

C U R R I C U L U M V I T A E

LAURA GHIOTTO

PERSONAL DETAILS	
PICTURE (OPTIONAL)	
CURRENT POSITION	<p>October 2023- PhD student in Kinesiology and Sport Sciences (PNRR - XXXIX CICLO) Title: <i>Differences in neuromuscular adaptation to concentric and/or eccentric exercise</i> University of Verona, Italy; Supervisor: Prof. Schena Federico</p>
EDUCATION	<p>January 2023 – September 2023 BORSA DI RICERCA POST LAUREAM: Title: <i>Modelli di intervento a contrasto della sarcopenia nei soggetti patologici</i>" University of Verona, Italy; Supervisor: Prof. Schena Federico</p> <p>September 2021 – August 2022 BORSA DI RICERCA POST LAUREAM: Title: <i>Approccio multidisciplinare alla fragilità: focus su riconoscimento e trattamento della sarcopenia</i>", University of Verona, Italy; Supervisor: Prof. Schena Federico</p> <p>October 2019 – July 2021 M.Sc student in Preventive and Adapted Exercise Science (LM-67); University of Verona, Italy; Thesis: Physical performance in adults affected by sarcopenic obesity: the effects of strength training alone or combined with different dosages of amino acids supplementation. Supervisor: Prof. Schena Federico</p> <p>October 2016 – 15 July 2019 B.Sc degree in Sport and Exercise Science (L-22); University of Verona, Italy.</p> <p>June 2016 High School leaving qualification in scientific studies State High School: Guarino Veronese, San Bonifacio (VR), Italy.</p>
SCIENTIFIC AFFILIATIONS	Department of Neurosciences, Biomedicine and Movement Sciences
AREAS OF RESEARCH	#exercise training #eccentric training #neuromuscular differences #metabolic changes #older people
INTERNATIONAL EXPERIENCES AND COLLABORATIONS	
INTERNSHIP:	

September 2020 – February 2021	Combined interventions of Omega 3 supplementation, or Omega 3 plus physical exercise in patients with type 2 Diabetes. University of Verona, Italy; Duration 150 hours Academic Tutor: dott. Enrico Tam; Scientific Director: Prof. Elisa Calabria.
June – November 2020	MAYBE Sarco-Ob studio. Combined interventions of amino acid supplementation, diet and exercise in elderly patients with sarcopenic obesity. Effects on physical frailty syndrome. University of Verona, Italy; Duration 225 hours Collective Tutor: Valentina Muollo Ph.D Candidate; Academic Tutor: dott. Enrico Tam; Scientific Director: Prof. Federico Schena.
March – July 2020	Physical activity and cancer University of Verona, Italy; Duration 50 hours Academic Tutor: dott. Massimo Lanza; Scientific Director: Prof. Paolo Moghetti.
COLLABORATIONS:	
October – November 2023	Assistant for “Metodi e didattiche della preparazione fisica” (40 hours) Module of Master's degree in Sport Science and Physical Performance, University of Verona, Italy; Academic staff: Prof. Federico Schena.
March – June 2021	Tutorship project “Dual Career UNIVR” Peer-tutorship in favour of élite athlete-students of the University of Verona; Promoted by: University of Verona, Italy.
March – June 2020	Undergraduate teaching assistant in Training Methodology Module of B.Sc. in Sport Exercise Science, University of Verona, Italy; Academic staff: Prof. Federico Schena.

PUBLICATIONS	
2023, January 3	E Calabria, V Muollo, V Cavedon, T Capovin, L Saccenti, F Passarotti, L Ghiotto , C Milanese, M Gelati, D Rudi, GL Salvagno, G Lippi, E Tam, F Schena, S Pogliaghi. <i>Type 2 Diabetes Related Mitochondrial Defects in Peripheral Mononucleated Blood Cells from Overweight Postmenopausal Women.</i> Biomedicines (impact factor = 4.757) Doi: 10.3390/biomedicines11010121
2022, July 28	L Ghiotto , V Muollo, T Tatangelo, F Schena, PA Rossi. <i>Exercise and physical performance in elderly adults with sarcopenic obesity: a systematic review.</i> Frontiers in Endocrinology (impact factor = 6.055) Doi: 10.3389/fendo.2022.913953
2022, July	T Tatangelo, V Muollo, L Ghiotto , F Schena, PA Rossi. <i>Exploring the association between handgrip, muscle strength of the lower limbs and physical function in older adults: a narrative review.</i> Experimental Gerontology (impact factor = 4.032) Doi: 10.1016/j.exger.2022.111902
2022, June 30	V Muollo, T Tatangelo, L Ghiotto , V Cavedon, C Milanese, M Zamboni, F Schena, PA Rossi. <i>Is handgrip strength a marker of muscle and physical function of the lower limbs? Sex differences in elders with obesity.</i> Nutrition, Metabolism and Cardiovascular Diseases (impact factor = 4.222) Doi: 10.1016/j.numecd.2022.06.018
2021, January	V Muollo, A Zignoli, L Ghiotto , M Chiara, M Zamboni, F Schena, AP Rossi. <i>Knee flexor and extensor torque ratio in elderly men and women with and without obesity: a cross-sectional study.</i> Aging Clinical and Experimental Research (impact factor = 2.697) Doi: 10.1007/s40520-021-01884-1; PMID: 33991332

SCIENTIFIC CONFERENCES	
2023	POSTER PRESENTATION: L Ghiotto , F. Morra, S. D'Emanuele, L. Budel, S. Bettega, F. Schena, C. Tarperi <i>The energy cost between Flat versus Simulated Mountain trail walking in trained elderly: a preliminary result.</i> SISMES, Napoli, 2-4 Novembre 2023
2022	POSTER PRESENTATION: L Ghiotto , V Muollo, T Tatangelo, M Zamboni, F Schena. <i>Evaluation of oxygen and energy consumption with a telemedicine protocol: responses in healthy vs obese older population. Preliminary results.</i> SISMES, Milano, 4-6 Novembre 2022
2021 (presenter)	ORAL PRESENTATION: L Ghiotto , V Muollo, C Milanese, E Zoico, M Zamboni, PA Rossi, F Schena. <i>Physical performance in adults affected by sarcopenic obesity: the effects of strength training alone or combined with different dosages of amino acids supplementation. Preliminary results.</i> SISMES, Padova, 8-10 Ottobre 2021
2021	POSTER PRESENTATION: V Muollo, L Ghiotto , M Chiara, E Zoico, M Zamboni, PA Rossi, F Schena. <i>Effects of strength training alone or with amino acids in sarcopenic obese adults.</i> ACSM Virtual Experience, 2021
LANGUAGES (Common European Framework Of Reference For Languages)	
INGLESE	
Reading	B1
Writing	B1
Speaking	B1
COMPUTER	
Programming Language Software	
Operating system: macOS e Windows; Office: Word, Excel, PowerPoint, OneDrive, Outlook e Skype; Adobe: Acrobat, Photoshop; GraphPad Prism: analyse, statistic, graph and present scientific work application; Mendeley: reference management software & Zotero Zoom Video Communication & Meet iCloud, Dropbox, Google Drive, WeTransfer.	
Lab Instruments experience	
Cosmed (Metabolimeter and K5); Ultrasound (ECO); Physioflow; Finapress; Cybex.	
Other Titles	
2021	FGI Second Level Coach

	Italian Gymnastics Federation Second level federal technical qualification diploma
2021	Scoliosis Course Promoted by: University of Verona, Italy. Duration 16 hours Vote: 30L/30.
2018	Postural and Adapted Gymnastics Course Promoted by: University of Verona, Italy. Duration 30 hours Vote: 29/30.
2015	Driving licences type: B
Hobbies and Interests	Artistic Gymnastic Coach

Date: Verona 17/04/2024

Signature

.....Laura Ghivitti.....