

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 and Parkinson's diseases). With an integrative and translational approach, I am focusing on the role of muscular, lung, vascular and mitochondrial function, associated to longevity, age-related disease, fatigue and dementia.

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 Skena.

2004 – 2006 M.S. in Adapted Exercise Physiology, University of Verona. Thesis: VO₂ kinetics during arm and leg exercise in elderly adults. Advisor: Federico Skena.

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 Skena.

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

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

2023: President of the Master in exercise-therapy. Department of Neurosciences, Biomedicine and Movement Sciences. 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 in the last 6 academic years

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. 2022/2023 to date - 12 (CFU).

Preventive and adapted physical activity. Bachelor's degree in Sport and Exercise Science. 2016 to date - 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 – now: Supervisor for the postdoctoral fellow: Martina Mendo. University of Verona

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

2022 – now: 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 – now: 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- now: 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.

2023 – now: Supervisor for the PhD student: Alessandro Cavicchia. National PhD 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.
European College of Sport Science ECSS.
Società Italiana delle Scienze Motorie e Sportive SISMES.
Società Italiana di Fisiologia SIF.

Professional development

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'.
1st 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: 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.

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

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-Principal 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 Dement*. 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 μ -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**, Saggin 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, Stehlik 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 VO₂max. *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 β -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
43. Cè E, Rampichini S, Limonta E, Monti E, **Venturelli M**, Esposito F. Changes in the electromechanical delay components during a fatiguing stimulation in human skeletal muscle: an EMG, MMG and force combined approach. *Eur J Appl Physiol*. 2017 Jan;117(1):95-107. doi: 10.1007/s00421-016-3502-z. Epub 2016 Nov 17. IF = 2.256
44. **Venturelli M**, Cè E, Limonta E, Bisconti A.V, Devoto M, Rampichini S, Esposito F. Central and peripheral responses to static and dynamic stretch of skeletal muscle: mechano- and metabo-reflex implications. *Journal of Applied Physiology*. 2017. Jan 1;122(1):112-120. IF = 3.256
45. Morgan G, **Venturelli M**, Gross C, Tarperi C, Schena C, Reggiani C, Naro F, Pedrinolla A, Monaco L, Richardson R, Donato T. 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;12(1):e0169628. IF = 2.766
46. Longo S, Cè E, Rampichini S, Devoto M, **Venturelli M**, Limonta E, Esposito F. Correlation between stiffness and electromechanical delay components during muscle contraction and relaxation before and after static stretching. *Journal of Electromyography and Kinesiology*. 2017 Apr;33:83-93. doi: 10.1016/j.jelekin.2017.02.001. Epub 2017 Feb 10. IF = 1.568
47. Morena F, Argentati C, Trotta R, Crispoltoni L, Stabile A, Pistilli A, Di Baldassarre A, Calafiore R, Montanucci P, Basta G, Pedrinolla A, Smania N, **Venturelli M**, Schena F, Naro F, Emiliani C, Rende M, Martino S. Comparison of lysosomal enzymes expression levels in peripheral liquid biopsy of MILD-, Severe-Alzheimer's disease and MCI patients: Implication for regenerative medicine approaches. *International Journal of Molecular Sciences*. 2017 2017 Aug 19;18(8). pii: E1806. doi: 10.3390/ijms18081806. IF = 3.687

48. Limonta E, Arienti C, Veicsteinas A, Cè E, **Venturelli M**, Rampichini S, Esposito, F. Effects of two different self-adapted occlusal splints on electromyographic and force parameters during elbow flexors isometric contraction. *Journal of Strength and Conditioning Research*. 2018 Jan;32(1):230-236. doi: 10.1519/JSC.0000000000002178. IF = 2.325
49. Pedrinolla A, **Venturelli M**, Fonte C, Munari D, Benetti MV, Rudi D, Tamburin S, Muti E, Zanolta L, Smania N, Schena F. Exercise training on locomotion in patients with Alzheimer's disease. A feasibility Study. *Journal of Alzheimer's Disease*. 2017, Volume 61, issue 4. DOI 10.3233/JAD-170625. IF = 3.476
50. **Venturelli M**, Pedrinolla A, Boscolo Galazzo I, Fonte C, Smania N, Tamburin S, Muti E, Crispolti L, Stabile A, Pistilli A, Rende M, Pizzini FB, Schena F. Impact of nitric oxide bioavailability on the progressive cerebral and peripheral circulatory impairments during aging and Alzheimer's disease. *Frontiers in physiology*, 2018 Mar 14;9:169. doi: 10.3389/fphys.2018.00169. eCollection 2018. IF = 3.394
51. **Venturelli M**, Reggiani C, Richardson RS, Schena F. Skeletal Muscle Function in The Oldest-Old: The Role of Intrinsic and Extrinsic Factors. *Exercise and Sport Sciences Reviews*. 2018 Jul;46(3):188-194. doi: 10.1249/JES.000000000000155. IF = 5.065
52. Giuriato G, Pedrinolla A, Schena F, **Venturelli M**. Muscle cramps: A comparison of the two-leading hypothesis. *J Electromyogr Kinesiol*. Volume 41, 89-95. 2018 DOI 10.1016/j.jelekin.2018.05.006. IF = 1.568
53. Baldacchino F, Pedrinolla A, **Venturelli M**. Exercise-induced adaptations in patients with Alzheimer's disease: the role of circadian scheduling. *Sport Sciences for Health*. 2018 DOI 10.1007/s11332-018-0479-5
54. Bisconti AV, Devoto M, **Venturelli M**, Bryner R, Olfert M, Chantler PD, Esposito F. Respiratory muscle training positively affects vasomotor response in young healthy women. *Plos One*. 2018. Sep 25;13(9):e0203347. doi: 10.1371/journal.pone.0203347. eCollection 2018. IF = 2.766
55. Paneroni M, Pasini E, Comini L, Vitacca M, Schena F, Scalvini S, **Venturelli M**. Skeletal Muscle Myopathy in Heart Failure: The Role of Ejection Fraction. *Current Cardiology Reports*. 2018 Sep 26;20(11):116. doi: 10.1007/s11886-018-1056-x. IF = 1.958
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124. Paneroni M, Vogiatzis I, Cavicchia A, Salvi B, Bertacchini L, **Venturelli M**, Vitacca M. Upper-limb interval versus constant-load exercise in patients with COPD: a physiological crossover study. *ERJ Open Res*. 2024; 10: 00779-2023 [DOI: 10.1183/23120541.00779-2023].

125. Giuriato G, Romanelli MG, Bartolini D, Vernillo G, Pedrinolla A, Moro T, Franchi M, Locatelli E, Andani ME, Laginestra FG, Barbi C, Aloisi GF, Cavedon V, Milanese C, Orlandi E, De Simone T, Fochi S, Patuzzo C, Malerba G, Fabene P, Donadelli M, Stabile AM, Pistilli A, Rende M, Galli F, Schena F, **Venturelli M**. Sex differences in neuromuscular and biological determinants of isometric maximal force. *Acta Physiol (Oxf)*. 2024 Feb 22:e14118. doi: 10.1111/apha.14118. Online ahead of print.
126. Prokopidis K, Morwani-Mangnani J, McDowell G, Lip GYH, **Venturelli M**, Sankaranarayanan Rajiv, Isanejad M. Sarcopenia is linked to higher levels of B-type natriuretic peptide and its N-terminal fragment in heart failure: a systematic review and meta-analysis. *European Geriatric Medicine*. Jan 2024, doi.org/10.1007/s41999-024-00950-x. Online ahead of print.
127. Barbi C, Temesi J, Giuriato G, Laginestra F.G, Martignon C, Moro T, Schena F, **Venturelli M**, Vernillo G. Skeletal muscle fiber type and TMS-induced muscle relaxation in unfatigued and fatigued knee-extensor muscles. *Am J Physiol Regul Integr Comp Physiol*. 2024 Mar 25. doi: 10.1152/ajpregu.00174.2023. Online ahead of print.
128. Greaves L.M, Zaleski K.S, Matias A.A, Gyampo A.O, Giuriato G, Lynch M, Lora B, Tomasi T, Basso E, Finegan E, Schickler J, **Venturelli M**, DeBlauw J.A, Shostak E, Blum O.E, Ives J.S. Limb, sex, but not acute dietary capsaicin, modulate the near-infrared spectroscopy-vascular occlusion test estimate of muscle metabolism. *Physiol Rep*. 2024 Mar;12(6):e15988. DOI: 10.14814/phy2.15988

Book chapter

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

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

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 9th 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? 9th 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 experience

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

Verona, March 2024
Venturelli Massimo

A handwritten signature in black ink, reading "Venturelli Massimo". The signature is written in a cursive style, with the first name "Venturelli" and the last name "Massimo" clearly legible.