

CURRICULUM VITAE of ENRICO TAM

Personal Details

Name / surname: Enrico Tam; Date of Birth: 1971; Nationality: Italian; Address: Verona, Italy
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Current position and research activity

Since October 2024, **Associate Professor** of the University of Verona, Department Neurological Biomedical and Movement Sciences.

Education and Qualifications

2011-september 2024, **Assistant Professor** of the University of Verona, Department Neurological Biomedical and Movement Sciences.

2006-2011: Since October 2006 to October 2011, **Assistant Professor** at the Sport Science Faculty of the University of Bologna, Department of Human and general Physiology

2005-2006: Research Assistant **Post-doc**, Département des Neurosciences centre de médecine universitaire, Université de Genève (Switzerland). Project research director: Prof. G. Ferretti.

2005: **PhD** in Biomedical Science and Biotechnology; section of Human Physiology, Department of Biomedical Science and Technologies, University of Udine (Italy). Final project: “Cardiopulmonary effects of simulated microgravity (S.T.B.R. short term bed rest) on cardio pulmonary system in humans: responses to exercise. (Supervisor: Prof. Carlo Capelli).

2001: **Degree** in Sport Science, University of Urbino (Italy): 110/110 cum laude. Final project: “Kinetic analysis of oxygen consumption in ergometric test at maximal and supramaximal intensities” (Supervisor: Prof. Carlo Capelli and Prof. Piero Benelli).

1999: **Degree** in Physical Education (I.S.E.F.: Superior Institute for Physical Education), University of Urbino (Italy): 110/110 cum laude, final project: “Thermogenesis of brown fat and physical exercise: evidences of oxidative physiologic stress” (Supervisor: Prof. Giovanni Cucchiari).

Research topics:

- Regulation of oxygen transport during exercise in humans.
- Regulation of circulation in humans.
- Limitation to maximal oxygen consumption in humans.
- Man's adaptation to extreme environments (microgravity, breath-hold underwater diving).
- Energetics of human locomotion.
- Metabolic and Efficiency adaptations by Nitrate supplementation in humans.

The research activity can be found in the n. 41 publications in peer-reviewed international journals and in the 30 conferences contributions. The prevalent journals (IF in brackets) are: Clinical Science [IF 2012, 4.32]; European Journal of Applied Physiology [IF 2012, 2.15]; American Journal of Physiology, Regulatory, Integrative and Comparative Physiology [IF 2012, 3.366]. Journal of Biomechanics [IF 2012, 2, 4]; Respiratory Physiology & Neurobiology [IF 2012, 2.24]; J Strength Cond Res [IF 2012, 1,831]; Medicine And Science In Sports And Exercise [IF 2012, 3.71]; British Journal Of Psychiatry [IF 2012, 7.99]; Oncotarget [IF 2012, 6.64]; International Journal of Sports Physiology and Performance [IF 2014 2.66]. The profile is present on the Research Gate site and Google Scholar:

https://www.researchgate.net/profile/Enrico_Tam;

<https://scholar.google.it/citations?hl=it&user=Y2CYKmgAAAAJ>

Web Of Science reports 55 publications by Enrico Tam, with 765 citations, h-index by 15

Scopus reports 44 publications by Enrico Tam, with 844 citations and an h-index of 16.

Google Scholar reports 65 contributions by Enrico Tam, with 1432 citations and an h-index of 21.

Research Gate reports 68 publications by Enrico Tam, with 1142 citations and an RG index of 31.4.

Founded projects

2009- Project Title: Effectiveness of exercise and socializing activities in the *major depression* in the elderly. Multicenter randomized controlled study. Scientific coordinator of the research unit of the Department of Human and General Physiology: **Enrico Tam**. This unit have been involved in data collection and analysis of

heart rate variability data (index of functional activity of the autonomic nervous system). The study was funded 26. 06. 2009 Reg PG 2009 144395, this research unit have been attributed Eur 26,800 and Eur.19,035 annual scholarship.

2010: Project: Cardiovascular And Skeletal Muscle Responses To Chronic Concurrent Exercise Using Flywheel Technology In Old Men. Carlo Capelli (Principal Investigator); Associated investigator: **Enrico Tam** Financing Agency European Space Agency (ESA). <http://www.afit.se/projects/verona-university/>

2011: Project: MAP-ESA Astronaut exercise prescriptions promoting health and fitness on earth; Carlo Capelli (Principal Investigator) Associated Investigator: **Enrico Tam** Financing Body European Space Agency (ESA) Financing 100.000Eur.

2013-2014 World Anti-Doping Agency (WADA) Project Title: Effects of the snus administration on sports performance. Cristiano Chiamulera (Principal Investigator), Department of Public Health and Community Medicine, **Enrico Tam** co-applicant of the Department of Biomedical Neurological Sciences and of the University of Verona Movement. Funding \$ 100,000.

<http://www.dsnm.univr.it/?ent=persona&id=8709&lang=en>

2015: JOINT PROJECTS 2015 University of Verona; High Intensity Training with TRION: gender differences and implications for astronauts' post flight recovery; Paola Zamparo (Principal Investigator), **Enrico Tam** (personal Involved). Funding University of Verona 27.600Eur.

Professional Experiences

- 1) Training about different techniques used in *bed-rest* studies (1 week, 2001), Department of Physiology, University Medical Centre, Geneva, Switzerland.
- 2) Participation at the post *bed-rest* meeting about long-term *bed-rest* studies (1 week, 2002), MEDES (Institut de Médecine et de Physiologie Spatiales), Toulouse, France.
- 3) Studies about cardiovascular consequences of short-term *bed-rest* in humans (2 months 2001-2003); DLR (Deutsches Zentrum für Luft- und Raumfahrt), German Aerospace Center, Köln, Germany.
- 4) Research project: "Effects of inertial Loading for prevention of sarcopenia in old people", Institute for Biophysical and clinical Research into Human Movement, Manchester Metropolitan University, Alsager, UK. Supervisors: Prof. A.J. Sargent and Prof. M.V. Narici; 8 months: September 2003 - May 2004.
- 5) Research project: "Effects of hyper gravity on the oxygen consumption during muscular exercise in humans". Director: Prof. Guido Ferretti University of Geneva; Co-investigators: Prof. Carlo Capelli University of Udine (Italy) and Prof. Dag Linnarsson, Department of Physiology and Pharmacology, Karolinska Institute, Stockholm, October 2004 and February 2005.
- 6) Research project: Cardiovascular and polmonary responses during and after breath hold diving and bioenergetic of apnea immersion in top-level athletes. Director: Prof. Guido Ferretti. Barcelona (Spain), April 2006, April 2007.
- 7) Research project: Effects of the gravity acceleration on human cardiovascular system during muscular exercise. This project is supported by ESA (European Space Agency) (Switzerland) 2005-2006.
- 8) Energetic cost and efficiency of locomotion in Top-level Kenyan (Kalenjin) and Caucasian marathon. (Kenya 2007, St. Moritz 2007, Brescia 2007).

Skills

Measuring of Oxygen Consumption (Quark b^2 ; K4 b^2 , Douglas Bags) ; Estimation of VO_{2max} , Lactate threshold, MLSSS. Measuring of arterial pulse pressure and CO by Portapress. Analog/digital acquisitions: System MP100 and software AcqKnowledge. Blood lactate analysis. Emoglobin concentration analysis. CO (Cardiac Output) open-circuit acetylene uptake method. Determination of λ coefficient of acetylene solubility. Determination Residual lung volume determined by helium dilution method. Determination of lung volumes determined by spirometry. Cybex Norm Isokinetic dynamometer, measuring force, power, velocity, torque. Basic abilities in the system for motion analysis SIMI use. High abilities in the SRM system use (torque and force at the pedal). Ultrasound System AU5 EPI Esaote, measure of muscular pennations angle and tendon elongation. MRI System MRIE-Scan XQ Esaote, muscular skeletal and tendon analysis. Knowledge of Fly-Wheel Ergometry [FWE] – Yo-Yo.

Tesys System (Force cell) and Delos Postural System. High knowledge of computers and Operative System: Win 9x, Win2000, Win Xp, OSX, Linux. High knowledge of Suite Office. High knowledge on developing routines to acquiring analog signals (Lab View, National Instruments, Matlab). NIRS. (Near Infra-red Spectroscopy), acquisition, analysis and management.

Publications

1. Tam E, Nardon M, Bertuccio M, Capelli C. The mechanisms underpinning the slow component of [Formula: see text] in humans. *Eur J Appl Physiol.* 2024 Mar;124(3):861-872. doi: 10.1007/s00421-023-05315-z. Epub 2023 Sep 29. PMID: 37775591.
2. Pogliaghi S, Tam E, Capelli C. Effect of recovery time on [Formula: see text]-ON kinetics in humans at the onset of moderate-intensity cycling exercise. *Eur J Appl Physiol.* 2023 Feb;123(2):261-270. doi: 10.1007/s00421-022-05057-4. Epub 2022 Oct 17. PMID: 36253649; PMCID: PMC9894974.
3. Calabria E, Muollo V, Cavedon V, Capovin T, Saccenti L, Passarotti F, Ghiotto L, Milanese C, Gelati M, Rudi D, Salvagno GL, Lippi G, Tam E, Schena F, Pogliaghi S. Type 2 Diabetes Related Mitochondrial Defects in Peripheral Mononucleated Blood Cells from Overweight Postmenopausal Women. *Biomedicines.* 2023 Jan 3;11(1):121. doi: 10.3390/biomedicines11010121. PMID: 36672627; PMCID: PMC9855941.
4. Gentilin A, Tam E, Tarperi C, Beccarello F, Cevese A, Schena F. Post-exercise upside-down recovery does accelerate the heart rate recovery but does not improve subsequent sprint performance. *J Sports Med Phys Fitness.* 2022 Aug;62(8):1045-1052. doi: 10.23736/S0022-4707.21.12321-7. Epub 2021 Apr 22. PMID: 33885257
5. Fontollet T, Bringard A, Adami A, Fagoni N, Tam E, Taboni A, Ferretti G. Vagal blockade suppresses the phase I heart rate response but not the phase I cardiac output response at exercise onset in humans. *Eur J Appl Physiol.* 2021 Nov;121(11):3173-3187. doi: 10.1007/s00421-021-04769-3. Epub 2021 Aug 14. PMID: 34390402; PMCID: PMC8505324.
6. Taboni, Anna, Vinetti, Giovanni, Fontollet, Timothée, Grasso, Gabriele Simone, Tam, Enrico, Moia, Christian, Ferretti, Guido, Fagoni, Nazzareno (2021). Baroreflex responses during dry resting and exercise apnoeas in air and pure oxygen. *EUROPEAN JOURNAL OF APPLIED PHYSIOLOGY*, vol. 121, p. 539-547, ISSN: 1439-6319, doi: 10.1007/s00421-020-04544-w
7. Murri, M Belvederi, Amore, M, Menchetti, M, Toni, G, Neviani, F, Cerri, M, Rocchi, M B L, Zocchi, D, Bagnoli, L, Tam, E, Buffa, A, Ferrara, S, Neri, M, Alexopoulos, G S, Zanetidou, S (2021). Physical exercise for late-life major depression. *FOCUS*, vol. 19, p. 365-373, ISSN: 1541-4094, doi: 10.1176/appi.focus.19306
8. Gentilin, Alessandro, Tam, Enrico, Tarperi, Cantor, Beccarello, Fabio, Cevese, Antonio, Schena, Federico (2021). Post-exercise upside-down recovery does accelerate the heart rate recovery but does not improve subsequent sprint performance. *THE JOURNAL OF SPORTS MEDICINE AND PHYSICAL FITNESS*, vol. First published online: April 22, 2021, p. 1-26, ISSN: 1827-1928, doi: 10.23736/S0022-4707.21.12321-7
9. Fontollet, Timothée, Bringard, Aurélien, Adami, Alessandra, Fagoni, Nazzareno, Tam, Enrico, Taboni, Anna, Ferretti, Guido (2021). Vagal blockade suppresses the phase I heart rate response but not the phase I cardiac output response at exercise onset in humans. *EUROPEAN JOURNAL OF APPLIED PHYSIOLOGY*, vol. 121, p. 1-3173, ISSN: 1439-6319, doi: 10.1007/s00421-021-04769-3
10. Fagoni, Nazzareno, Bruseghini, Paolo, Adami, Alessandra, Capelli, Carlo, Lador, Frederic, Moia, Christian, Tam, Enrico, Bringard, Aurélien, Ferretti, Guido (2020). Effect of lower body negative pressure on phase i cardiovascular responses at exercise onset. *INTERNATIONAL JOURNAL OF SPORTS MEDICINE*, vol. 41, p. 209-218, ISSN: 0172-4622, doi: 10.1055/a-1028-7496
11. Tam, Enrico, Bruseghini, Paolo, Capelli, Carlo, Baraldo, Massimo, Chiamulera, Cristiano, Zandonai, Thomas (2020). Effects of nicotine on microvascular responsiveness after nicotine satiety versus overnight nicotine abstinence. *VASCULAR MEDICINE*, vol. 25, p. 223-225, ISSN: 1358-863X, doi: 10.1177/1358863X20906029
12. Bruseghini, Paolo, Tam, Enrico, Calabria, Elisa, Milanese, Chiara, Capelli, Carlo, Galvani, Christel (2020). High intensity interval training does not have compensatory effects on physical activity levels in older adults. *INTERNATIONAL JOURNAL OF ENVIRONMENTAL RESEARCH AND PUBLIC HEALTH*, vol. 17, p. 1-13, ISSN: 1660-4601, doi: 10.3390/ijerph17031083
13. Zandonai, Thomas, Pizzolato, Fabio, Tam, Enrico, Bruseghini, Paolo, Chiamulera, Cristiano, Cesari, Paola (2020). The effects of nicotine on cortical excitability after exercise: a double-blind randomized, placebo-controlled, crossover study. *JOURNAL OF CLINICAL PSYCHOPHARMACOLOGY*, vol. 40, p. 495-498, ISSN: 0271-0749, doi: 10.1097/JCP.0000000000001246

14. Bruseghini, Paolo, Capelli, Carlo, Calabria, Elisa, Rossi, Andrea P, Tam, Enrico (2019). Effects of high-intensity interval training and isoinertial training on leg extensors muscle function, structure, and intermuscular adipose tissue in older adults. *FRONTIERS IN PHYSIOLOGY*, vol. 10, p. 1-14, ISSN: 1664-042X, doi: 10.3389/fphys.2019.01260
15. Zandonai, T, Tam, E, Bruseghini, P, Capelli, C, Baraldo, M, Chiamulera, C (2019). Exercise performance increase in smokeless tobacco-user athletes after overnight nicotine abstinence. *SCANDINAVIAN JOURNAL OF MEDICINE & SCIENCE IN SPORTS*, vol. 29, p. 430-439, ISSN: 0905-7188, doi: 10.1111/sms.13333
16. Bruseghini, Paolo, Tam, Enrico, Monte, Andrea, Capelli, Carlo, Zamparo, Paola (2019). Metabolic and kinematic responses while walking and running on a motorised and a curved non-motorised treadmill. *JOURNAL OF SPORTS SCIENCES*, vol. 37, p. 396-403, ISSN: 0264-0414, doi: 10.1080/02640414.2018.1504605
17. Tam, Enrico, Bruseghini, Paolo, Capelli, Carlo, Oliboni, Eugenio, Pezzato, Andrea, Pogliaghi, Silvia, Pozzi Mucelli, Roberto, Schena, Federico, Calabria, Elisa (2018). Effect of endurance and strength training on the slow component of O₂ kinetics in elderly humans. *FRONTIERS IN PHYSIOLOGY*, vol. 9, p. 1-11, ISSN: 1664-042X, doi: 10.3389/fphys.2018.013
18. Milanese, Chiara, Cavedon, Valentina, Sandri, Marco, Tam, Enrico, Piscitelli, Francesco, Boschi, Federico, Zancanaro, Carlo (2018). Metabolic effect of bodyweight whole-body vibration in a 20-min exercise session: A crossover study using verified vibration stimulus. *PLOS ONE*, vol. 13, p. 1-17, ISSN: 1932-6203, doi: 10.1371/journal.pone.0192046
19. Fontolliet T., Pichot V., Bringard A., Fagoni N., Adami A., Tam E., Furlan R., Barthélémy J. C., Ferretti G. (2018). Testing the vagal withdrawal hypothesis during light exercise under autonomic blockade: a heart rate variability study. *JOURNAL OF APPLIED PHYSIOLOGY*, vol. 125, p. 1804-1811, ISSN: 8750-7587, doi: 10.1152/jappphysiol.00619.2018
20. ZANDONAI, Thomas, TAM, Enrico, Bruseghini, Paolo, PIZZOLATO, Fabio, Franceschi, Loretta, Baraldo, Massimo, CAPELLI, Carlo, CESARI, Paola, CHIAMULERA, Cristiano (2018). The effects of oral smokeless tobacco administration on endurance performance. *JOURNAL OF SPORT AND HEALTH SCIENCE*, vol. 7, p. 465-472, ISSN: 2095-2546, doi: 10.1016/j.jshs.2016.12.006
21. Bringard, Aurélien, Adami, Alessandra, Fagoni, Nazzareno, Fontolliet, Timothée, Lador, Frédéric, Moia, Christian, TAM, Enrico, Ferretti, Guido (2017). Dynamics of the RR-interval versus blood pressure relationship at exercise onset in humans. *EUROPEAN JOURNAL OF APPLIED PHYSIOLOGY*, vol. 117, p. 619-630, ISSN: 1439-6319, doi: 10.1007/s00421-017-3564-6
22. Lopez, S., Bourgois, J. G., TAM, Enrico, Bruseghini, Paolo, CAPELLI, Carlo (2016). Cardiovascular and metabolic responses to on-water upwind sailing in optimist sailors. *INTERNATIONAL JOURNAL OF SPORTS PHYSIOLOGY AND PERFORMANCE*, vol. 11, p. 615-622, ISSN: 1555-0265, doi: 10.1123/ijsp.2015-0380
23. TAM, Enrico, Bruseghini, Paolo, CALABRIA, Elisa, DAL SACCO, LUCA, Doria, C., Grassi, B., Pietrangelo, T., POGLIAGHI, Silvia, Reggiani, C., Salvadego, D., SCHENA, Federico, Toniolo, L., Verratti, V., Vernillo, G., CAPELLI, Carlo (2016). GOKYO KHUMBU/AMA DABLAM TREK 2012: Effects of physical training and high-altitude exposure on oxidative metabolism, muscle composition, and metabolic cost of walking in women. *EUROPEAN JOURNAL OF APPLIED PHYSIOLOGY*, vol. 116, p. 129-144, ISSN: 1439-6319, doi: 10.1007/s00421-015-3256-z
24. CAPELLI, Carlo, Rittveger, J., Bruseghini, Paolo, CALABRIA, Elisa, TAM, Enrico (2016). Maximal aerobic power and anaerobic capacity in cycling across the age spectrum in male master athletes. *EUROPEAN JOURNAL OF APPLIED PHYSIOLOGY*, vol. 116, p. 1395-1410, ISSN: 1439-6319, doi: 10.1007/s00421-016-3396-9
25. Bruseghini, Paolo, CALABRIA, Elisa, TAM, Enrico, MILANESE, Chiara, OLIBONI, Eugenio, PEZZATO, ANDREA, POGLIAGHI, Silvia, SALVAGNO, GIAN LUCA, SCHENA, Federico, POZZI MUCELLI, Roberto, CAPELLI, Carlo (2015). Effects of eight weeks of aerobic interval training and of isoinertial resistance training on risk factors of cardiometabolic diseases and exercise capacity in healthy elderly subjects. *ONCOTARGET*, vol. 6, p. 16998-17015, ISSN: 1949-2553, doi: 10.18632/oncotarget.4031
26. Fontolliet, T., Pichot, V., Antonutto, G., Bonjour, J., CAPELLI, Carlo, TAM, Enrico, Barthélémy, J. C., Ferretti, G. (2015). Effects of gravitational acceleration on cardiovascular autonomic control in resting humans. *EUROPEAN JOURNAL OF APPLIED PHYSIOLOGY*, vol. 115, p. 1417-1427, ISSN: 1439-6319, doi: 10.1007/s00421-015-3117-9

27. Belvederi Murri, M, Amore, M, Menchetti, M, Toni, G, Neviani, F, Cerri, M, Rocchi, M. B. L, Zocchi, D, Bagnoli, L, TAM, Enrico, Buffa, A, Ferrara, S, Neri, M, Alexopoulos, G. S, Zanetidou, S. (2015). Physical exercise for late-life major depression. *BRITISH JOURNAL OF PSYCHIATRY*, vol. 207, p. 235-242, ISSN: 0007-1250, doi: 10.1192/bjp.bp.114.150516
28. Lador F., TAM, Enrico, Adami A., Kenfack M. A., Bringard A., Cautero M., Moia C., Morel D. R., CAPELLI, Carlo, Ferretti G. (2013). Cardiac output, O₂ delivery and $\dot{V}O_2$ kinetics during step exercise in acute normobaric hypoxia. *RESPIRATORY PHYSIOLOGY & NEUROBIOLOGY*, vol. 186, p. 206-213, ISSN: 1569-9048, doi: 10.1016/j.resp.2013.01.017
29. TAM, Enrico, Rossi H., Moia C., Berardelli C., Rosa G., CAPELLI, Carlo, Ferretti G. (2012). Energetics of running in top-level marathon runners from Kenya. *EUROPEAN JOURNAL OF APPLIED PHYSIOLOGY*, vol. 112, p. 3797-3806, ISSN: 1439-6319, doi: 10.1007/s00421-012-2357-1
30. Di Michele R., Gatta G., Di Leo A., Cortesi M., Andina F., TAM, Enrico, Da Boit M., Merni F. (2012). Estimation of the anaerobic threshold from heart rate variability in an incremental swimming test.. *JOURNAL OF STRENGTH AND CONDITIONING RESEARCH*, vol. 26, p. 3059-3066, ISSN: 1064-8011, doi: 10.1519/JSC.0b013e318245bde1
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32. Bonjour J., CAPELLI, Carlo, Antonutto G., Calza S., TAM, Enrico, Linnarsson D., Ferretti G. (2010). Determinants of oxygen consumption during exercise on cycle ergometer: The effects of gravity acceleration. *RESPIRATORY PHYSIOLOGY & NEUROBIOLOGY*, vol. 171, p. 128-134, ISSN: 1569-9048, doi: 10.1016/j.resp.2010.02.013
33. Di Leo A., GATTA, GIORGIO, DI MICHELE, ROCCO, CORTESI, MATTEO, DA BOIT, MARIASOLE, TAM, ENRICO, MERNI, FRANCO (2010). Valutazione della soglia anaerobica attraverso la variabilità della frequenza cardiaca. *SCIENZA & SPORT*, vol. 8, p. 26-29, ISSN: 2039-0726
34. CAPELLI, Carlo, ADAMI, Alessandra, Antonutto G., Cautero M., TAM, Enrico (2009). Oxygen deficit and oxygen delivery kinetics during submaximal intensity exercise in humans after 14 days of head-down tilt bed rest.. *EUROPEAN JOURNAL OF APPLIED PHYSIOLOGY*, vol. 107, p. 51-59, ISSN: 1439-6319, doi: 10.1007/s00421-009-1098-2
35. Gladys L. Onambélé, Constantinos N. Maganaris, Omar S. Mian, Enrico Tam, Enrico Rejc, Islay M. McEwan, Marco V. Narici Response to the letter of Tibor Hortobagyi and colleagues, *Journal of Biomechanics* 42: 957(2009)
36. P. ZAMPARO, L. SEPULCRI, E. TAM, M. SERRATORE, C. CAPELLI (2008). Effects of intermittent exercise (shuttle runs) training on young basketball players. *COACHING & SPORT SCIENCE JOURNAL*, p. 32-39, ISSN: 1590-7880
37. CAPELLI, Carlo, Antonutto G, Cautero M, TAM, Enrico, Ferretti G. (2008). Metabolic and cardiovascular responses during sub-maximal exercise in humans after 14 days of head-down tilt bed rest and inactivity. *EUROPEAN JOURNAL OF APPLIED PHYSIOLOGY*, vol. 104, p. 909-918, ISSN: 1439-6319, doi: 10.1007/s00421-008-0848-x
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Abstract and Congress Communications

1. Bruseghini P., **Tam E.**, Calabria E., Pogliaghi S., Rossi A., Capelli C., *Effect of high intensity training and isoinertial training on intermuscular adipose tissue in older adults*. Op-pm10 physiology: age II, 24th - 27th June 2015, Malmö – Sweden 20th Annual Congress of the European College of Sport Science.
2. Capelli C., Lopez S., Bourgois J., **Tam E.**, *Cardiovascular And Metabolic Responses During On-Water Upwind Sailing In Optimist Sailors*. MO-PM41 Training and Testing: Endurance & Clinical. 24th - 27th June 2015, Malmö – Sweden 20th Annual Congress of the European College of Sport Science.
3. Zandonai T., Bruseghini P., **Tam E.**, Capelli C., Chiamulera C., *Peripheral and central effects of smokeless tobacco on exercise endurance in men*. e-poster PP-UD12, 24th - 27th June 2015, Malmö – Sweden 20th Annual Congress of the European College of Sport Science.
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5. Silvia Pogliaghi, **Enrico Tam**, Carlo Capelli. *Effect of Incomplete Recovery On Vo₂-on Kinetic during Moderate-intensity Exercise Transitions in Healthy Males*. Tracking Number: 14-SA-2047-ACSM. ACSM Annual Meeting, May 27-31, 2014.
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Verona 04th October 2024

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