

Cantor Tarperi

☎ +39 045 8425116 📠 +39 335 8410987

✉ cantor.tarperi@univr.it -

🌐 https://www.researchgate.net/profile/Cantor_Tarperi
<https://orcid.org/0000-0002-7208-9484>

EDUCATION

- 19th July 2002 **Bachelor Degree in Exercise and Sport Science**, awarded by vote of 110/110 at the Faculty of "Medicine - Faculty of Education", University of Verona.
Physiology experimental thesis at the Department of Neurological Science and Vision section of Physiology: "Neurovegetative control of cardiovascular system in humans. Evaluation by a non-invasive method to be used during exercise".
- 07-09th July 2003 Participation at ECSS **Workshop**: "*Functional evaluation of physical performance in the elderly*".
- 11th July 2005 **Master Degree in Exercise and Sport Science**, awarded by the highest grade (summa cum laude) at the Faculty of "Exercise and Sport Science", University of Verona - Italy.
Physiology experimental thesis: "Physiological adaptations to exercise in the hypertensive elderly - Acute and chronic cardiovascular responses".
- 24th April 2007 Participation at ADInstruments Teaching **Workshop** physiology & Sport Science in Rome.
- 7-8th May 2007 Participation at the **Workshop** "*Il Test da Sforzo Cardiopolmonare (CPET): basi fisiologiche, indicazioni ed interpretazione*" organized by Istituto di Cardiologia Università degli studi di Milano, c/o the Cardiologico Monzino Cardiologic Centre, Milano (Direct. Prof. P.G. Agostoni).
- April-August 2009 Training and research activities at Liverpool John Moore University in Liverpool (UK)
project: "Resistance exercise and recovery. Metabolic and cardiovascular implications"
- 30th Nov 2009 **Ph.D** in Physiology (BIO/09) - Cardiovascular Physiology (XXI cycle: 2005/2009) at the University of Turin.
Thesis entitled: "A patient suffering from chronic heart failure. Exercise and resistance training".

WORK EXPERIENCE

2003-2004	collaboration with C.I.R.C. Inter-university consortium for cardiovascular research, attending the laboratory of physiology at the Faculty of Exercise and Sport Science of Verona.
2004-2005	collaboration with I.N.R.C. National institute of cardiovascular research, attending the laboratory of physiology at the Faculty of Exercise and Sport Science of Verona.
2009-2019	Graduate Technician Position (cat. D) for the Physiology of Exercise Laboratory, Metabolism Laboratory and Performance of Department of Neuroscience, Biomedicine and Movement – University of Verona.
2010-today	Coordinator of the “Centro per la Preparazione alla Maratona” of Department of Neuroscience, Biomedicine and Movement – University of Verona. (Didactic, research and third mission)
2015-2019	Specialist Level Position cat. D for Didactic Laboratory Reference at Department of Neuroscience, Biomedicine and Movement – University of Verona.
2019-2022	Associate Professor for SSD M-EDF/01, SC 06/N2, at Department of Clinical and Biological Sciences – University of Turin
2022-today	Associate Professor for SSD M-EDF/02, SC 06/N2, at Department of Neuroscience, Biomedicine and Movement Sciences – University of Verona

INTERNATIONAL COOPERATION

2009 – 2010	Collaboration in the research activities of the group directed by prof. Macklem (coordinator - McGill University, Montreal, Canada) and prof. Aliverti (Politecnico di Milano), for the project " <i>ventilatory and circulatory functions</i> ". (Aliverti J Appl Physiol. 2010)
2014 - today	Coordinator for the international scientific project “Run For Science” – University of Verona. (5 editions – 8 university involved - 21 articles published)
2014 - today	Collaboration in the research activities of the group directed by prof. Paolo Moghetti (coordinator) for the project " <i>physical activity and endocrine dysfunction</i> ". (Bacchi 2014 and Bacchi 2015)
2016 – today	Collaboration in the research activities of the group coordinated by prof. Dirk Roggenbuck (Brandenburg University of Technology Cottbus - Senftenberg), by prof. F. Schena and prof. G. Lippi (University of Verona) for the project: " <i>chromosomal damage due to prolonged physical exercise</i> ". (G Lippi et al. Clin Chim Acta. 2016)
2018 – today	Collaboration in the research activities of the group coordinated by prof. Laurent Mourot (University Bourgogne Franche-Comté - France), for the project: " <i>Autonomic responses to prolonged physical exercise</i> ". (Mourot et al. Diabetes Res Clin Pract. 2020 and Mourot et al. Int J Environ Res Public Health. 2020)

TEACHINGS

2003 - 2004	Assistant for “sport physiology” at the Faculty of “Exercise and Sport Science” in Verona.
06 th Nov 2003	Invited Speaker at symposium “Un punto sul movimento” at CeBISM (Centro interuniversitario di ricerca in Bioingegneria e Scienze Motorie): “Effects of tilting upon spectral properties of stroke volume in humans.”
2004 – 2005	Assistant for “physiology” at the Faculty of “Exercise and Sport Science” in Verona.
2005 – 2006	Assistant for “sport physiology” at the Faculty of “Exercise and Sport Science” in Verona University. Temporary Professor of “functional evaluation” at the 1st level Master in “Team Sports for youngsters” at the Faculty of “Exercise and Sport Science” in Verona.
2006 – 2007	Assistant for “sport physiology” at the Faculty of “Exercise and Sport Science” in Verona. Assistant for “physiology” at the Faculty of “Exercise and Sport Science” in Verona. Temporary Professor of “functional evaluation” at the 1st level Master in “Team Sports for youngsters” at the Faculty of “Exercise and Sport Science” in Verona. Assistant for the “movement laboratory” at the Faculty of “Exercise and Sport Science” in Verona university. Assistant for the “sports laboratory” at the Faculty of “Exercise and Sport Science” in Verona University.
2007 – 2009	Assistant for the “movement laboratory” at the Faculty of “Exercise and Sport Science” in Verona University. Assistant for the “sports laboratory” at the Faculty of “Exercise and Sport Science” in Verona University.
2015 – 2016	Temporary Professor position in “Effective exercise programs for cardiovascular diseases” at 2 nd Level Specializing Master in Exercise Programming for Exercise-sensitive Pathologies (Exercise Therapy) – University of Verona.
2016 – 2017	Temporary Professor position in “Effective exercise programs for cardiovascular diseases” at 2 nd Level Specializing Master in Exercise Programming for Exercise-sensitive Pathologies (Exercise Therapy) – University of Verona. Temporary Professor position in “Planning and coaching of training for physical preparation” at Master degree in Preventive and Adapted Exercise Science Performance – LM67 at University of Verona. (6 CFU)
2017 – 2018	Temporary Professor position in “Effective exercise programs for cardiovascular diseases” at 2 nd Level Specializing Master in Exercise Programming for Exercise-sensitive Pathologies (Exercise Therapy) – University of Verona. Temporary Professor position in “Planning and coaching of training for physical preparation” at Master degree in Sport Science and Physical Performance – LM68 at University of Verona. (6 CFU)

2018 – 2019	Temporary Professor position in “Effective exercise programs for cardiovascular diseases” at 2nd Level Specializing Master in Exercise Programming for Exercise-sensitive Pathologies (Exercise Therapy) – University of Verona. Temporary Professor position in “Planning and coaching of training for physical preparation” at Master degree in Sport Science and Physical Performance – LM68 at University of Verona. (6 CFU)
2019 – 2020	Temporary Professor position in “Effective exercise programs for cardiovascular diseases” at 2nd Level Specializing Master in Exercise Programming for Exercise-sensitive Pathologies (Exercise Therapy) – University of Verona. Temporary Professor position in “Planning and coaching of training for physical preparation” at Master degree in Sport Science and Physical Performance – LM68 at University of Verona. (6 CFU). Associate Professor position in “Training Methodology” at Bachelor's degree in Sport and Exercise Science – L22, SUISM at University of Turin. (M-EDF/02 – 6 CFU)
2020 – 2021	Temporary Professor position in “Effective exercise programs for cardiovascular diseases” at 2nd Level Specializing Master in Exercise Programming for Exercise-sensitive Pathologies (Exercise Therapy) – University of Verona. Temporary Professor position in “Planning and coaching of training for physical preparation” at Master degree in Sport Science and Physical Performance – LM68 at University of Verona. (M-EDF/02 – 6 CFU). Associate Professor position in “Training Methodology” at Bachelor's degree in Sport and Exercise Science – L22, SUISM at University of Turin. (M-EDF/02 – 6 CFU); Coordinator for the summer camp “SUISMtoLAB”
2021 – 2022	Temporary Professor position in “Effective exercise programs for cardiovascular diseases” at 2nd Level Specializing Master in Exercise Programming for Exercise-sensitive Pathologies (Exercise Therapy) – University of Verona. Temporary Professor position in “Planning and coaching of training for physical preparation” at Master degree in Sport Science and Physical Performance – LM68 at University of Verona. (M-EDF/02 – 3 CFU). Associate Professor position in “Training Methodology” at Bachelor's degree in Sport and Exercise Science – L22, SUISM at University of Turin. (M-EDF/02 – 6 CFU)
2022 – Today	Associate Professor position in “Training Methodology” at Bachelor's degree in Sport and Exercise Science – L22, at University of Verona. (M-EDF/02 – 7 CFU) “Exercise and training programs” at Master degree in Sport Science and Physical Performance – LM68 at University of Verona. (M-EDF/02 – 6 CFU). “Training Methodology” at Bachelor's degree in Sport and Exercise Science – L22, at University of Verona. (M-EDF/02 – 7 CFU) “Methodology of sport activities measures” at Master degree in Sport Science and Physical Performance – LM67/LM68 at University of Verona. (M-EDF/02 – 3 CFU).

NATIONAL SCIENTIFIC QUALIFICATION (ASN)

22th Nov 2017 National Scientific Qualification (**ASN**) in 06/N2 “Scienze dell'esercizio fisico e dello sport” – seconda fascia.

SCIENTIFIC PROJECT COORDINATION

2014 – today Coordinator of the multidisciplinary international scientific project entitled Run For Science (www.R4S.it)

CONFERENCE ORGANIZATION

2019 Member of the scientific and organizing committee for the first meeting “Vigile del fuoco e attività fisica, evidenze scientifiche e prospettive future” - 6th December 2019 University of Verona, Verona (IT)

THESIS

SUPERVISING

AND

TUTORING

Bachelor Degree Thesis

2003/2004	Meccanismi di adattamento alla fitness. (Marconi Valeria)
2004/2005	Qi Going e Tai Chi: Analisi degli effetti sul sistema nervoso autonomo e su alcuni parametri motori. (Denny Crystal Melanie)
2005/2006	L'esercizio fisico negli anziani ipertesi. Monitoraggio della frequenza cardiaca ed utilizzo della scala di Borg. (Valentina Pozzani) Risposta cardiovascolare all'esercizio fisico immaginato e visualizzato. (Salvatore Rende)
2006/2007	Adattamenti cardiocircolatori: La gittata sistolica durante esercizio a diversi carichi in soggetti giovani e anziani. (Luciana De Gredori)
2007/2008	Esercizio fisico nel paziente affetto da insufficienza cardiaca. Risposta fisiologica all'allenamento di tipo aerobico. (Monia Beltrami) Allenamento contro resistenza in soggetti affetti da insufficienza cardiaca. (Nicola Caneva) Il costo energetico della voga alla veneta su Bisse gardesane. (Jennie Mc Donald)
2008/2009	La risposta cardiovascolare all'esercizio incrementale ad esaurimento dell'anziano sano non allenato. (Federico Campi)
2013/2014	Previsione della Performance sulla mezza-maratona con test da campo di 2000m e 10000m. (Kristina Skroce)

	Modello prestativo e metodologia di allenamento nel giocatore professionista di pallavolo. (Elena Fronza)
2014/2015	Risposte Fisiologiche e Metodi di Allenamento del Vigile del Fuoco. (Flavio Pasquali) Programmazione e strategie di allenamento del nuotatore. (Sara Bettali) L'allenamento della corsa su fondo sabbioso. Caratteristiche, potenzialità e eventuali aspetti negativi. (Chiara Zattarin) Valutazione del carico di lavoro su nuotatori di alto livello. (Marco Rossi)
2016/2017	Effetto dell'allenamento della forza massima sulla corsa in salita. (Alessio Camilli)
2017/2018	Approccio metodologico alla preparazione fisica nella ginnastica ritmica. (Benatti Nicholas)
2018/2019	Il running in alta quota. Modelli di allenamento efficaci. (Michela Foresti) La forza nel ciclismo, dalla prassi alla scienza (Tosin Martina) Adattamenti acuti e cronici all'allenamento contro resistenza. Capacità prestativa, plasticità e risposte ormonali in relazione ai diversi stimoli. (Andreotto Nicola) Modello prestativo e corrette modalità di allenamento dell'atleta di sci-orienteeing (Tait Samuele) L'imprevedibilità come stimolo allenante nella corsa (Bettega Simone)
2019/2020	Approccio metodologico alla preparazione fisica nella ginnastica ritmica (Benatti Nicholas) Modello prestativo dell'acrobatica aerea con tessuti aerei (Petrini Arianna) Post-activation potentiation negli sport di endurance: nuove evidenze applicabili al warm-up (Nardelli Matteo) Specificità della forza nell'allenamento del ciclista, benefici e falsi miti correlati alla prestazione di endurance (Nardelli Stefano) Allenamento eccentrico come mezzo di miglioramento della performance nella discesa del trail running (Spagna Simone)
2020/2021	No-draft o draft-legal nella frazione di ciclismo nel triathlon. Differenze nel modello prestativo e Conseguenti ricadute nelle strategie di allenamento (Felles Chiara) La pliometria stabile e instabile per il training off-ice nel pattinaggio di figura (Margoni Michela) La connessione mente-muscolo: ruolo nell'allenamento ipertrofico (Capasso Alessandro)
2021/2022	La preparazione atletica nella pallacanestro: analisi delle pratiche di strength and conditioning per atleti professionisti maschi over-18 (Voto Michele Manfredi)

Master Degree Thesis

2007/2008	Allenamento contro resistenza, in pazienti con insufficienza cardiaca cronica. Analisi estrazione dell'ossigeno a livello muscolare. (Anna Baraldo) La risposta cardiovascolare all'esercizio isotonico dell'anziano e del cardiopatico con insufficienza cardiaca compensata. (Francesca Fiorentin)
2008/2009	Il recupero nell'esercizio fisico contro resistenza. Aspetti Metabolici e cardiovascolari. (Camilla Specchierla)
2009/2010	Precondizionamento da esercizio ad alta intensità. Cinetica delle risposte cardiovascolari e metaboliche in soggetti con insufficienza cardiaca cronica. (Gabriele Thiella)
2010/2011	Effetto precondizionante dell'esercizio a bassa intensità. (Andrea Zarantonello)
2013/2014	Analisi e confronto di metodologie di allenamento per la corsa di resistenza. (Luca Festa) Confronto della Heart Rate Variability in nuotatori d'élite misurata attraverso strumentazione Portapres e Cardiotacografo sperimentale. (Stefano Melzani)

2014/2015	Comparazione dei protocolli a step e a rampa nella valutazione funzionale. (Valentina Guglielmini)
2015/2016	Migliorare il costo energetico nel corridore amatoriale: confronto tra diverse tipologie di training. (Manuela Caola) La distribuzione delle intensità di allenamento quale fattore determinante la performance nella mezza maratona. (Martin Toller)
2016/2017	“L’allenamento Hipopressivo Adattamenti e ricadute sulla qualità della vita (Beatrice Apicerni)
2017/2018	Il ruolo della modalità sensoriale olfattiva nel modulare la prestazione motoria. (Alice Azzi) Adattamenti acuti a differenti condizioni di focus attentivo. (Cristini Jacopo) Effects of different hyperlactatemia induction protocols on LMP (Zenti Luca) Lactate Minimum Power Protocol Validation of 90 seconds isokinetic all out (Camilli Alessio)
2018/2019	Il Vigile del Fuoco in Attività di Soccorso, quantificazione del Dispendio Energetico in base al ruolo e alle caratteristiche del turno (Pasquali Flavio)
2019/2020	Risposte adattative a differenti distribuzioni dell’intensità nella Gara di Triathlon (Brasi Jacopo) Il combinato bici-corsa nell’allenamento del Triathlon, risposte metaboliche acute alle differenti combinazioni (Sorteni Andrea) Carichi di lavoro in allenamento e qualità del sonno ai tempi del Covid-19 in un gruppo di atleti ciclisti amatoriali (Quaquarelli Matteo)
2020/2021	Hyperventilatory preconditioning effects on anaerobic cycling performance (Zerbato Giovanni). Effetto delle ripetute di corsa in salita e in discesa sulla performance di running: contributo della componente eccentrica e concentrica (Budel Lorenzo) Adattamenti funzionali e prestativi acuti agli stimoli imprevedibili nella corsa (Simone Bettega)
2021/2022	Il test prestativo differenziale nel nuoto agonistico. Efficacia nella valutazione ed utilità nella programmazione dell’allenamento. (Zandomeneghi Marco)

Thesis in specialization courses in Medicine (cardiology)

2007/2008	Il paziente affetto da insufficienza cardiaca cronica. Esercizio fisico e allenamento contro resistenza. (Roberta Zampini)
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PhD Thesis

2007/2008	Integrate Acute Cardiovascular Adjustments to Exercise: Impact Of Exercise Type And Population Characteristics. (Anna Baraldo)
2014/2016	Bioenergetics, Training and Performance in Distance Running (Luca Festa)

Sport Sciences for Health (SSfH)
Frontiers Physiology (Front Physiol)
PLoS One
International Journal of Environmental Research and Public Health (IJERPH)

EDITORIAL BOARD

gen 2018 – today Editorial Board Member for the **Journal of Physiotherapy Research**

feb 2018 – today Editorial Board Member for **American Journal of Sports Science (AJSS)**
ISSN Print: 2330-8559 - Online: 2330-8540

MEMBERSHIP

2008 – today Member of the Società Italiana Scienze Motorie e Sportive - **SISMES**
2008 – today Member of the Italian Physiology Society – **SIF**
2010 – today Member of the American College of Sports Medicine – **ACSM**

TRANSLATION

- Contribution to the Italian translation of the work: *ACSM's Guidelines for Exercise Testing and Prescription, 10th Edition*. Calzetti e Mariucci 2021.

METRICS

- 55 Publications
- 544 citations by 493 documents
- 13 h-index

PUBLICATIONS

- Pogliaghi S, Dussin E, **Tarperi C**, Cevese A, Schena F. *Calculation of oxygen uptake efficiency slope based on heart rate reserve end-points in healthy elderly subjects*. Eur J Appl Physiol. 2007 Dec; 101(6):691-696.
- Lippi G, Schena F, Salvagno GL, Montagnana M, Gelati M, **Tarperi C**, Banfi G, Guidi GC. *Acute variation of biochemical markers of muscle damage following a 21-km, half-marathon run*. Scand J Clin Lab Invest. 2008 May 15:1-6.
- Lippi G, Schena F, Salvagno GL, **Tarperi C**, Montagnana M, Gelati M, Banfi G, Guidi GC. *Acute Variation of Estimated Glomerular Filtration Rate Following a Half-Marathon Run*. Int J Sports Med. 2008 Dec;29(12):948-51.
- Lippi G, Schena F, Salvagno GL, Montagnana M, Gelati M, **Tarperi C**, Banfi G, Guidi GC. *Influence of a half-marathon run on NT-proBNP and troponin T*. Clin Lab. 2008; 54(7- 8):251-4.
- Capelli C, **Tarperi C**, Schena F, Cevese A, *Energy cost and efficiency of Venetian rowing on a traditional, flat hull boat (Bissa)*. Eur J Appl Physiol. 2009 Mar; 105(4):653-61.

- Aliverti A, Uva B, Laviola M, Bovio D, Lo Mauro A, **Tarperi C**, Colombo E, Loomas B, Pedotti A, Similowski T, Macklem PT. *Concomitant ventilatory and circulatory functions of the diaphragm and abdominal muscles*. J Appl Physiol. 2010 Sep 2.
- Lippi G, Schena F, Salvagno GL, **Tarperi C**, Aloe R, Guidi GC. *Comparison of conventional and highly-sensitive troponin I measurement in ultra-marathon runners*. J Thromb Thrombolysis. 2011 Nov 4.
- Gulli G, **Tarperi C**, Cevese A, Acier M, Bongiovanni G, Manganotti P. *Effects of prefrontal repetitive transcranial magnetic stimulation on the autonomic regulation of cardiovascular function*. Exp Brain Res. 2013 Apr;226(2):265-71.
- Schena F, Pellegrini B, **Tarperi C**, Calabria E, Salvagno GL, Capelli C. *Running Economy During a Simulated 60-km Trial*. Int J Sports Physiol Perform. 2013 Oct 1.
- Bacchi E, Negri C, **Tarperi C**, Baraldo A, Faccioli N, Milanese C, Zanolin ME, Lanza M, Cevese A, Bonora E, Schena F, Moghetti P. *Relationships between cardiorespiratory fitness, metabolic control, and fat distribution in type 2 diabetes subjects*. Acta Diabetol. 2013 Oct 16
- Fischer G, **Tarperi C**, George K, Ardigo LP. *An exploratory study of respiratory muscle endurance training in high lesion level paraplegic handbike athletes*. Clin J Sport Med. 2014 Jan;24(1):69-75.
- Serpiello FR, McKenna MJ, Coratella G, Markworth JF, **Tarperi C**, Bishop D, Stepto NK, Cameron-Smith D, Schena F. *Futsal and continuous exercise induce similar changes in specific skeletal muscle signalling proteins*. Int J Sports Med. 2014 Sep;35(10):863-70.
- Venturelli M, Morgan GR, Donato AJ, Reese V, Bottura R, **Tarperi C**, Milanese C, Schena, 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
- Salvagno GL, Lippi G, **Tarperi C**, Guidi GC, Schena F. *Iron concentration increases after moderate endurance exercise: implications for screening of blood transfusion in sports*. Drug Test Anal. 2014 Aug 11.
- Lippi G, Salvagno GL, Danese E, **Tarperi C**, Guidi GC, Schena F. *Variation of red blood cell distribution width and mean platelet volume after moderate endurance exercise*. Adv Hematol. 2014;2014:192173. doi: 10.1155/2014/192173. Epub 2014 Aug 13.
- Lippi G, Salvagno GL, Danese E, **Tarperi C**, La Torre A, Guidi GC, Schena F. *The baseline serum value of α -amylase is a significant predictor of distance running performance*. Clin Chem Lab Med. 2015 Feb 1;53(3):469-76.
- Lippi G, Salvagno GL, Danese E, Skafidas S, **Tarperi C**, Guidi GC, Schena F. *Mean platelet volume (MPV) predicts middle distance running performance*. PLoS One. 2014 Nov 11;9(11):e112892.
- Venturelli M, Saggin P, Muti E, Naro F, Cancellara L, Toniolo L, **Tarperi C**, Calabria E, Richardson RS, Reggiani C, Schena F. *In vivo and in vitro evidence that intrinsic upper- and lower-limb skeletal muscle function is unaffected by ageing and disuse in oldest-old humans*. Acta Physiol (Oxf). 2015 Sep;215(1):58-71.
- Bacchi E, Negri C, Di Sarra D, Tosi F, **Tarperi C**, Moretta R, Schena F, Bonora E, Kaufman JM, Moghetti P. *Serum testosterone predicts cardiorespiratory fitness impairment in normal-weight women with polycystic ovary syndrome*. Clin Endocrinol (Oxf). 2015 Dec;83(6):895-901.
- Lippi G, Buonocore R, **Tarperi C**, Montagnana M, Festa L, Danese E, Benati M, Salvagno GL, Bonaguri C, Roggenbuck D, Schena F. *DNA injury is acutely enhanced in response to increasing bulks of aerobic physical exercise*. Clin Chim Acta. 2016 Jun 30;460:146-151.
- **Tarperi C**, Baraldo A, Schena F, Zanolli L, Cevese A. *Resistance exercise in chronic heart failure: hemodynamic and metabolic adjustments*. Sport Sciences for Health. 2016 Dec 415-422.
- Morgan RG, Venturelli M, Gross C, **Tarperi C**, Schena F, Reggiani C, Naro F, Pedrinolla A, Monaco L, Richardson RS, Donato AJ. *Age-Associated ALU Element Instability in White Blood Cells Is Linked to Lower Survival in Elderly Adults: A Preliminary Cohort Study*. PLoS One. 2017 Jan 6.
- Boccia G, Dardanella D, **Tarperi C**, Rosso V, Festa L, La Torre A, Pellegrini B, Schena F, Rainoldi A. *Decrease of muscle fiber conduction velocity correlates with strength loss after an endurance run*. Physiol Meas. 2017 Feb;38(2):233-240.
- Danese E, Salvagno GL, **Tarperi C**, Negrini D, Montagnana M, Festa L, Sanchis-Gomar F, Schena F, Lippi G. *Middle-distance running acutely influences the concentration and composition of serum bile acids. Potential implications for cancer risk?* Oncotarget. 2017 Apr 18.
- Boccia G, Dardanella D, **Tarperi C**, Festa L, La Torre A, Pellegrini B, Schena F, Rainoldi A. *Fatigue-induced dissociation between rate of force development and maximal force across repeated rapid contractions*. Hum Mov Sci. 2017 Jun 5;54:267-275.

- Lippi G, Gandini G, Salvagno GL, Skafidas S, Festa L, Danese E, Montagnana M, Sanchis-Gomar F, **Tarperi C**, Schena F. *Influence of ABO blood group on sports performance*. Ann Transl Med. 2017 Jun;5(12):255.
- **Tarperi C**, Salvagno GL, Schena F, Lippi G. *Strenuous physical exercise and hematological indices of cardiovascular risk: the exception case of a 93-year-old man running a 100-km distance*. Ann Blood 2017;2:8
- Danese E, Benati M, Sanchis-Gomar F, **Tarperi C**, Salvagno GL, Paviati E, Montagnana M, Schena F, Lippi G. *Influence of middle-distance running on muscular micro RNAs*. Scand J Clin Lab Invest. 2018 May;78(3):165-170
- Boccia G, Dardanello D, **Tarperi C**, Festa L, La Torre A, Pellegrini B, Schena F, Rainoldi A. *Women show similar central and peripheral fatigue to men after half-marathon*. Eur J Sport Sci. 2018 Mar 1:1-10
- Danese E, **Tarperi C**, Salvagno GL, Guzzo A, Sanchis-Gomar F, Festa L, Bertinato L, Montagnana M, Schena F, Lippi G. *Sympatho-adrenergic activation by endurance exercise: Effect on metanephrines spillover and its role in predicting athlete's performance*. Oncotarget. 2018 Feb 26;9(21):15650-15657
- Lippi G, **Tarperi C**, Montagnana M, Danese E, Salvagno GL, Schena F. *Challenges of diagnosing diabetes in endurance athletes*. J Clin Pathol. 2018 Oct;71(10):945-946.
- Lippi G, Salvagno GL, **Tarperi C**, Gelati M, Montagnana M, Danese E, Festa L, Sanchis-Gomar F, Favaloro EJ, Schena F. *Prothrombotic State Induced by Middle-Distance Endurance Exercise in Middle-Aged Athletes*. Semin Thromb Hemost. 2018 Nov;44(8):747-755.
- Boccia G, Dardanello D, Brustio PR, **Tarperi C**, Festa L, Zoppirolli C, Pellegrini B, Schena F, Rainoldi A. *Neuromuscular Fatigue Does Not Impair the Rate of Force Development in Ballistic Contractions of Submaximal Amplitudes*. Front Physiol. 2018 Oct 24;9:1503.
- Festa L, **Tarperi C**, Skroce K, Boccia G, Lippi G, La Torre A, Schena F. *Effects of Flywheel Strength Training on the Running Economy of Recreational Endurance Runners*. J Strength Cond Res. 2019 Mar;33(3):684-690.
- Vitali F, **Tarperi C**, Cristini J, Rinaldi A, Zelli A, Lucidi F, Schena F, Bortoli L, Robazza C *Action Monitoring Through External or Internal Focus of Attention Does Not Impair Endurance Performance*. Front. Psychol. Mar 2019, 10:535.
- Piacentini M.F., Reda D., Minganti C., Baldassarre R., **Tarperi C.**, Festa L., Skroce K., Schena F., La Torre A. *Pacing profiles of master athletes according to their predicted finishing time*. Movement & Sport Sciences – Science Of Motricite' pp. 1-8, 2019 eISSN: 2118-5743
- Venturelli M, Villa F, Ruzzante F, **Tarperi C**, Rudi D, Milanese C, Cavedon V, Fonte C, Picelli A, Smania N, Calabria E, Skafidas S, Layec G, Schena F. *Neuromuscular and Muscle Metabolic Functions in MELAS Before and After Resistance Training: A Case Study*. Front Physiol. 2019 Apr 26;10:503.
- Mourot L, Fornasiero A, Rakobowchuk M, Skafidas S, Brighenti A, Stella F, Zignoli A, Savoldelli A, Pellegrini B, Danese E, Lippi G, **Tarperi C**, Schena F. *Similar cardiovascular and autonomic responses in trained type 1 diabetes mellitus and healthy participants in response to half marathon*. Diabetes Res Clin Pract. 2020 Feb;160:107995. doi: 10.1016/j.diabres.2019.107995.
- Gentilin A, Skroce K, Schena F, **Tarperi C**. *Prolonged visual reaction time after strenuous endurance exercise: higher increment in male compared to female recreational runners*. Sport Sciences for Health. 2020 16, pages169–176. doi: 10.1007/s11332-019-00593-7.
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- Dalle Carbonare L, Dorelli G, Li Vigni V, Minoia A, Bertacco J, Cheri S, Deiana M, Innamorati G, Cominacini M, **Tarperi C**, Schena F, Mottes M, Valenti MT. *Physical Activity Modulates miRNAs Levels and Enhances MYOD Expression in Myoblasts*. Stem Cell Rev Rep. 2022 Mar 22. doi: 10.1007/s12015-022-10361-9. Epub ahead of print. PMID: 35316486.
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- Gentilin A, Moghetti P, Cevese A, Mattioli AV, Schena F, **Tarperi C**. *Circadian and sex differences in carotid-femoral pulse wave velocity in young individuals and elderly with and without type 2 diabetes*. Front Cardiovasc Med. 2022 Sep 8;9:952621. doi: 10.3389/fcvm.2022.952621. eCollection 2022. PMID: 36158808 Free PMC article.
- D'Emanuele S, **Tarperi C**, Rainoldi A, Schena F, Boccia G. *Neural and contractile determinants of burst-like explosive isometric contractions of the knee extensors*. Scand J Med Sci Sports. 2022 Oct 13. doi: 10.1111/sms.14244. Online ahead of print. PMID: 36229231

MEETINGS

Participations

- 09-13th July 2003: 8th Annual Congress of the **European College of Sport Science** at Salisbourg – Austria.
- 29th September – 2nd October 2003: 54th National congress of **Italian Physiology Society** in Chieti - Italy.
- 07th October 2003: **Congress** “La promozione dell’attività fisica nella popolazione anziana” organized by GlaxoSmithKline, University of Verona.
- 12th December 2003: **Congress** “Informazione: la cultura nell’informazione e formazione per il miglioramento della performance” organised by U.L.S.S. n° 6 and spinal unit of Vicenza.
- 23-25th September 2004: XI congress of **S.I.R.C.** (Italian Society for cardiovascular Research) in Latina.
- 05-09th July 2005: XV International Symposium **I.S.A.P.A.** (International Symposium of Adapted Physical Activity) in Pavia and Verona.
- 18-20th October 2007: **International congress: Mountain, Sport & Health** at Rovereto (TN) – Italy.
- **ADInstruments Teaching Workshop physiology & Sport Science**. Roma 24th April 2007.

Invited speaker

- October 2017: **International Congress: Mountain, Sport & Health** at Rovereto (TN) – Italy.
- 26-28 September 2019: XXXVI **National Congress** of Società Italiana dell’Ipertensione arteriosa – Lega Italiana contro L’ipertensione Arteriosa, Roma - Italy

Poster

- A. Cevese, F. Schena, V. Marconi, **C. Tarperi**, M. Venturelli. *Meccanismi di adattamento a stimoli allenanti associati o dissociati*. XVII Fitness Festival: in Rimini – Italy, 28–05th June 2005.
- **C. Tarperi**, S. Pogliaghi and A. Cevese, *Cardiovascular adaptation to aerobic training in hypertensive older people*. XII Italian Society for cardiovascular Research SIRC. Imola (BO), 23th October 2005.
- A. Cevese, **C. Tarperi**, S. Pogliaghi, R. Zanon, F. Schena. *Effects of aerobic training by arm ergometer on hypertensive older people: preliminary results*. 56th Italian Physiology Society (SIF), annual congress Palermo – Italy, 2005.
- **C. Tarperi**, S. Pogliaghi, E. Dussin and A. Cevese, *Changes in stroke volume and cardiac stroke work after aerobic training in hypertensive older people*. XIII annual congress of Italian Society for cardiovascular Research, 22nd September 2006.
- E. Dussin, S. Pogliaghi, F. Schena, **C. Tarperi**, A. Cevese, *Effect of training with two different modalities on exercise tolerance in healthy and in hypertensive elderly*. XIII annual congress of Italian Society for cardiovascular Research, 22nd September 2006.

- G. Gulli, **C. Tarperi**, Archer, P. Manganotti, Bongiovanni, A. Cevese, *Effect of repetitive transcranial magnetic stimulation on the cardiovascular autonomic regulation*. annual congress of Italian Society for cardiovascular Research, 22nd September 2006.
- S. Pogliaghi, E. Dussin, **C. Tarperi**, A. Cevese, F. Schena, *Muscle Oxygenation during incremental arm-cranking exercise in healthy and hypertensive elderly humans*. ACSM annual meeting – integrative physiology of exercise in Indianapolis, October 2006.
- **C. Tarperi**, G. Cerutti, A. Cevese. *Measurement of stroke volume and cardiac output by modelflow on Portapres recorded waveforms during cycling at different workloads in healthy humans*. XIV annual congress of Italian Society for cardiovascular Research, 27-29th September 2007.
- **C. Tarperi**, A. Cevese, R. Zampini, L. Franceschini, L. Zanolla, *Resistance or Endurance training in patients with chronic heart failure*. European network for action on ageing and physical activity (E.U.N.A.A.P.A.) international conference, 19-20th June 2008.
- **C. Tarperi**, L. Zanolla, A. Baraldo, R. Zampini, F. Schena, A. Cevese, *Resistance and endurance exercise training in chronic heart failure patients in extra-hospital environment, feasibility and efficacy*. European Heart Failure Congress - 30 May - 02 Jun 2009, Nice – France.
- **C. Tarperi**, L. Zanolla, R. Abukareh, L. Franceschini, G. Golia, C. Vassanelli, A. Cevese, *Resistance and endurance exercise training in chronic heart failure patients. From base research to practical applications*. European Heart Failure Congress - 30 May - 02 Jun 2009, Nice – France.
- A. Cevese, A. Baraldo, **C. Tarperi**, *Acute cardiovascular adaptations to isotonic exercise in chronic heart failure patients and in healthy age matched subjects*. S.I.F. (Italian Physiology Society) Congress in Siena – Italy, 23-25 September 2009. - Published in «ACTA PHYSIOLOGICA» vol.197 n. Suppl. 672, pp. 50-50.
- A. Baraldo, A. Cevese, F. Schena, **C. Tarperi**, *Changes in muscle oxygen extraction (NIRS) during exercise in chronic heart failure patients after a period of resistance training*. S.I.F. (Italian Physiology Society) Congress in Siena – Italy, 23-25 September 2009. - Published in «ACTA PHYSIOLOGICA» vol.197 n. Suppl.672, pp. 34-34.
- **C. Tarperi**, F. Schena, L. Zanolla, A. Baraldo, A. Cevese, *Metabolic changes in chronic heart failure after resistance and aerobic training*. S.I.F. (Italian Physiology Society) Congress in Siena – Italy, 23-25 September 2009. - Published in «ACTA PHYSIOLOGICA» vol.197 n. Suppl.672, pp. 111-112.
- **C. Tarperi**, A. Baraldo, F. Schena, A. Cevese, *Skeletal muscle improvements in CHF patients after 16 week resistance training*. S.I.F. (Italian Physiology Society) Congress in Siena – Italy, 23-25 September 2009. - Published in «ACTA PHYSIOLOGICA» vol.197 n. Suppl. 672, pp. 111-111.
- A. Baraldo, **C. Tarperi**, A. Cevese, *V'O₂ kinetics is speeded up during a second bout of constant load cycle ergometer exercise in chronic heart failure humans*. Physiology 2010 - Manchester, 30 giugno - 2 luglio 2010
- E. Bacchi, C. Negri, **C. Tarperi**, C. Milanese, A. Baraldo, D. Rudi, C. Zancanaro, A. Cevese, F. Schena, M. Lanza, P. Moghetti, *Comparison of aerobic and resistance training effects on glycemic control in type 2 diabetes mellitus (T2DM)*. ECSS 2010 - Antalya, 23-26 giugno 2010
- A. Baraldo, **C. Tarperi**, A. Cevese, *Dynamic resistance exercise: cardiovascular, metabolic and extractive implication*. S.I.F. (Italian Physiology Society) Congress in Varese – Italy, 15-17 Settembre 2010. - Published in «ACTA PHYSIOLOGICA»
- **C. Tarperi**, A. Baraldo, F. Schena, A. Cevese, *Cardiovascular responses in strength exercise: comparison between total peripheral and femoral vascular resistance in healthy young females*. SISMES 2010 Torino 30 settembre - 2 ottobre 2010
- E. Bacchi, C. Negri, M. Lanza, D. Di Sarra, F. Zambotti, F. Tosi, M. Trombetta, **C. Tarperi**, C. Milanese, G. Zoppini, L. Gemma, C. Zancanaro, A. Cevese, E. Bonora, R. Bonadonna, F. Schena, P. Moghetti, *Confronto degli effetti metabolici dell'esercizio di forza nel diabete tipo 2*. SID 2010
- **C. Tarperi**, A. Baraldo A. Cevese, *Preconditioning effect of heavy exercise on O₂ uptake kinetics, determined as MRT (mean response time), in chronic heart failure patients*. SIF 2010 - Varese 15-17 settembre 2010
- **C. Tarperi**, G. Whyte, N. Rowley, A. Baraldo, A. Cevese, *Cardiac, vascular and metabolic changes during recovery from resistance effort*. IPE - ACSM 2010 - Miami (USA), 25-27 settembre 2010
- **C. Tarperi**, Bacchi E., Zanolla L., Baraldo A., Milanese C., Moghetti P., Cevese A. *Aerobic and Resistance training in Chronic Heart Failure and Type 2 Diabetes: central and peripheral limiting factors*. ECSS 2011 – Liverpool UK
- **C. Tarperi**, Skroce K., Festa L., Schena F. (2014). *Estimating the best performance in RunForScience half marathon by laboratory and field evaluations*, Napoli, Italy.

- A. Gentilin, K. Skroce, L. Budel, F. Schena, **C. Tarperi**. *Prolonged visual reaction time after strenuous endurance exercise: higher increment in male compared to female recreational runners*. SISMES 2019 Bologna, Italy.
- **C. Tarperi**, F. Pasquali, K. Skroce, F. Schena. *Circadian shift in firefighters, differences on perceived and measured workload*. SISMES 2019 Bologna, Italy.
- Braga M, Marotta A, **Tarperi C**, Skroce K, Fiorio M. The effect of physical activity on attentional bias to emotions is modulated by age. XXVIII Congresso della società italiana di Psicofisiologia e Neuroscienze cognitive. Real brain in the virtual SIPF annual meeting, 20-21 e 27-28 Nov. 2020.

Oral communication

- **C. Tarperi**, A. Cevese, *Effects of tilting on spectral properties of stroke volume in humans*. 54th National congress of Italian Physiology Society, 02nd October 2003.
- **C. Tarperi**, S. Pogliaghi, F. Schena, A. Cevese, *Validation of OUES (Oxygen Uptake Efficiency Slope) as an indirect index of physical fitness, in the elderly*. XI congress of the Italian Society for cardiovascular Research (S.I.R.C.), 25th September 2004.
- F. Schena, S. Pogliaghi, F. Balestreri, **C. Tarperi**, A. Cevese, *Muscle oxygenation on-kinetics during moderate intensity exercise: young vs elderly humans*. 55th S.I.F. (Italian Physiology Society) Congress in Pisa – Italy, 04-07th October 2004.
- **C. Tarperi**, S. Pogliaghi and A. Cevese, *Cardiovascular adaptation to aerobic training in hypertensive older people*. XII annual congress of Italian Society for cardiovascular Research S.I.R.C, Imola (BO) 23th October 2005.
- A. Cevese, **C. Tarperi**, *Effect of a Chinese light gymnastic course on the cardiovascular autonomic control*. 8th European Fed. Autonomic Society (EFAS) Meeting, Lisbona, Portugal. 24-27th May 2006.
- A. Cevese, **C. Tarperi**, G. Gulli, V. Trabucchi, F. Schena, *Effects of sub-acute exposure to high altitude on the post-exercise recovery of cardiovascular autonomic control*, 8th European Fed. Autonomic Society (EFAS) Meeting, Lisbona, Portugal, 24-27th May 2006.
- **C. Tarperi**, S. Pogliaghi, E. Dussin and A. Cevese, *Changes in cardiovascular variables in time and frequency domain after aerobic training in hypertensive older people*. XIII S.I.R.C. annual congress. 22nd September 2006.
- **C. Tarperi**, A. Cevese, *Stroke volume and heart rate changes during incremental exercise in hypertensive older people compared with young control subjects*. S.I.F. (Italian Physiology Society) Congress in Pisa – Italy, 04-07th October 2004.
- **C. Tarperi**, **A. Cevese**, *Stroke volume and heart rate changes during incremental exercise in hypertensive older people compared with young control subjects*. S.I.F. (Italian Physiology Society) Congress in Cagliari – Italy, 17-19 September 2008. - Published on «ACTA PHYSIOLOGICA» vol.194 n. Suppl. 665, pp.19-19
- A. Aliverti, D. Bovio, A. Lo Mauro, E. Colombo, **C. Tarperi** and P.T. Macklem, *Circulatory Effects of Expulsive Maneuvers*, American Thoracic Society Congress 2009.
- **C. Tarperi**, A. Baraldo, A. Cevese, *Acute cardiovascular responses during resistance exercise: comparison between Chronic Heart Failure Patients, Healthy Age Matched and Young Subjects*. ECSS 2010 - Antalya, 23-26 giugno 2010
- **C. Tarperi**, Baraldo A, Zarantonello A, Cevese A, *Preconditioning effect of repeated exercise bouts on O₂ uptake kinetics* ECSS 2011 – Liverpool UK
- Cevese A., Campi F., **Tarperi C.** (2012). Can a short-term hiking training change cardiovascular autonomic control in healthy sedentary women? - Verona, Italy.
- **Tarperi C.**, Baraldo A., Cevese A. (2012). Gender- and age-related factors in acute cardiovascular adjustments to dynamic resistance exercise, - Verona, Italy.
- Baraldo A., **Tarperi C.**, Cevese A. (2012). Aerobic versus resistance exercise, cardiovascular adaptations in young and elderly female subjects, - Palermo, Italy.
- **C. Tarperi**, F. Schena, L. Saracino, A. Cevese, *Effects of induced whole body oscillations on cardiovascular variables*. SISMES 2013 – Pavia
- Beato M., De Vita F., Brignardello G., **Tarperi C.**, Posenato L., Corradini G., Schena F. (2013). *Is the workload affected by the role during training sessions?* SISMES - Pavia, Italy.

- Beato M., Brignardello G., De Vita F., Bortolan L., Posenato L., **Tarperi C.**, Schena F. (2012). *Monitoring of the training load in a professional football team*, SISMES - Palermo, Italy.
- Boccia G., Dardanella D., Rosso V., Colamarino E., **Tarperi C.**, Schena F., Rainoldi A. (2014). *Neuromuscular fatigue on locomotor and nonlocomotor muscles induced by half marathon run*, SISMES - Napoli, Italy.
- Piacentini M.F., Molinari L., Annis F., La Torre A., Festa L., **Tarperi C.**, Skroce K., Schena F. (2014). *Differences in mood and pacing during an official and a simulated half marathon competition*, SISMES - Napoli, Italy.
- La Torre A., **Tarperi C.**, Piacentini M.F., Rainoldi A., Schena F. (2014). *Determinants of marathon performance: the Run4Science project*, SISMES - Napoli, Italy.
- **Tarperi C.**, Festa L., La Torre A., Schena F. (2014). *Eccentric, high or low intensity training, the best choice in RunForScience endurance performance*, SISMES - Napoli, Italy.
- F. Vitali, **C. Tarperi**, L. Festa, A. Zelli, F. Lucidi, L. Bortoli, C. Robazza, F. Schena (2017). *Effects of attentional focus and control on running performance*, SISMES - Brescia, Italy.
- **C. Tarperi**, B. Apicerni, L. Festa, K. Skroce, F. Schena (2017). *Hypopressive training, adaptations and impact on Quality of Life*, SISMES - Brescia, Italy.
- **C. Tarperi**, K. Skroce, M.P. Cecchini, A. Azzi, F. Schena, M. Fiorio. *The effects of smell on running performance*. SISMES 2019 Bologna, Italy.
- L. Budel, K. Skroce, S. D'Emanuele, S. Bettega, F. Schena, **C. Tarperi** *The Effects of Uphill and Downhill High-Intensity Interval Training on Running Performance in Recreational Runners* SISMES 2021 - Padova, Italy
- S. D'Emanuele, G. Boccia, A. Rainoldi, F. Schena, **C. Tarperi** *Neural and contractile determinants of purely explosive isometric contractions of knee extensors* SISMES 2021- Padova, Italy
- **C. Tarperi**, K. Skroce, I. Brasi, F. Schena *Fast or slow start? The role of running strategies in triathlon* SISMES 2021- Padova, Italy

Certifico che quanto dichiarato nel presente Curriculum Vitae corrisponde a verità e le dichiarazioni in esso contenute sono rilasciate ai sensi degli articoli 46 e 47 del D.P.R. 445/2000.

Verona, 20 dicembre 2023

Cantor Tarperi
