muscle soreness in amateur rugby players. *Sport Sciences for Health*. 2016. DOI: 10.1007/s11332-016-0314-9
38. Rampichini S, Fantauzzi A, Cè E, Longo S, Limonta E, Bisconti A.V, Esposito F, **Venturelli M**. Wearable multisensor and total energy expenditure estimation in young, adult and institutionalized elderly individuals: validation and practical recommendation. *Sport Sciences for Health*. 2016. DOI: 10.1007/s11332-016-0321-x
39. Pedrinolla A, Schena F, **Venturelli M**. Resilience to Alzheimer's disease: the role of physical activity. *Current Alzheimer Research*. 2017 Apr 3;14(5):546 - 553. IF = 3.289
40. **Venturelli M**, Richardson R.S, Reggiani C, Schena F. Age-related changes in skeletal muscle function: The sum of the parts could be greater than the whole. *Journal of Applied Physiology*. 2016. Nov 1;121(5):1234. IF = 3.256
41. Tonni V, Cè E, Limonta E, Bisconti AV, Longo S, Rampichini S, Magri A, Brasioli A, Muti E, Esposito F, **Venturelli M**. Fall-risk factors in hospitalized elderly: the role of adapted physical activity. *Sport Sciences for Health*. 2016. DOI: 10.1007/s11332-016-0324-7.
42. **Venturelli M**, Layec G, Trinity J, Hart CR, Broxterman RM, Richardson RS. Single passive leg movement induced-hyperemia: a simple vascular function assessment without a chronotropic response. *Journal of Applied Physiology*. 2017. Jan 1;122(1):28-37. IF = 3.256

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137. Paneroni M, Salvi B, Simonelli C, **Venturelli M**, Vitacca M. Does quadriceps contractile fatigue influence rehabilitation outcomes in COPD-CRF patients? *ERJ open Research*. January 2025, IF = 4.5
138. Pedrinolla A, Dorelli G, Porcelli S, Burleigh Mia, Mendo M, Martignon M, Fonte C, Dalle Carbonare LC, Easton C, Muti E, Schena F, **Venturelli M**. Increasing nitric oxide availability via ingestion of nitrate-rich beetroot juice improves vascular responsiveness in individuals with Alzheimer's Disease. *Nitric Oxide*. 2025 Mar 13:S1089-8603(25)00024-2. doi: 10.1016/j.niox.2025.03.001. Online ahead of print. IF = 3.2
139. Speretta GF, Giuriato G, Dorelli G, Barbi C, Pedrinolla A, **Venturelli M**. Cold pressor-induced sympathetic activation blunts the femoral but not carotid artery vascular responsiveness. *Physiol Rep*. 2025 Mar;13(6):e70281. doi: 10.14814/phy2.70281. IF = 2.2

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141. Dorelli G, Giuriato G, Zamboni G, Daini M, Cominacini M, Dalle Carbonare LG, Wang E, Crisafulli E, Schena F, **Venturelli M**. Aerobic Intermittent Hypoxic Training Is Not Beneficial for Maximal Oxygen Uptake and Performance: A Systematic Review and Meta-Analysis. *Scand J Med Sci Sports.* 2025 Jun;35(6):e70088. doi: 10.1111/sms.70088. IF = 3.8
142. Paneroni M, Salvi B, Simonelli C, **Venturelli M**, Vitacca M. Does quadriceps contractile fatigue influence rehabilitation outcomes in COPD-chronic respiratory failure patients? *ERJ Open Res.* 2025 Sep 8;11(5):00990-2024. doi: 10.1183/23120541.00990-2024. IF = 4.0
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146. Paneroni M, Simonelli C, Salvi B, Bertacchini L, Vitacca M, **Venturelli M**. Vascular Dysfunction in COPD with and without Chronic Respiratory Failure: a cross-sectional study. *Frontiers in Physiology, section Exercise Physiology.* 2025
147. Baschirotto C, **Venturelli M**, Pedrinolla A. Feasibility of high intensity exercise training in people with dementia and mild cognitive impairment: a systematic review. *BMC Geriatrics.* March 2026
148. Paneroni M, Spinello L, Salvi B, Simonelli C, Diasparra A, **Venturelli M**, Vitacca M. Prevalence of exercise-induced desaturation among COPD patients enrolled in early inpatient pulmonary rehabilitation. *Chronic Obstructive Pulmonary Diseases Journal of COPD Foundation.* March 2026
149. Caccia F, Baciga F, Baschirotto C, Lamberti A, Cappellari T, Storari A, Migliara B, Andreucci M, Krittanawong C, **Venturelli M**, Manfredini R, Wilund W.R, Manfredini F, Battaglia Y. Physical Activity and Exercise in patients with coexisting Chronic Kidney Disease and Peripheral Artery Disease: Time to Bridge the Gap? *Journal of Renal Nutrition.* 23 March 2026.

### Book chapter

1. Venturelli, M. chapter 11: The role of nitric oxide on vascular dysfunction during aging and Alzheimer's disease. (2019) from the book: Therapeutic application of nitric oxide in cancer and inflammatory disorders. Academic Press. ISBN: 9780128165454. pag: 221-228
2. Italian edition of the ACSM guidelines for exercise Testing and Prescription. 2021. Calzetti Mariucci Editore.

### Participation to National and international congresses

World congress on science and football. Antalya. Turkey. January 2007

American College of Sport Medicine. New Orleans. USA. June 2007

American College of Sport Medicine. Indianapolis, USA. June 2008

American College of Sport Medicine. Baltimore, USA. June 2010

American College of Sport Medicine. Denver. USA. June 2011

Società italiana delle Scienze Motorie e Sportive. Pavia, Italy. September 2013

Experimental Biology. San Diego, USA. April 2014

American College of Sport Medicine. Orlando. USA. June 2014

Società italiana delle Scienze Motorie e Sportive. Naples, Italy. September 2014

Società Italiana di Fisiologia (SIF), Anacapri (NA), Italy. September 2014

Società italiana delle Scienze Motorie e Sportive. Padua, Italy. September 2015

Società Italiana di Fisiologia (SIF). Genoa, Italy. September 2015

Experimental Biology. San Diego, USA. April 2016

American College of Sport Medicine. Boston, USA. June 2016

Società italiana delle Scienze Motorie e Sportive. Rome, Italy. September 2016

Società Italiana di Fisiologia (SIF). Catania, Italy. September 2016

Member of the organization board for the workshop: exercise therapy and health. Università Parthenope di Napoli, Naples, Italy. April 2017

American College of Sport Medicine, Denver, USA. June 2017  
 Società italiana delle Scienze Motorie e Sportive. Brescia, Italy. September 2017  
 Member of the organization board for the conference 'Il ruolo dello stile di vita per un invecchiamento di successo'. Mantua, Italy. October 2017  
 Società Italiana di Fisiologia (SIF). Pavia, Italy. September 2017  
 American College of Sport Medicine. Minneapolis MN. USA. June 2018  
 Società Italiana di Fisiologia (SIF). Florence, Italy. September 2018  
 Società Italiana di Farmacologia: Therapeutic Applications of Nitric Oxide in Cancer and Inflammatory-related Disorders. Accademia dei Fisiocritici (Siena), Italy. October 2018  
 Società italiana delle Scienze Motorie e Sportive. Messina, Italy. October 2018  
 Advances in skeletal muscle biology in health and disease. Reitz Union Auditorium and Grand Ballroom University of Florida, Gainesville, FL USA. March 2019  
 Società Italiana delle Scienze Motorie e Sportive. Bologna, Italia. September-2019  
 Member of the organization board for the Webinar of società italiana delle Scienze Motorie e Sportive. Procedure per l'esecuzione di test da sforzo nell'era COVID-19:  
<https://www.youtube.com/watch?v=h0LTwTLrQwo&t=1584s> 03-07-2020  
 Member of the organization board for the Webinar of società italiana delle Scienze Motorie e Sportive. Attività fisica adattata in pazienti COVID-19: <https://www.youtube.com/watch?v=0eGAV5X7bJA> 21-07-2020  
 Società Italiana di Fisiologia (SIF). Milan, Italy. September 2021  
 Società Italiana delle Scienze Motorie e Sportive. Padua, Italia. October-2021  
 American College of Sport Medicine. San Diego CA. USA June -2022  
 Società Italiana delle Scienze Motorie e Sportive. Milan, Italia. October-2022  
 Società Italiana delle Scienze Motorie e Sportive. Naples, Italia. November-2023  
 APS annual congress Long Beach CA, USA. April 2024.  
 Società Italiana delle Scienze Motorie e Sportive. Chieti, Italia. September-2024  
 European College of Sport Science. Rimini, Italy. July-2025

### **Invited lectures**

Improving speed in children soccer players. Team sport conference June 2007  
 Upper body resistant training in frail older adults. Città in Forma November 2008  
 Programmi di attività fisica per l'anziano fragile: esperienze e prospettive. Mazzali Foundation May 2009  
 Acute effects of exercise-games on cognitive performance and agitated behaviors in patients with severe dementia. Seminars in psychological and psychiatric sciences and neuroscience. May 2012  
 Vascular function in subjects with a spinal cord lesion. Seminar of Exercise and Sport Science. May 2012  
 Esercizio fisico e longevità. Città in Forma December 2012  
 Cortisolo e calo ponderale nella demenza di Alzheimer: esiste un'interazione? Me-Mo memoria e movimento Annual congress of Fondazione Mons. Mazzali. Mantua November 9<sup>th</sup> 2013.  
 Muscular efficiency and age-related pulmonary dysfunction: is there an association? 5th International congress Mountain Sport and Health. Rovereto December 2013.  
 Influence of Physical activity on Cognitive abilities in old ages. Healthy Life Style Between Myth and Reality - International Symposium. Ljubljana, Slovenia, May 2014.  
 The role of physical activity on the neurovascular function in patients with Alzheimer's disease. Deficit cognitivo nelle patologie neurologiche: approccio clinic e riabilitazione. Peschiera, Italy. February 2015.  
 Human longevity: the role of physical activity. 12th national congress of sport medicine. Saronno, Italy, March 2015  
 Multi sensorial stimulation in patients with Alzheimer's diseases. Annual congress of Fondazione Mons. Mazzali. Mantua, Italy. October 2015  
 Preserved fiber contractility in oldest-old, is it possible? Seminar of miology, Padua, Italy. February 2016.  
 Diverse applicazioni del training: dal sano al patologico. Esercizio fisico ed Healthy aging, Verona, Italy. June 2016.  
 L'anziano fragile nel contesto domiciliare. Conference La casa ti accompagna, Mantua, Italy. December 2016.

Non-motor symptoms of Parkinson's disease: the importance of exercise training. Utah Vascular Research Lab Colloquium Series. Salt Lake City, UT, USA. September 2022.

Organization committee for the Choko-Age mild term conference. Rovereto, Italy. December 2022

Can the dietary inorganic nitrate supplementation mitigate the vascular dysfunction in elderly with Alzheimer's disease? 9<sup>th</sup> International congress Mountain sport & health. 16/11/23 Rovereto, Italy.

Fatigue in Parkinson's disease. National congress of LIMPE-DISMOV, 2/12/23 Rome, Italy.

### **Clinical and governance experience**

Clinical physical activity coordinator at Geriatric Institute Mons. Arrigo Mazzali Mantua (2006-2021).

Member of the Board of Directors for the Geriatric Institute Mons. Arrigo Mazzali Mantua (2021-Now).

Verona, May 2026

Venturelli Massimo

A handwritten signature in black ink, reading "Venturelli Massimo". The signature is written in a cursive style with a large, sweeping initial 'V'.