

## **Silvia Pogliaghi**

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### **Posizione attuale:**

Dal gennaio 2005 sono ricercatore in Fisiologia Umana presso la facoltà di Scienze Motorie dell'Università degli Studi di Verona.

Mi occupo di aspetti metabolici e cardiorespiratori della fisiologia dell'esercizio fisico. In particolare di metabolismo ossidativo muscolare in condizioni fisiologiche e patologiche, di valutazione funzionale dell'atleta, di attività fisica nella terza età e nutrizione per lo sport.

2016-oggi Adjunct Assistant Professor in the School of Kinesiology at The University of Western Ontario, London (ON), Canada

### **Titoli di studio:**

- 1986 Maturità Classica (Istituto Santa Maria, Verbania)
- 1992 Laurea in Medicina e Chirurgia presso l'Università degli Studi di Brescia con la tesi: "Frequenza cardiaca ed esercizio muscolare. Studio del sistema di controllo mediante analisi spettrale della variabilità". Relatore: Prof. Arsenio Veicsteinas, votazione 110/110.
- 1996 Specializzazione in Medicina dello Sport presso l'Università degli Studi di Brescia con la tesi: "Ossido Nitrico: studio dell'emissione respiratoria durante esercizio fisico in diverse condizioni gravitazionali (da 0 a 2 Gz)", relatore: prof. Arsenio Veicsteinas, votazione: 50/50 e lode.
- 2002 Dottorato di Ricerca in Fisiologia Umana presso l'Università degli Studi di Milano con la tesi: "Valutazione funzionale non-invasiva del metabolismo ossidativo muscolare in condizioni fisiologiche e patologiche", tutore: Prof. Paolo Cerretelli.

### **Attività scientifica:**

Mi sono occupata di aspetti metabolici e cardiorespiratori della fisiologia dell'esercizio nell'uomo, in condizioni fisiologiche ed in ambienti speciali (caldo/freddo, iperbarismo ed ipobarismo, assenza/aumento di gravità).

### Direzione o partecipazione alle attività di un gruppo di ricerca caratterizzato da collaborazioni a livello nazionale o internazionale

- 2017-oggi Direzione del gruppo di ricerca nazionale "Harmonic analysis of cyclical movements in sports through a new video analysis technique: effect on metabolic consumption and risk of injury" presso il Dipartimento di Neuroscienze, Biomedicina e Movimento dell'Università di Verona. Il gruppo, di cui fanno parte la collega Barbara Pellegrini dell'Università di Verona e la dottoranda Laura Simoni, collabora con l'Istituto Don Gnocchi di Firenze e con la ditta Microgate di Bolzano.
- 2017-oggi Direzione del gruppo di ricerca "Active mamy-baby" dell'Università di Verona. Oltre a me fa parte di questo gruppo di ricerca la dottoranda Giorgia Spigolon. Abbiamo di recente avviato una collaborazione con la Prof. Michelle Mottola,

- esperta mondiale di attività fisica in gravidanza, Professore presso la University of Western Ontario, London Ontario
- 2012-oggi Direzione dell'"Exercise Tollerance Research Group" presso il Dipartimento di Neuroscienze, Biomedicina e Movimento dell'Università di Verona. Il gruppo collabora con la University of Western Ontario e la Calgary University.(8 pubblicazioni: Murias 2012, Bellotti 2013, Spencer 2013, Pogliaghi 2014, Fontana 2015, Keir 2015, Keir 2016, Fontana 2016 in press)
- 2006-oggi Direzione Scientifica del "Centro Studi e Ricerche Applicati al Rugby", presso il Dipartimento di Neuroscienze, Biomedicina e Movimento dell'Università di Verona. Il Centro collabora con la Federazione Italiana Rugby e con la Dott.ssa Gabriela De Roia dell'Universidad de Flors di Buenos Aires, Argentina. (6 pubblicazioni: Pogliaghi 2013/1, Pogliaghi 2013/2, Da Lozzo 2013, Fontana 2015, Fontana 2016)
- 2013 Partecipazione in veste di coordinatore di unità locale (presso il Dipartimento di Neuroscienze, Biomedicina e Movimento dell'Università di Verona) al gruppo di ricerca internazionale coordinato dal Prof. Donald Paterson, della University of Western Ontario, Canada, sul tema "Relevance of vascular adaptations to exercise training in improving quality of life in ageing populations: transition from the laboratory to the community" (4 pubblicazioni: McLay 2016/1, McLay 2016/2, McLay 2016/3, McLay 2016)
- 2017-oggi Partecipazione in veste di collaboratore e responsabile dell'intervento di attività motoria al gruppo di ricerca sul tema "Physical activity and nutritional intervention (PANI) to improve the health status of patients with schizophrenia" coordinato dal Prof. Lorenzo Burti (Verona), collaboratori Prof. Giovanni De Girolamo (Brescia), Prof.ssa Diana De Ronchi (Bologna), Prof. Pierluigi Politi (Pavia).
- 2017-oggi Partecipazione in veste di collaboratore al gruppo di ricerca internazionale diretto dalla Prof. Patricia Doyle-Baker, dell'Università di Calgary, Alberta, Canada, sul tema "A pilot study investigating the effects of the menstrual cycle on power and fat oxidation in cyclists".
- 2017-oggi Partecipazione in veste di collaboratore al gruppo di ricerca diretto dal Prof. Federico Schena, sul tema "Optimal Testing for Individualised Training in cycling", progetto finanziato dall'Università di Verona nel contesto del programma di finanziamento della ricerca applicata Joint Projects 2017, in collaborazione con la ditta ORF srl.
- 2016 Partecipazione in veste di collaboratore al gruppo di ricerca internazionale diretto dalla Prof. Paola Zamparo, sul tema "High Intensity Training with TRION: gender differences and implications for astronauts post flight recovery", progetto finanziato dall'Università di Verona nel contesto del programma di finanziamento della ricerca applicata Joint Projects 2015
- 2014-16 Partecipazione in veste di collaboratore e responsabile logistico al gruppo di ricerca Nazionale coordinato dal Prof. Giorgio Fanò e localmente dal Prof. Carlo Capelli sul tema "Effects of concurrent aerobic training and hypobaric hypoxia on oxidative metabolism and exercise tolerance in healthy males and females". (2 pubblicazioni: Calabria 2016, Tam 2016)
- 2014-16 Partecipazione in veste di collaboratore e responsabile medico dell'unità locale (presso il Dipartimento di Neuroscienze, Biomedicina e Movimento dell'Università di Verona) al gruppo di ricerca internazionale coordinato dal Prof. Per Tesh del Karolinska Institutet di Stoccolma e localmente dal Prof. Carlo Capelli dal titolo "ASTRONAUT EXERCISE PRESCRIPTIONS PROMOTING HEALTH AND FITNESS ON EARTH" finanziato

- dall'Agenzia Spaziale Europea (2 pubblicazioni: Bruseghini 2015, Calabria 2016)
- 2008 Partecipazione in veste di collaboratore e responsabile della logistica al gruppo di ricerca Internazionale coordinato dal Prof. Guido Ferretti e localmente dal Prof. Carlo Capelli sul tema "Cardiovascular determinants of maximal oxygen consumption after bed rest: a comparison of upright and supine posture". Il gruppo ha collaborato in occasione della campagna di bed rest organizzata dall'Agenzia Spaziale Internazionale ad Ankaran, Slovenia, nell'estate del 2008. (1 pubblicazione: Brigard 2010)
- 2007-2010 Partecipazione in veste di collaboratore al gruppo di ricerca nazionale coordinato dal Prof. Massimo Pagani, con coordinatore di unità locale Prof. Carlo Capelli sul tema "Effetto dell'allenamento fisico di alta intensità sulle risposte cardiopolmonari, scambi respiratori e estrazione d'ossigeno muscolare in cardioscompensati durante esercizio." PRIN finanziato 2007 (2 pubblicazioni: Adami 2011, De Roia 2012)
- 1999-2003 Partecipazione in veste di collaboratore al gruppo di ricerca del LITA, dell'Università di Milano/CNR, coordinato dal Prof. Bruno Grassi, sul tema "Non-invasive functional evaluation of muscle oxidative metabolism in health and disease". Il gruppo di ricerca collaborava con l'Università di Siena e con il Istituto Besta di Milano (2 pubblicazioni: Grassi 2003 e Borrelli 2003).
- 2002 Partecipazione in veste di collaboratore (presso il LITA, dell'Università di Milano/CNR) al gruppo di ricerca del Centro Auxologico di Milano, coordinato dal Prof. Sartorio, sul tema "Body composition and strength in children" (1 pubblicazione: Sartorio, 2002).
- 1997 Partecipazione in veste di collaborator e medico responsabile (presso il laboratorio di Fisiologia dell'Esercizio dell'Università degli Studi di Brescia) della spedizione scientifico-alpinistica "Extreme Altitude Survival Test 1997 - Lhotse 8501m", coordinata dal Prof. Paolo Cerretelli del LITA, dell'Università di Milano/CNR. (1 pubblicazione: Marconi 1997)
- 1995-1996 Partecipazione in veste di collaboratore al gruppo di ricerca dell'Università di Brescia coordinato dal Prof. Arsenio Veicsteinas sul tema "Fattori limitanti il metabolismo ossidativo muscolare". Il gruppo collaborava con il Prof. Pendergast della State University of New York at Buffalo, Stati Uniti (1 pubblicazione: Pogliaghi 1997)

Responsabilita' di studi e ricerche scientifiche affidati da istituzioni pubbliche o private

- 2006-2009 Responsabile Scientifico del Progetto di Ricerca dal titolo "Progetto Statura. Valutazione Antropometrica e Funzionale di giocatori juniores di rugby union.", affidato e finanziato dalla Federazione Italiana Rugby (1 pubblicazione: Fontana 2016)
- 1998 Principal investigator del progetto "Physical exercise and health promotion", affidato e finanziato dal Centro Universitario Lombardia Orientale
- 1997 Principal investigator del progetto "Dietary fat consumption: effect on blood lipids and aerobic performance in healthy sedentaries", affidato e finanziato dalla Centrale del Latte di Brescia (1 pubblicazione: Pogliaghi 1999)
- 1996-1997 Principal investigator del progetto "Development and application of innovative rehabilitation techniques for shoulder impingement", affidato e finanziato dalla Clinica "Domus Salutis" di Brescia (1 pubblicazione: Pogliaghi 1998)

Visiting scientist:

- 2017 Visiting Scholar, Faculty of Kinesiology, University of Calgary –May-September 2017, with the research project “Exercise tolerance: from functional indexes to individualised prescription” supported by an International cooperation grant of the University of Verona (Dr. Juan Murias, Dr. Brian McIntosh).
- 2016 Visiting Scholar, Faculty of Kinesiology, University of Calgary –October 2016, with the research project “Exercise tolerance: from functional indexes to individualised prescription” supported by an International cooperation grant of the University of Verona (Dr. Juan Murias, Dr. Brian McIntosh).
- 2014 Visiting Scholar, Faculty of Kinesiology, University of Calgary –May-June 2014 as part of CIHR planning grant “Relevance of vascular adaptations to exercise training in improving quality of life in aging populations: transitioning from the laboratory to the community” (Dr. Don Paterson and Dr. Juan Murias).
- 2013 International Visiting Scholar Assistant Professor in the School of Kinesiology, Faculty of Health Sciences, University of Western Ontario – London, Ontario, Canada from June-August 2013 (Dr. Don Paterson, Dr. John Kowalchuk and Dr. Juan Murias).
- 2010 Visiting Professor/Scholar experience and partnership with the Canadian Centre for Activity and Aging (CCAA) at The University of Western Ontario – London, Ontario, Canada from June 2010 (Dr. Donald Paterson)

Partecipazione a Spedizioni Scientifiche Internazionali:

- 2008 Co-investigator in the study “Cardiovascular determinants of maximal oxygen consumption after bed rest: a comparison of upright and supine posture”, in the Italian Space Agency (ASI) campaign in Slovenia, July-August 2008. Scientific Coordinator Prof. Guido Ferretti. I was in charge of the logistic organization of the temporary laboratory and coordination of staff.
- 1997 Researcher and Physician of the climbing-scientific expedition Extreme Altitude Survival Test 1997 -Lhotse 8501m, at the high altitude laboratory "Piramide" in Nepal (April-May 1997), Scientific coordinator Prof. Paolo Cerretelli. I was the physician in charge of conducting stress tests and provided medical assistance for the 30 members of the expedition, for the Pyramid staff and for by-passing trekkers and climbers in the Kumbo Valley.

**Attività clinica e di consulenza:**

- 1993-05 Medico di Continuità assistenziale (Aziende sanitarie di Brescia e Verona)
- 1993-97 Assistente medico presso il servizio di Medicina Iperbarica della Casa di Cura Città di Brescia, responsabile Dott. Renato Moroni
- 1996-02 Medico e consulente scientifico della Federazione Italiana Sci Nautico e della Federazione Internazionale Sci Nautico per l'Europa, Africa e Medio Oriente.
- 1998-02 Responsabile del servizio di valutazione funzionale e dietologia del Centro Medico Sport Life di Brescia, Dir. Sanitario Dott. Lorenzo Benassa.
- 2006-09 Consulente per l'alimentazione della Nazionale Italiana maggiore di Rugby
- 2008- Consulente per l'alimentazione per il settore giovanile del CUS Verona Rugby (squadra di serie A)
- 2008- Nutrizionista libero professionista presso il Centro Medico Equipe di Rovigo
- 2010- Consulente per l'alimentazione per la squadra seniores del Rugby Rovigo Delta (squadra di Super 10, campionato Italiano d'élite)

### **Corsi frequentati:**

- 1997 "Contemporary management of the cardiovascular patient." Boston University School of Medicine, Boston (USA), 1-4 December.
- 2000 "Surface EMG for Non Invasive Assessment of Muscles (SENIAM)". Novara.

### **Attività didattica:**

#### ***corsi universitari***

- 1997-98 Professore a contratto dell'insegnamento "Principi di riallenamento" per il Diploma Universitario di Terapista della riabilitazione presso l'Università degli Studi di Brescia (10 ore/anno)
- 1999-00 Professore a contratto dell'insegnamento "Fisiologia dell'esercizio" per il Master in Ergonomia presso il Politecnico di Milano Dipartimento DI.Tec. (16 ore/anno)
- 2001-02 Professore a contratto dell'insegnamento di "Medicina dello Sport" per il Corso Finalizzato per diplomati ISEF presso l'Università degli Studi di Verona (12 ore/anno e 50 tesi di Laurea).
- 2003-04 Esercitatore a contratto per l'insegnamento di "Fisiologia dello Sport" per il Corso di Laurea in Scienze delle Attività Motorie e Sportive, Facoltà di Scienze Motorie, Università degli Studi di Verona (12 ore/anno).
- 2004-05 Professore a contratto degli insegnamenti "Fisiologia Umana" (16 ore) e "Monitoraggio e valutazione dell'attività motoria III" (8 ore) per il Corso di Laurea Specialistica in Scienze delle attività motorie preventive ed adattate, Facoltà di Scienze Motorie, Università degli Studi di Verona.
- 2005-oggi Docente titolare degli insegnamenti "Fisiologia Umana" (16 ore) e "Monitoraggio e valutazione dell'attività motoria I" (8 ore), "Monitoraggio e valutazione dell'attività motoria III" (8 ore), "Medicina interna" (16 ore) per il Corso di Laurea Specialistica in Scienze delle attività motorie preventive ed adattate e del corso di "Alimentazione e nutrizione Umana" (24 ore), per il Corso di Laurea Triennale in Scienze Motorie, Facoltà di Scienze Motorie, Università degli Studi di Verona.
- 2006-oggi Docente titolare dei corsi integrati di "Biochimica e nutrizione umana" (10 ore) e di "Valutazione Funzionale" (10 ore) per il Master in "Preparazione atletica per Sport di Squadra - settore giovanile-" della Facoltà di Scienze Motorie di Verona.
- 2006- oggi Docente e Tutor del Dottorato in Scienze dell'esercizio fisico del movimento umano della Scuola di dottorato in Scienze Biomediche translazionali dell'Università degli Studi di Verona.

### Articoli in riviste scientifiche internazionali indicizzate (45):

\* indica student da me supervisionati

1. Keir DA, **Pogliaghi S**, Murias JM. Response. Med Sci Sports Exerc. 2019 Apr;51(4):830. doi: 10.1249/MSS.0000000000001851
2. Soares R\*, Colosio A\*, Murias JM, **Pogliaghi S**. Non-invasive and in vivo assessment of upper and lower limb skeletal muscle oxidative metabolism activity and microvascular responses to glucose ingestion in humans. Appl Physiol Nutr Metab. 2019 Feb 25. doi: 10.1139/apnm-2018-0866. [Epub ahead of print]
3. Iannetta D, Inglis EC, Soares RN, McLay KM, **Pogliaghi S**, Murias JM. Reliability of microvascular responsiveness measures derived from near-infrared spectroscopy across a variety of ischemic periods in young and older individuals. Microvasc Res. 2019 Mar;122:117-124. doi: 10.1016/j.mvr.2018.10.001. Epub 2018 Oct 4
4. Keir DA, **Pogliaghi S**, Murias JM. Response. Med Sci Sports Exerc. 2019 Mar;51(3):603. doi: 10.1249/MSS.0000000000001820

5. Keir DA, **Pogliaghi S**, Murias JM. The Respiratory Compensation Point and the Deoxygenation Break Point Are Valid Surrogates for Critical Power and Maximum Lactate Steady State. *Med Sci Sports Exerc.* 2018 Nov;50(11):2375-2378. doi: 10.1249/MSS.0000000000001698
6. Iannetta D, Fontana FY\*, Maturana FM, Inglis EC, **Pogliaghi S**, Keir DA, Murias JM. An equation to predict the maximal lactate steady state from ramp-incremental exercise test data in cycling. *J Sci Med Sport.* 2018 Dec;21(12):1274-1280. doi: 10.1016/j.jsams.2018.05.004. Epub 2018 May 24
7. Colosio AL\*, Pedrinolla A, Da Lozzo G, **Pogliaghi S**. Heart Rate-Index Estimates Oxygen Uptake, Energy Expenditure and Aerobic Fitness in Rugby Players. *J Sports Sci Med.* 2018 Nov 20;17(4):633-639. eCollection 2018 Dec
8. Colosio AL\*, **Pogliaghi S**. Quantification of energy expenditure of military loaded runs: what is the performance of laboratory-based equations when applied to the field environment? *J R Army Med Corps.* 2018 Aug;164(4):253-258. doi: 10.1136/jramc-2017-000887. Epub 2018 Mar 17
9. Zuo L, Zhou T, Malatesta D, Lanzi S, Millet GP, **Pogliaghi S**, Paterson DH, Murias JM, van der Zwaard S, Jaspers RT, van der Laarse WJ. Commentaries on Viewpoint:  $\dot{V}O_{2peak}$  is an acceptable estimate of cardiorespiratory fitness but not  $\dot{V}O_{2max}$ . *J Appl Physiol (1985).* 2018 Sep 1;125(3):966-967. doi: 10.1152/jappphysiol.00687.2018
10. Tam E, Bruseghini P, Capelli C, Oliboni E, Pezzato A, **Pogliaghi S**, Pozzi Mucelli R, Schena F, Calabria E. Effect of Endurance and Strength Training on the Slow Component of  $O_2$  Kinetics in Elderly Humans. *Front Physiol.* 2018 Oct 9;9:1353. doi: 10.3389/fphys.2018.01353. eCollection 2018
11. Murias JM, **Pogliaghi S**, Paterson DH. Measurement of a True  $\dot{V}O_{2max}$  During a Ramp Incremental Test is not Confirmed by a Verification Phase. *Frontiers in Physiology - Exercise Physiology*, accepted Feb 2018
12. Mattioni Maturana F, Fontana FY\*, **Pogliaghi S**, Passfield L, Murias JM. Critical power: How different protocols and modelling strategies affect its determination. *Journal of Science and Medicine in Sport*, Accepted 21 Nov 2017
13. Fontana FY\*, Colosio, AL\*, Keir DA\*, Murias JM, **Pogliaghi S**. Identification of critical intensity from a single lactate measure during a 3-min, submaximal cycle-ergometer test. *Journal of Sports Sciences*, 2016 Dec 6:1-7. doi: 10.1080/02640414.2016.1261177. [Epub ahead of print]
14. Colosio AL\*, Fontana FY\*, **Pogliaghi S**. Attrition in Italian Ranger Trainees During Special Forces Training Program: A preliminary Investigation. *Sport Sciences for Health*, July 2016, DOI 10.1007/s11332-016-0299-4
15. Fontana FY\*, Colosio AL\*, Da Lozzo G, **Pogliaghi S**. Player's success prediction in rugby union: From youth performance to senior level placing. *J Sci Med Sport.* 2016 Sep 1. pii: S1440-2440(16)30160-8. doi: 10.1016/j.jsams.2016.08.017. [Epub ahead of print]
16. Calabria E, Mazza EM, Dyar KA, **Pogliaghi S**, Bruseghini P, Morandi C, Salvagno GL, Gelati M, Guidi GC, Bicciato S, Schiaffino S, Schena F, Capelli C. Aging: a portrait from gene expression profile in blood cells. *Aging (Albany NY).* 2016 Aug;8(8):1802-21. doi: 10.18632/aging.101016
17. McLay KM\*, Gilbertson JE, **Pogliaghi S**, Paterson DH, Murias JM. Vascular responsiveness measured by tissue oxygen saturation reperfusion slope is sensitive to different occlusion durations and training status. *Exp Physiol.* 2016 Oct 1;101(10):1309-1318. doi: 10.1113/EP085843. Epub 2016 Sep 11
18. Keir DA, Copithorne DB, Hodgson MD, **Pogliaghi S**, Rice CL, Kowalchuk JM. The slow component of pulmonary  $O_2$  uptake accompanies peripheral muscle fatigue during high-

intensity exercise. *J Appl Physiol*. 2016 Aug 1;121(2):493-502. doi: 10.1152/jappphysiol.00249.2016. Epub 2016 Jun 23

19. McLay KM\*, Nederveen JP, **Pogliaghi S**, Paterson DH, Murias JM. Repeatability of vascular responsiveness measures derived from near-infrared spectroscopy. *Physiol Rep*. 2016 May;4(9). pii: e12772. doi: 10.14814/phy2.12772
20. McLay KM\*, Fontana FY\*, Nederveen JP, Guida FF\*, Paterson DH, **Pogliaghi S**, Murias JM. Vascular responsiveness determined by near-infrared spectroscopy measures of oxygen saturation. *Exp Physiol*, 1;101(1):34-40, 2016.
21. Tam E, Bruseghini P, Calabria E, Dal Sacco L, Doria C, Grassi B, Pietrangelo T, **Pogliaghi S**, Reggiani C, Salvadego D, Schena F, Toniolo L, Verratti V, Vernillo G, Capelli C. 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. *Eur J Appl Physiol*, 116(1):129-44, 2016.
22. Bruseghini P, Calabria E, Tam E, Milanese C, Oliboni E, Pezzato A, **Pogliaghi S**, Salvagno GL, Schena F, Mucelli RP, Capelli C. 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*, 6(19):16998-7015, 2015.
23. Fontana FY\*, Colosio A\*, De Roia GF\*, Da Lozzo G\*, **Pogliaghi S**. Anthropometrics of Italian Senior Male Rugby Union Players: From Elite to Second Division. *Int J Sports Physiol Perform*, 10(6):674-80, 2015.
24. Keir DA\*, Fontana FY\*, Robertson TC, Murias JM, Paterson DH, Kowalchuk JM, **Pogliaghi S**. Exercise Intensity Thresholds: Identifying the Boundaries of Sustainable Performance. *Med Sci Sports Exerc*, 47(9):1932-40, 2015.
25. Fontana FY\*, Keir DA\*, Bellotti C\*, De Roia GF\*, Murias JM, **Pogliaghi S**. "Determination of RCP in healthy adults: can NIRS help?" *J Sci Med Sport*, 18(5):590-5, 2015.
26. **Pogliaghi S**, Bellotti C\*, Paterson DH. "Tailored" Submaximal Step Test for VO<sub>2</sub>max Prediction in Healthy Older Adults. *J Aging Phys Act*, 22(2): 261-8, 2014
27. Spencer MD, Gravelle BMR, Murias JM, Zerbini L, **Pogliaghi S**, Paterson DH. Duration of "Phase I" VO<sub>2</sub>p: a comparison of methods used in its estimation and the effects of varying moderate-intensity work rate. *Am J Physiol Regul Integr Comp Physiol*, 304(3): R238-47, 2013
28. Bellotti C\*, Calabria E, Capelli C, **Pogliaghi S**. Anaerobic threshold determination in healthy adults: can NIRS help? *Med Sci Sports Exerc*, 45(6): 1208-16, 2013
29. Murias JM, Spencer MD, **Pogliaghi S**, Paterson DH. Non-invasive estimation of microvascular O<sub>2</sub> provision to the working muscles during the exercise on-transients in healthy young males. *Am J Physiol Regul Integr Comp Physiol*, 303(8): R815-23, 2012
30. De Roia G\*, Adami A, Papadopoulos C, **Pogliaghi S**, Capelli C. Effects of priming exercise on the speed of adjustment of muscle oxidative metabolism at the onset of moderate-intensity step transitions in older adults. *Am J Physiol Regul Integr Comp Physiol*, 302(10): R1158-R1166, 2012
31. Adami A, **Pogliaghi S**, De Roia G\*, Capelli C. Comment on "On the method of fitting cardiac output kinetics in severe exercise" by Richard L. Hughson and Azmy Faisal in *Eur J Appl Physiol* DOI 10.1007/s00421-010-1787-x. *Eur J Appl Physiol*, 112(1): 397-8, 2012

32. Doria C, Toniolo L, Verratti V, Cancellara P, Pietrangelo T, Marconi V, Paoli A, **Pogliaghi S**, Fano G, Reggiani C, Capelli C. Improved VO<sub>2</sub> uptake kinetics and shift in muscle fiber type in high altitude trekkers. *J Appl Physiol*, 111(6): 1597-605, 2011
33. Bringard A, **Pogliaghi S**, Adami A, De Roia G\*, Lador F, Lucini D, Pizzinelli P, Capelli C, Ferretti G. Cardiovascular determinants of maximal oxygen consumption in upright and supine posture at the end of prolonged bed rest in humans. *Respir Physiol Neurobiol*, 172(1-2): 53-62, 2010
34. Capelli C, Cautero M, **Pogliaghi S**. Algorithms, modelling and VO<sub>2</sub> kinetics. *Eur J Appl Physiol*, 111(3): 331-42, 2011; mistake under the names: Carlo C, Michela C, Silvia P.
35. Adami A, **Pogliaghi S**, De Roia G\*, Capelli C. Oxygen uptake, cardiac output and muscle deoxygenation at the onset of moderate and supramaximal exercise in humans. *Eur J Appl Physiol*, 111(7): 1517-27, 2011
36. Capelli C, **Pogliaghi S**. Comments on point: counterpoint: the kinetics of oxygen uptake during muscular exercise do/do not manifest time-delayed phase. Time delays are not artifacts generated by the algorithms used for calculations. *J Appl Physiol*, 107(5): 1671-2, 2009
37. **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*, 101(6): 691-6, 2007
38. **Pogliaghi S**, Terziotti P, Cevese A, Balestreri F, Schena F. Adaptations to endurance training in healthy elderly: arm cranking versus leg cycling. *Eur J Appl Physiol*, 97(6): 723-31, 2006
39. Borrelli E, **Pogliaghi S**, Molinello A\*, Diciolla F, Maccherini M, Grassi B. Serial assessment of peak VO<sub>2</sub> and VO<sub>2</sub> kinetics early after heart transplantation. *Med Sci Sports Exerc*, 35(11): 1798-1804, 2003
40. Grassi B, **Pogliaghi S**, Rampichini S, Quaresima V, Ferrari M, Marconi C, Cerretelli P. Muscle oxygenation and pulmonary gas exchange kinetics during cycling exercise on-transitions in humans. *J Appl Physiol*, 95(1): 149-158, 2003
41. Sartorio A, Lafortuna CL, **Pogliaghi S**, Trecate L. The impact of gender, body dimension and body composition on hand-grip strength in healthy children. *J Endocrinol Invest*, 25(5): 431-5, 2002
42. **Pogliaghi S**, Veicsteinas A. Influence of low and high dietary fat intake on physical performance in untrained males. *Med Science Sports Exerc*, 31(1): 149-155, 1999
43. Marconi C., **Pogliaghi S.**, Grassi B, Rasia Dani E., Colombini A., Cerretelli P. Energy metabolism at 7.600M. *FASEB Journal* 12: A724, 1998.
44. **Pogliaghi S**, Malgrati D. A new taping technique for shoulder impingement. Pilot study. *Europa Medicophysica*, 10: 145-152, 1998
45. **Pogliaghi S**, Krasney JA, Pendergast DR. Effect of gravity on lung exhaled nitric oxide at rest and during exercise. *Respiration Physiology*, 107(2): 157-164, 1997

Lettere all'editore/Commentaries (3):

1. McLay KM, Fontana FY\*, Nederveen JP, Paterson DH, **Pogliaghi S**, Murias JM. Response to Letter from Tremblay & King: Near-infrared spectroscopy: can it measure



conduit artery endothelial function? *Exp Physiol.* 2017 Jan 1;102(1):128-129. doi: 10.1113/EP085909. Epub 2016 Nov 28.

2. Keir DA\*, Fontana FY\*, Robertson TC, Murias JM, Paterson DH, Kowalchuk JM, **Pogliaghi S.** Response. *Med Sci Sports Exerc*, 47(9):1998-9, 2015.
3. **Pogliaghi S.** Accuracy of oxygen desaturation of haemoglobin in muscle by near-infrared oximeters. Author reply. *Med Sci Sports Exerc*, 45(6):1218, 2013

#### Articoli in atti di convegno (3):

\* indica student da me supervisionati

1. Da Lozzo G\*, **Pogliaghi S.** What is the work-load during training sessions in Rugby Union? Science and Football VII, The Proceedings of the Seventh World Congress on Science and Football Edited by Hiroyuki Nunome, Barry Drust, Brian Dawson Routledge 2013 ISBN: 978-415-68991-5.
2. **Pogliaghi S**, Da Lozzo G\*, Ceradini V\*, De Roia G\* Physiological and anthropometric characteristics of elite women's rugby union players. Science and Football VII, The Proceedings of the Seventh World Congress on Science and Football Edited by Hiroyuki Nunome, Barry Drust, Brian Dawson Routledge 2013 ISBN: 978-415-68991-5.
3. **Pogliaghi S**, Da Lozzo G\*, De Roia G\* Anthropometrics of elite senior male Italian rugby union players. Science and Football VII, The Proceedings of the Seventh World Congress on Science and Football Edited by Hiroyuki Nunome, Barry Drust, Brian Dawson Routledge 2013 ISBN: 978-415-68991-5.

#### Capitoli di Libri (2):

1. Paola Zamparo, Carlo Capelli and **Silvia Pogliaghi.** "Bioenergetics of Cyclic Sports Activities on Land. Walking, Running and Cycling" in *Nutrition and enhanced sports performance. Muscle building, endurance and strength*, edited by D. Bagchi, S. Nair, C.K. Sen, Elsevir Inc. 2013. ISBN: 978-0-12-396454-0.
2. **Silvia Pogliaghi.** "Alimentazione e sport in età giovanile (Nutrition for young athletes)" in "Doping: aspetti medici, nutrizionali, psicopedagogici, legali ed etici ed indicazioni per la prevenzione. Manuale teorico-pratico per operatori di prevenzione e dei dipartimenti delle dipendenze." Serpelloni G. A. Rossi, 2006. www.dronet.org.

#### Articoli non indicizzati (3)

\* indica student da me supervisionati

1. Zamparo P, Licari G\*, Gozzi L, Peterson Silveira R, **Pogliaghi S.** (2012) Come diventare da sedentario a triatleta in sei mesi. *La Tecnica del Nuoto*, 1-2: 9-19.
2. Lopez SM\*, **Pogliaghi S**, Capelli C. (2012) Quantificazione del dispendio energetico in diverse situazioni nello sport della vela in bambini della classe Optimist. *Optimist*, 3: 36-42.
3. Beccati D\*, **Pogliaghi S**, Moser L, Zamparo P. (2011) Effetti dell'integrazione idrica ed energetica in giovani nuotatori. *La Tecnica del Nuoto*, 1: 26-34.

## Relazioni su invito a convegni- (22)

§ indica Congressi Internazionali

1. Pogliaghi S. "Laboratory- derived measures of critical intensity: what's new?" 7th edition of the International Congress "Mountain, Sport & Health", Rovereto, Italy, 9-10<sup>th</sup> November 2017 §
2. Pogliaghi S. "Landmarks of exercise intensity: from measurement to individualised exercise prescription" in the Symposium: "Exercise tolerance: from functional indexes to individualised prescription" Italian Physiological Society annual conference, Pavia (Italy), 6-8 September 2017.
3. Pogliaghi S. "Laboratory- derived measures of critical intensity: what's new?" in the Symposium: "Can we give relevant perceptual and physiological names to ranges of exercise intensity?" CSEP Annual conference 2017, Winnipeg (MB, Canada), 25-28 October 2017§
4. Pogliaghi S. "Endurance sports: what and when to eat for optimal performance". App & Bike: International Workshop on Technology applied to Cycling. Verona, 07 April 2017§.
5. Pogliaghi S. "Methods for the evaluation and monitoring of physical activity in patients with schizophrenia: the contribution of sports medicine" National Conference of the Italian Society of Psychopathology, Rome, 22-25 February 2017.
6. Pogliaghi S. "Should practitioners consider VO<sub>2</sub> as a "vital sign"?" in the Symposium: "VO<sub>2</sub> and O<sub>2</sub> extraction during exercise: Implications for health and performance" CSEP Annual conference 2016, Victoria (BC, Canada), 12-15 October 2016§
7. Pogliaghi S. "Physical exercise and nutrition in Parkinson's disease patients". Invited speaker, National Congress "Management of Parkinson from diagnosis to advanced disease: pharmacological treatment, nutrition, physical activity", Verona 19 November 2015.
8. Pogliaghi S. "Vegetarian diet and Health". Invited speaker, National Conference "Food and Culture: interdisciplinary dialogues" MilanoEXPO 2015 Initiatives of the University of Verona, May 2015.
9. Pogliaghi S. "Valutazione funzionale nell'adulto e nell'anziano". Invited speaker, National Congress on Exercise prescription in metabolic disorders, Verona, 12 December 2014.
10. Pogliaghi S. "Guidelines for optimal hydration in youth practicing sports". Invited speaker, 5<sup>th</sup> National Congress on Nutrition, metabolism and diabetes in children and adolescents, Verona, 14-15 September 2012.
11. Pogliaghi S. "The benefits of physical activity at all ages" conference on the occasion of the 2010 WHO Health day, 1000Cities-1000Lives initiative, Arezzo, Italy, 10 April, 2010.
12. Pogliaghi S. "Cardio-pulmonary testing in sports medicine: who should we be testing and why?" invited seminar within the course for continuing medical education "Interactive course on Stress Testing: methods, interpretation of results and application in clinical cardiology, 2nd Edition" organized by Istituto Cardiovascolare Camogli (ISCC), Camogli, Genova, 7-9 May, 2009.
13. Pogliaghi S. "Cardio-pulmonary testing in sports medicine: who should we test?" invited seminar within the course for continuing medical education "Interactive course on Stress Testing: methods, interpretation of results and application in clinical cardiology" organized by Istituto Cardiovascolare Camogli (ISCC), Camogli, Genova, 7-8 May 2008.

14. Pogliaghi S. "Planning of physical activity for health: principles and practicalities" National Congress on Nordic Walking, National Italian Nordic Walking association, Riva del Garda 24 May 2008.
15. Pogliaghi S. "Nutritional support to physical conditioning in team sports" Verona-Ghirada Team Sport Conference, Treviso, 7-8 June, 2008.§
16. Pogliaghi S. "Nutritional support for physical conditioning" within the workshop "Physical preparation for rugby: a repeated-sprint activity" organized by the Italian Rugby Federation, Verona, 14th January 2008.
17. Pogliaghi S. "Why and how physical exercise: theory and practice of exercise prescription". Practical Workshop. 2nd Mountain, Sport and Health International Congress, Rovereto (TN), 18-20 ottobre 2007.§
18. Pogliaghi S. "Near-infrared Spectroscopy (NIRS): a non-invasive technique for the functional evaluation of muscle oxidative metabolism". 2nd Mountain, Sport and Health International Congress, Rovereto (TN), 18-20 ottobre 2007.§
19. Pogliaghi S. "Urban mobility strategies for health promotion" seminar within the Conference "Urban mobility and traffic moderation", Administrative Council of Verona, Verona, 20 September, 2005.
20. Pogliaghi S. "Basic techniques for the monitoring of training", Italian Sports Medicine Federation Annual Conference, Verona, Italy, 8 May, 2004.
21. Pogliaghi S. "Introduction to aerobic quality testing" European College of Sport Science Satellite Workshop "Functional evaluation of physical performance in elderly" Salzburg, 7-9 July, 2003.§
22. Pogliaghi S. "Exercise prescription in healthy elderly people: case presentation." European College of Sport Science Satellite Workshop "Functional evaluation of physical performance in elderly" Salzburg, 7-9 July, 2003.§

#### Seminari su invito – presso Università - (10)

§ indica Università Internazionali

1. Pogliaghi S. "Laboratory- derived measures of critical intensity: what's new?" Invited speaker for the Workshop "Exercise tolerance: from functional indexes to individualised prescription" PhD School in LIFE AND HEALTH SCIENCES, PhD Program in Neuroscience, Psychological and Psychiatric Sciences and Movement Sciences, University of Verona, 12<sup>th</sup> December 2017
2. Pogliaghi S. "Laboratory- derived measures of critical intensity: what's new?" Invited Exercise Physiology Seminar, Faculty of Kinesiology, University of Calgary, Calgary (AL), Canada, 2<sup>nd</sup> November 2017. §
3. Pogliaghi S. "Should practitioners consider VO<sub>2</sub>max as a vital sign?" Kinesiology Graduate Seminar Series, School of Kinesiology, Faculty of Health Sciences, The University of Western Ontario, London (ON), Canada, London, 24th October 2016. §
4. Pogliaghi S. "Should practitioners consider VO<sub>2</sub> as a "vital sign"?" Invited Exercise Physiology Seminar, Faculty of Kinesiology, University of Calgary, Calgary (AL), Canada, 20th October 2016. §

5. Pogliaghi S. "The training diary: from couch to Olympic triathlon in 6 months" Invited seminar at the Canadian Center for Activity and Ageing, University of Western Ontario, London, Ontario, Canada, London, 18th July 2013. §
6. Pogliaghi S. "Non-invasive functional evaluation of aerobic exercise capability: field tests from Verona" Invited lecture for the International Scholar-in-Residence Program of the Faculty of Health Sciences, University of Western Ontario, London, Ontario, Canada, London, 17th July 2013. §
7. Pogliaghi S. "Non-invasive functional evaluation of muscle oxidative metabolism under physiological and pathological conditions" Faculty seminar, Canadian Center for Activity and Ageing - Faculty of Health Sciences- University of Western Ontario, Ontario Canada, 2006. §
8. Pogliaghi S. "Non-invasive functional evaluation of muscle oxidative metabolism under physiological and pathological conditions" Special Seminars of the Center for Imaging Science and Technology - Swiss Federal Institute of Technology – Zurich, Switzerland, 2006. §
9. Pogliaghi S. "Lung and muscle VO<sub>2</sub> kinetics in healthy subjects and in heart transplant recipients". Invited seminar, CeBiSM, University of Trento, Italy, 2001.
10. Pogliaghi S. "Nitric oxide elimination through the lungs under different experimental conditions". Invited seminar at Faculty of Science, University of Trento, Italy, 1999.

#### Comunicazioni a congressi internazionali (67)

\* indica studenti da me supervisionati

1. Murias JM, **Pogliaghi S**, Paterson DH. Measurement of a true VO<sub>2</sub>max during ramp incremental tests: Is there evidence for a constant load validation trial? CSEP Annual conference 2017, Winnipeg (MB, Canada), 25-28 October 2017
2. **Pogliaghi S**, Colosio AL. Quantification of the Energy Expenditure of Three Medium-Distance Military Loaded Runs in the Italian Ranger Regiment. CSEP Annual conference 2017, Winnipeg (MB, Canada), 25-28 October 2017
3. **Pogliaghi S**, Fontana FY, Ferrari L, Murias JM, Colosio AL. Validation of a single 3-min submaximal test to predict Critical Power. CSEP Annual conference 2017, Winnipeg (MB, Canada), 25-28 October 2017
4. Iannetta D, Inglis CE, Spigolon G\*, **Pogliaghi S**, Murias JM. Single sprint interval training session induces faster VO<sub>2</sub> kinetics that is sustained for 72 hours. ACSM Annual Congress, Denver, CO, USA, 2017
5. Spigolon G\*, Colosio AL\*, Fontana FY\*, **Pogliaghi S**. Effect of strength training on "excess" VO<sub>2</sub> in Older Adults. ACSM Annual Congress, Denver, CO, USA, 2017
6. Colosio AL\*, Spigolon G\*, Fontana FY\*, **Pogliaghi S**. Strength training between Science and Practice. ACSM Annual Congress, Denver, CO, USA, 2017
7. Fontana FY\*, Muollo V\*, Spigolon G\*, **Pogliaghi S**. Effect of strength training on "excess" VO<sub>2</sub> in Older Adults. CSEP Annual Conference, Victoria (BC), Canada, 2016
8. Fontana FY\*, Pacifici A\*, **Pogliaghi S**. May the Force be with you: strength training between science and practice. CSEP Annual Conference, Victoria (BC), Canada, 2016

9. Fontana FY\*, Colosio AL\*, Da Lozzo G, **Pogliaghi S**. Player's Success Prediction in Rugby Union: from Youth Performance to Senior Level Placing. ECSS Annual Conference, Vienna, Austria, 2016
10. Capelli C, Bruseghini P, Calabria E, **Pogliaghi S**, Tam E. Effect of aerobic and strength training on gas exchange kinetics during moderate and heavy-intensity exercise in elderly. ECSS Annual Conference, Vienna, Austria, 2016
11. Bruseghini P, Tam E, Calabria E, **Pogliaghi S**, Capelli C. Effects of high-intensity isoinertial on muscle functions in older adults. ECSS Annual Conference, Vienna, Austria, 2016
12. Fontana FY\*, Spigolon G\*, **Pogliaghi S**. VO2 Slow Component: the effect of Strength training on Metabolic Efficiency and Exercise Tolerance. ACSM Annual Congress, Boston, MA, USA, 2016.
13. **Pogliaghi S**, Spigolon G\*, Fontana FY\*. "Excess" VO2: the effect of Strength Training on Metabolic Efficiency and Exercise Tolerance. ACSM Annual Congress, Boston, MA, USA, 2016.
14. Spigolon G\*, Fontana FY\*, Bacchi E, Moghetti P, **Pogliaghi S**. VO2/PO relationship in Type 2 diabetic subjects. ACSM Annual Congress, Boston, MA, USA, 2016.
15. Fontana FY\*, Colosio AL\*, Keir DA\*, Murias JM, **Pogliaghi S**. Critical power: a single lactate measure from a 3-min sub-maximal test can predict it. 1st Endurance Research Conference, Sept. 02-04, 2015 – Kent, UK.
16. Artuso P, Fontana FY\*, **Pogliaghi S**. A longitudinal monitoring study in a top professional cycling team of type I diabetic athletes. 1st Endurance Research Conference, Sept. 02-04, 2015 – Kent, UK.
17. Fontana FY\*, Colosio AL\*, Keir DA\*, Murias JM, **Pogliaghi S**. A Single Sub-maximal 3-min Test For Critical Power Estimation. ACSM Annual Congress, San Diego, CA, USA, 2015.
18. Spigolon G\*, Bacchi E, Negri C, Moghetti P, **Pogliaghi S**. Glycemic response to acute exercise in type II diabetes: training type, sequence or energy expenditure? ACSM Annual Congress, San Diego, CA, USA, 2015.
19. Colosio AL\*, Fontana FY\*, **Pogliaghi S**. Drop-out rate of Italian Ranger trainees: who is the enemy? ECSS Annual Conference, Maalmo, Sweden, 2015.
20. Vitali F. Squassabia S.\*, **Pogliaghi S**. Motivational process and prevention of burnout in youth rugby. 50th Anniversary of International Society of Sport Psychology, Rome 2015.
21. Capelli C., Bruseghini, P., Calabria, E., Tam, E., **Pogliaghi S**. Speeding of VO2 kinetics in response to high-intensity interval training in older, healthy men. 19th annual Congress of the European College of Sport Science, Amsterdam – The Netherlands, 2014.
22. Fontana F.\*, De Roia G.F., Pagan Griso F.\*, Colosio A.\*, Testoni M.\*, Da Lozzo G., **Pogliaghi S.** Anthropometrics Of Senior Male Italian Rugby Union Players: From Elite To Second Division. ACSM Annual Congress, Orlando, FL, USA, 2014.
23. Tam E., Bruseghini P., Calabria E., Milanese C., **Pogliaghi S.**, SchenaF., Capelli C.. Effects of high-Intensity-Interval-Training (HIT) on cardiovascular fitness and cardiometabolic risk factors in older adults. ACSM Annual Congress, Orlando, FL, USA, 2014.

24. **Pogliaghi S.**, Tam E., Capelli C. Effect Of Incomplete Recovery On Vo<sub>2</sub>-on Kinetic During Moderate-intensity Exercise Transitions In Healthy Males. ACSM Annual Congress, Orlando, FL, USA, 2014.
25. Calabria E., **Pogliaghi S.**, Dyar K., Salvagno G., Morandi C., Guidi G., Schiaffino S., Schena F., Capelli C.. Physical exercise and immunosenescence: can we play for healthy ageing. ACSM Annual Congress, San Francisco, CA, 29 May-2 June, 2013.
26. **Pogliaghi S.**, Da Lozzo G.\* , De Roia G.F.\*. Anthropometrics of elite male Italian rugby union players. VII World Congress of Science and Football, Nagoya, Japan, May 2011.
27. **Pogliaghi S.**, Da Lozzo G.\* , Ceradini V.\* , De Roia G.F.\* Physiological and anthropometric characteristics of elite women rugby union players. VII World Congress of Science and Football, Nagoya, Japan, May 2011.
28. Da Lozzo G.\* , **Pogliaghi S.** What is the work-load during training sessions in rugby union? VII World Congress of Science and Football, Nagoya, Japan, May 2011.
29. **Pogliaghi S.**, Bellotti C.\* , De Roia G.F.\* , Schena F.. Anaerobic threshold determination in young males: can NIRS help? ACSM Annual Congress, Baltimore, MD, USA, 2-5 June, 2010.
30. Capelli C., De Roia G.F.\* , Schena F. **Pogliaghi S.** Isotonic training added to aerobic training and heavy warm-up: effect on muscle oxidative metabolism in the elderly. ACSM Annual Congress, Baltimore, MD, USA, 2-5 June, 2010.
31. De Roia G.F.\* , Capelli C., Schena F. **Pogliaghi S.** Aerobic training and heavy warm-up: effect on muscle oxidative metabolism in the elderly. ACSM Annual Congress, Baltimore, MD, USA, 2-5 June, 2010.
32. Adami A., Brigard A., **Pogliaghi S.**, De Roia G\*., Lador F., Lucini D., Pizzinelli P., Paganì M., Simunic B., Pisot R., Capelli C., Ferretti G.. Cardiovascular responses to standing at the end of 35-day bed rest in humans. European Space agency Conference “Life in Space for Life on Earth”, Trieste, 14-17 July 2010.
33. Brigard A., **Pogliaghi S.**, Adami A., De Roia G\*., Lador F., Lucini D. Pizzinelli P., Capelli C., Ferretti G.. Cardiovascular determinants of maximal oxygen consumption in upright and supine posture at the end of prolonged bed rest in humans. European Space agency Conference “Life in Space for Life on Earth”, Trieste, 14-17 July 2010.
34. De Roia G.\* , **Pogliaghi S.** Effect of a medium-term high fat diet on muscle oxidative metabolism in healthy males. ACSM Annual Congress, Seattle, WA, USA, 27-30 May, 2009.
35. Da Lozzo G.\* , Ceradini V.\* , De Roia G.\* , De Cesaro A., **Pogliaghi S.** Physiological and anthropometric characteristics of the Italian national women rugby union team. ACSM Annual Congress, Seattle, WA, USA, 27-30 May, 2009
36. Bellotti C.\* , Casiello L.\* , **Pogliaghi S.** “Tailored” step test for rapid, accurate and safe VO<sub>2</sub>max determination in healthy elderly. ACSM Annual Congress, Seattle, WA, USA, 27-30 May, 2009.
37. **Pogliaghi S.**, Casiello L.\* , Bandera A. Validation of a continuous-wave, single-distance NIRS oxymeter for the determination of muscle oxygenation during cycling. ACSM Annual Congress, Seattle, WA, USA, 27-30 May, 2009.
38. Adami A., De Roia G.\* , **Pogliaghi S.**, Capelli C. Kinetics of O<sub>2</sub> uptake and muscle deoxygenation during moderate and supra maximal intensity cycling exercise in humans.

in Book of Abstract. Sport Sciences: nature, nurture and culture, 14th Annual Congress of the European College of Sport Sciences, Oslo, Norway , 24-27 June 2009 , pp. 213.

39. Capelli C., Marconi V., Adami A., Cevese A., De Roia G.\*, Ferretti G., **Pogliaghi S.**, Schena F. Oxygen deficit and cardiovascular oxygen transport after prolonged exposure to hypobaric hypoxia. 3rd International Congress: Mountain, Sport & Health Rovereto, Italy, 12-14 November 2009.
40. Bringard A., **Pogliaghi S.**, Adami A., De Roia G.\*, Lador F., Lucini D., Pizzinelli P., Capelli C., Ferretti G. Maximal oxygen consumption in upright and supine posture at the end of prolonged bed rest in humans. in Book of Abstract FEPS 2009, Lubjiana, 12-15 November 2009, pp. 226.
41. Venturelli M.\*, Armani G., **Pogliaghi S.** Determinants of swing performance in young baseball players. Verona-Ghirada Team Sport Conference, Treviso, 7-8 June, 2008.
42. De Roia G.F.\*, **Pogliaghi S.**, Schena F. Physiological and anthropometric characteristics of rugby union players of an Italian senior A team. Verona-Ghirada Team Sport Conference, Treviso, 7-8 June, 2008.
43. **Pogliaghi S.**, De Roia G.F.\*, Melegati G. Anthropometric characteristics of elite male Italian Rugby Union Players. Verona-Ghirada Team Sport Conference, Treviso, 7-8 June, 2008.
44. **Pogliaghi S.**, Ceradini V.\*, Da Lozzo G.\*, De Roia G.F.\*, Schena F., Di Cesare A. Physiological and anthropometrical characteristics of the Italian national women rugby union team. Verona-Ghirada Team Sport Conference, Treviso, 7-8 June, 2008.
45. Da Lozzo G.\*, **Pogliaghi S.**, Schena F., Brasili P., Di Michele R., Giovanetti G., Magnani B., Merni F., Tedeschini L., Toselli S., Valenti M., Lusi G. Anthropometric and functional evaluation of junior Italian rugby union players. Verona-Ghirada Team Sport Conference, Treviso, 7-8 June, 2008.
46. Schena F., Lanza M., **Pogliaghi S.**, Zandonai T., Morandi C.. Adapted motor activity, limiting factors and effects of physical training in the elderly. XI Congreso Internacional de Educacion Fisica, Deporte y Recreacion "Actividad Fisica, Envejecimiento y Obesidad, Chihuahua, Messico, 14-19 May 2007.
47. **Pogliaghi S.**, De Roia G.F.\*. Muscle Oxygenation during Incremental Arm and Leg Exercise in Professional Rugby Union Players. ACSM Annual Congress, New Orleans, LU, USA, 30 May-2 June, 2007.
48. Schena F., Adami A., Dussin E., De Roia G.\*, Tarperi C., Cevese A., **Pogliaghi S.** Effect of aerobic training on muscle oxygenation during incremental cycling exercise in healthy and hypertensive elderly. ACSM Annual Congress, New Orleans, LU, USA, 30 May-2 June, 2007.
49. **Pogliaghi S.**, C. Tarperi, A. Cevese, F. Schena. Muscle oxygenation during incremental cycling exercise in healthy and hypertensive elderly humans. ACSM Annual Congress, Denver, Colorado, USA, 31 May-3 June, 2006.
50. **Pogliaghi S.**, E. Dussin, C. Tarperi, A. Cevese, F. Schena. Muscle oxigenation during incremental arm-cranking exercise in healthy and hypertensive elderly humans. *ACSM Conference on Integrative Physiology of Exercise – Indianapolis 27-30 settembre 2006.*
51. **Pogliaghi S.**, F. Balestreri, A. Cevese, B. Grassi, F. Schena. Effect of aerobic training on muscle oxygenation during incremental cycling exercise in healthy elderly. ACSM Annual Congress, Indianapolis, Indiana, USA, June 2-5, 2004.

52. **Pogliaghi S.**, A. Cevese, F. Schena. NIRS evaluation of muscle oxygenation kinetics during cycling on-transitions in elderly subjects. Effect of aerobic arm training. ECSS Annual Congress, Belgrad, July 2004.
53. **Pogliaghi S.**, A. Cevese, F. Schena. Effect of training on muscle oxygenation kinetics during cycling exercise on-transitions in elderly subjects. 6<sup>th</sup> World Congress on Ageing and Physical Activity, London, Ontario, Canada, August 3<sup>rd</sup>-7<sup>th</sup> 2004.
54. Balestreri F., **Pogliaghi S.**, Terziotti P., Cevese A, Schena F. Effect of two training modalities on exercise tolerance in the elderly. ECSS Annual Congress, Salzburg, July 2003.
55. Terziotti P., **Pogliaghi S.**, Balestreri F., Cevese A., Schena F. Workload corrections during arm and leg ergometry training in elderly people. ECSS Annual Congress, Salzburg, July 2003.
56. Grassi B., Morandi L., **Pogliaghi S.**, Rampichini S., Marconi C., Cerretelli P. Functional evaluation of patients with metabolic myopathies during exercise. *Medicine and Science in Sports and Exercise*, 34(5): S78, 2002.
57. Morandi L., Grassi B., **Pogliaghi S.**, Marconi C., Cerretelli P. Functional evaluation during exercise of patients with metabolic myopathies. VII International Congress of the World Muscle Society, Rotterdam (NL), october 2-5, 2002.
58. Balestreri F. Terziotti P., **Pogliaghi S.**, Schena F. Factors limiting maximal aerobic performance in the elderly. *Biogerontology* 3(1): 3, 2002.
59. **Pogliaghi S.**, Grassi B., Rampichini S., Quaresima V., Ferrari M., Cerretelli P. On-kinetics of muscle oxygenation during constant-load cycling at different workloads. *Medicine and Science in Sports and Exercise*, 33(5): S330, 2001.
60. Borrelli E., **Pogliaghi S.**, Grassi B., Cerretelli P. Longitudinal evaluation of exercise performance during the first 2 years after heart transplantation. *Medicine and Science in Sports and Exercise*, 33(5): S62, 2001.
61. Perini R., **Pogliaghi S.**, Veicsteinas A. Weight-reducing diet in post-menopausal women. Effects on cardiovascular responses. *Medicine and Science in Sports and Exercise*, 33(5): S336, 2001.
62. Perini R., **Pogliaghi S.**, Veicsteinas A. Cardiac autonomic modulation in post-menopausal women. ECSS Annual Congress, Rome, 14-17 July, 1999.
63. **Pogliaghi S.**, Benassa A., Mognoni P. Tennis: what can heart rate tell us? 1<sup>st</sup> International Tennis Symposium, Milano, 20-21 November 1999.
64. **Pogliaghi S.**, Veicsteinas A. Dietary fat intake: influence on physical performance and blood lipids in sedentaries. *Medicine and Science in Sports and Exercise*, 30(5): S4, 1998.
65. **Pogliaghi S.**, Veicsteinas A. Dietary fat: influence on physical performance in sedentaries. ECSS Annual Congress, Copenhagen, 20-23 August, 1997.
66. **Pogliaghi S.**, Krasney J.A., Pendergast D.R. Nitric oxide exhalation during graded exercise in air and water immersion. The 3rd International head-out water immersion symposium, Copenhagen, August 28-29 1995.
67. Perini R., Milesi S., Biancardi L., **Pogliaghi S.**, Veicsteinas A. Thermoregulatory effects on heart rate variability at rest. *FASEB Journal* 8(4): A369, 1994.



\* indica student da me supervisionati

1. **Pogliaghi S**, Marra C\*, Colosio AL\*, Da Lozzo G. Anthropometric and functional characteristics of female “Coppa Italia” rugby players. 9<sup>th</sup> National Congress of Society of Sport and Movement Sciences, Brescia, 29<sup>th</sup> September-1<sup>st</sup> October 2017
2. **Pogliaghi S**, Paterson DH, Murias JM. Measurement of a true VO<sub>2</sub>max during ramp incremental tests: Is there evidence for the necessity of a constant load validation trial? 9<sup>th</sup> National Congress of Society of Sport and Movement Sciences, Brescia, 29<sup>th</sup> September-1<sup>st</sup> October 2017
3. Colosio AL\*, Fontana FY, Ferrari L\*, Murias JM, **Pogliaghi S**. Validation of a single 3-min submaximal test to predict Critical Power. 9<sup>th</sup> National Congress of Society of Sport and Movement Sciences, Brescia, 29<sup>th</sup> September-1<sup>st</sup> October 2017
4. Colosio AL\*, Pedrinolla A, Da Lozzo G. **Pogliaghi S**. HR-index: A Valid and Practical Way to Estimate VO<sub>2</sub> and Energy Expenditure in Rugby Players. 9<sup>th</sup> National Congress of Society of Sport and Movement Sciences, Brescia, 29<sup>th</sup> September-1<sup>st</sup> October 2017
5. Ferrari L\*, Fontana FY, Zamparo P, **Pogliaghi S**. Analysis of the barbell trajectory as an index of technical ability in squat. 9<sup>th</sup> National Congress of Society of Sport and Movement Sciences, Brescia, 29<sup>th</sup> September-1<sup>st</sup> October 2017
6. Muollo V\*, Fontana FY\*, Spigolon G\*, **Pogliaghi S**. Effect of strength training on “excess” VO<sub>2</sub> in Older Adults. 8<sup>th</sup> National Congress of Society of Sport and Movement Sciences, Roma, 2016
7. **Pogliaghi S**, Spigolon G\*, Fontana FY\*. VO<sub>2</sub> slow component: the effect of strength training on metabolic efficiency and exercise tolerance. 67<sup>o</sup> National Congress of Italian Physiological Society, Catania, 2016
8. Spigolon G\*, Bacchi E, Donà S, Negri C, Moghetti P, **Pogliaghi S**. Glycemic response to acute exercise in type II diabetes: training type or energy expenditure? 7<sup>th</sup> National Congress of Society of Sport and Movement Sciences, Padova, 2015
9. Fontana FY\*, Artuso P, **Pogliaghi S**. Changing diabetes® professional cycling team: characterization of type I diabetic athletes during the competitive season. 7<sup>th</sup> National Congress of Society of Sport and Movement Sciences, Padova, 2015
10. Colosio AL\*, **Pogliaghi S**. Drop-out rate of Italian Ranger trainees: a pilot study. 7<sup>th</sup> National Congress of Society of Sport and Movement Sciences, Padova, 2015
11. Colosio AL\*, **Pogliaghi S**. Estimated energy expenditure of Army Loaded Run in Italian Ranger trainees. 7<sup>th</sup> National Congress of Society of Sport and Movement Sciences, Padova, 2015
12. Guida FF\*, McLay KM, Fontana FY\*, Nederveen JP, Paterson DH, Murias JM, **Pogliaghi S**. Vascular health: can we measure it with NIRS? 7<sup>th</sup> National Congress of Society of Sport and Movement Sciences, Padova, 2015
13. Capelli C., Tam E., Bruseghini P., Calabria E., **Pogliaghi S**. VO<sub>2</sub> kinetics in response to High-Intensity Interval Training (HIT) and isoinertial resistance training (IRT) in older, healthy men. 65<sup>o</sup> National Congress of Italian Physiological Society, Verona, 28-30 September 2014.
14. Bruseghini P, Tam E, Calabria E, **Pogliaghi S**., Dal Sacco L, Capelli C. Effect of hiking training at high-altitude on VO<sub>2</sub> and Q kinetics in healthy sedentary women. 5<sup>th</sup> National Congress of Society of Sport and Movement Sciences, Pavia, 27-29 September 2013.

15. Vitali F, Squassabia S\*, **Pogliaghi S.** Motivational processes and prevention of burnout in youth rugby. 5<sup>th</sup> National Congress of Society of Sport and Movement Sciences, Pavia, 27-29 September 2013.
16. **Pogliaghi S.**, Molesini M.\*, Capelli C. Effect of recovery time, following moderate-intensity exercise on VO<sub>2</sub> kinetics in healthy males. 63<sup>o</sup> National Congress of Italian Physiological Society, Verona, 21-23 September 2012. Publication: Pogliaghi S. et al., *Acta Physiologica*, 206 (suppl. 692): 178 (September 2012).
17. Tam E., Bruseghini P., **Pogliaghi S.**, Capelli C. Can a short-term hiking training speed up VO<sub>2</sub> kinetics in healthy sedentary women? 63<sup>o</sup> National Congress of Italian Physiological Society, Verona, 21-23 September 2012. Publication: Pogliaghi S. et al., *Acta Physiologica*, 206 (suppl. 692): 149 (September 2012).
18. Calabria E., **Pogliaghi S.**, Mazza M.E., Dyark K., Bellotti C.\*, Salvagno G., Mottes M., Guidi G., Biciato S., Schiaffino S., Schena F., Capelli C. Immunosenescence and physical exercise: search for healthy ageing. 63<sup>o</sup> National Congress of Italian Physiological Society, Verona, 21-23 September 2012. Publication: Calabria. et al., *Acta Physiologica*, 206 (suppl. 692): 38 (September 2012)..
19. Adami A., Brigard A., **Pogliaghi S.**, De Roia G\*., Lador F., Lucini D., Pizzinelli P., Pagani M., Simunic B., Pisot R., Capelli C., Ferretti G.. Cardiovascular responses to standing at the end of 35-day bed rest in humans 61<sup>o</sup> National Congress of Italian Physiological Society, Varese, 15-17 September 2010.
20. Marconi V., Adami A., Capelli C., Cevese A., De Roia G\*., Ferretti G., **Pogliaghi S.**, Schena F. Oxygen supply and oxygen utilization in muscle after chronic exposure to hypobaric hypoxia. 2009 Spring Padua Muscle Days, Padova, Italy, 26-28 April 2009. BAM - Basic Applied Myology, *European Journal of Translational Myology* - 2009 Vol. 19(4).
21. Adami A., De Roia G\*., **Pogliaghi S.**, Capelli C. O<sub>2</sub> uptake and cardiac output kinetics during moderate and supra-maximal intensity exercise in humans. 59<sup>o</sup> National Congress of Italian Physiological Society, Villasimius (CA), 17-20 September 2008. Publication: Adami A. et al., *Acta Physiologica*, 194 (suppl. 665):18-19 (September 2008).
22. Tarperi C., **Pogliaghi S.**, Dussin E. and Cevese A. Changes in cardiovascular variables in time and frequency domain after aerobic training in hypertensive older people. XIII Congresso Nazionale della Società Italiana di Ricerche Cardiovascolari, Imola (Bologna), 21-23 settembre 2006.
23. Tarperi C., **Pogliaghi S.**, Dussin E. and Cevese A. Changes in stroke volume and cardiac stroke work after aerobic training in hypertensive older people. XIII Congresso Nazionale della Società Italiana di Ricerche Cardiovascolari, Imola (Bologna), 21-23 settembre 2006.
24. Dussin E., **Pogliaghi S.**, Schena F., Tarperi C., Cevese A. Effect of training with two different modalities on exercise tolerance in healthy and in hypertensive elderly. XIII Congresso Nazionale della Società Italiana di Ricerche Cardiovascolari, Imola (Bologna), 21-23 settembre 2006.
25. **Pogliaghi S.**, Tarperi C., DeRoia G\*., Schena F., Cevese A. Muscle oxygenation during incremental cycling exercise in healthy and hypertensive elderly humans. XII Congresso Nazionale, Società Italiana di Ricerche Cardiovascolari, Imola, 22-24 Settembre 2005.

26. Tarperi C., **Pogliaghi S.**, Cevese A. Cardiovascular adaptations to aerobic training in hypertensive older people. XII Congresso Nazionale della Società Italiana di Ricerche Cardiovascolari, Imola, 22-24 Settembre 2005.
27. **Pogliaghi S.**, Schena F. L'apparato cardiorespiratorio, il metabolismo energetico, la termoregolazione. 8° Congresso Nazionale di Medicina dello Sport, Sessione: Donna e sport. La resistenza: ruolo e fattori limitanti, Firenze, 9-11 Maggio 2004.
28. Tarperi C., **Pogliaghi S.**, Terziotti P., Cevese A. Effects of tilting on spectral properties of stroke volume in humans. Congresso SIF, Chieti Settembre 2003.
29. Cevese A., **Pogliaghi S.**, Terziotti P., Tarperi C.. Instant changes in stroke volume and total peripheral resistance on tilting up and down. Congresso SIF, Chieti Settembre 2003.
30. **Pogliaghi S.**, Balestreri F., Terziotti P., Cevese A., Schena F. Muscle oxygenation during incremental arm and leg exercise in healthy elderly. Congresso SIF, Chieti Sett. 2003.
31. Grassi. B, Morandi L., Spelta M., Marzorati M., Ferri A., **Pogliaghi S.**, Rampichini S, Marconi C., Cerretelli P. Functional evaluation of oxidative metabolism in patients with metabolic myopathies. Telethon Convention, Riva del Garda 24-26 Novembre, 2002.
32. Grassi B., Morandi L., **Pogliaghi S.**, Rampichini S., Marconi C., Cerretelli P. VO<sub>2</sub> on-kinetics for functional evaluation of myopathy patients. Telethon Convention, Riva del Garda 18-20 Novembre, 2001.
33. Grassi B., **Pogliaghi S.**, Rampichini S., Hogan M.C., Gladden L.B.. VO<sub>2</sub> on- kinetics for functional evaluation of myopathy patients. Telethon Convention, Rimini 14-16 Novembre, 1999.
34. Veicsteinas A., **Pogliaghi S.**, Marzorati M.. Physical activity and sport for women. Congresso Annuale ANASMES UDA "Attività fisico-sportiva: attuale medicina del benessere" Montesilvano (PE) 15-18 Giugno 1997.
35. Perini R., Milesi S., **Pogliaghi S.**, Ferri V., Veicsteinas A.. Heart rate variability in resting man at different ambient temperatures. Riunione Congiunta SIBS, SIF, SINU, Pavia, 8-10 Sett. 1993.

Finanziamenti ottenuti (~547,000 euro)

- 2017 Finanziamento delle attività base di ricerca (3000 euro)
- 2017 CSEP Symposium preparation funding (2000 CAD)
- 2017 University of Verona, International Cooperation in the science of education Program, PhD Program funding for international cooperation, Principal applicant (2000 euro)
- 2017 University of Verona, International Cooperation in the science of education Program, Department staff mobility grant towards international cooperation, Principal applicant (2000 euro)
- 2017 Sport Science Association of Alberta, Sport Science Research Grant, “A pilot study investigating the effects of the menstrual cycle on power and fat oxidation in cyclists”, Co-investigator (4800 CAD)
- 2017 University of Verona, Joint Project Program, Project title “Optimal Testing for Individualised Training in cycling”, Collaborator (33.500 euro)
- 2016 CSEP Symposium preparation funding (2000 CAD)
- 2016 University of Verona, International Cooperation in the science of education Program, Cooperint outgoing mobility grant, Principal applicant (5000 euro)
- 2016 University of Verona, International Cooperation in the science of education Program, Cooperint incoming mobility grant (1), Principal applicant (2,700 euro)
- 2016 University of Verona, International Cooperation in the science of education Program, Cooperint incoming mobility grant (2), Principal applicant (3,200 euro)
- 2005-17 University of Verona Individual researcher’s operating grant (40,000 euro)
- 2016 University of Verona, International Cooperation in the science of education Program, Cooperint teaching grant (2), Principal applicant (3,300 euro)
- 2016 University of Verona, International Cooperation in the science of education Program, Cooperint teaching grant (1), Principal applicant (3,300 euro)
- 2015 University of Verona, International Cooperation in the science of education Program, Cooperint incoming staff mobility grant, Principal applicant (6,700 euro)
- 2015 University of Verona, International Cooperation in the science of education Program, Cooperint teaching grant, Principal applicant (3,300 euro)
- 2014 University of Verona, International Cooperation in the science of education Program, Cooperint incoming mobility grant, Principal applicant (7,500 euro)
- 2013 Canadian Institutes of Health Research, CIHR planning grant entitled “Relevance of vascular adaptations to exercise training in improving quality of life in aging populations: transitioning from the laboratory to the community”, International collaborator (21,000 CAD)
- 2012-13 European Space Agency, ESA MAP “Astronaut exercise prescriptions promoting health and fitness on Earth”, Work Package “Cardiovascular and skeletal muscle responses to chronic concurrent exercise using flywheel technology in old men”, Participant of work package (100,000 euro)

- 2013 University of Western Ontario, International Scholar-In-Residence Program, (8,000 CAD)
- 2012 University of Verona, International Cooperation in the science of education Program, Cooperint outgoing staff mobility grant, Principal applicant (6,000 euro)
- 2011 University of Verona, International Cooperation in the science of education Program, Cooperint outgoing staff mobility grant (3,000 euro)
- 2010 University of Verona, International Cooperation in the science of education Program, Cooperint Incoming Mobility Grant (2,000 euro)
- 2009-10 CARIVERONA Foundation, Two-year research project: "Rehabilitation in cerebral palsy", Participant (50,000 euro).
- 2009 University of Verona, International Cooperation in the science of education Program, Cooperint Staff Incentive Grant for teaching courses in English (2,000 euro).
- 2007-09 Italian Ministry of University and Research, Progetto di Interesse Nazionale (PRIN) 2-year grant on the project: "Effect of high-intensity training on the cardiopulmonary response to exercise, the gas exchanges and muscle O2 extraction in heart failure patients." Participant of local unit, at the University of Verona (Local Unit budget: 60,000 euro).
- 2006-09 Italian Rugby Federation research grant for the project "Talent identification and promotion in rugby", Principal Investigator (12,000 euro)
- 2003-05 University of Trento, Post Doc funding (Assegno di Ricerca) (24,000 euro)
- 1999-02 University of Milano, PhD in Human Physiology, PhD fellowship (50,000 euro).
- 1998 Eastern Lombardy University Foundation, EULO: three-year research fellowship for the project: "Physical exercise and health promotion" carried out at the Faculty of Medicine, University of Brescia, Principal Investigator (36,000 euro).
- 1997 Brescia's Milk Central, Centrale del Latte di Brescia s.p.a.: one-year fellowship for the research project: "Dietary fat consumption: effect on blood lipids and aerobic performance in healthy sedentaries", Principal Investigator (12,000 euro).
- 1996 Rehabilitation Clinic "Domus Salutis" , Brescia, Italy: one-year fellowship for applied research for the research project: "Development and application of innovative rehabilitation techniques for shoulder impingement", Principal Investigator (12,000 euro).
- 1995 Italian Ministry of Education: one-year student mobility grant, Principal applicant (20,000 euro).
- 1993 Eastern Lombardy University Foundation, EULO: one-year fellowship for integrative teaching activities at the Faculty of Medicine, University of Brescia, Principal applicant (6,000 euro).

### **Lingue straniere conosciute**

Inglese (parlato e scritto), Francese (parlato)

**Affiliazioni a società medico - scientifiche:**

1998-oggi Membro dell'American College of Sports Medicine (ACSM)

2005-oggi Membro della Società Italiana di Fisiologia (SIF)

**Attività in organi accademici:**

2005- Membro del Consiglio di Facoltà della Facoltà di Scienze Motorie di Verona

2006- 07 Membro del Comitato Scientifico e Coordinatore del “Master in preparazione atletica per sport di squadra - settore giovanile-“ della Facoltà di Scienze Motorie di Verona

2006- Membro del Collegio Docenti del Dottorato in Scienze dell’esercizio fisico del movimento umano della Scuola di dottorato in “Scienze Biomediche translazionali” dell’Università degli Studi di Verona.

2007- Segretario della commissione didattica della Laurea Magistrale in Scienze e Tecniche dello Sport della Facoltà di Scienze Motorie di Verona

2010-15 Membro del Consiglio di Amministrazione dell’Università degli Studi di Verona

Il presente documento è conforme a quanto previsto dagli artt.38, 46, 47 e 76 del DPR 445 del 28.12.2000. Autorizzo il trattamento dei dati contenuti nel presente CV unicamente per gli scopi per cui viene richiesto, ai sensi del GDPR 679/2016.

Dichiaro l’assenza di interessi commerciali in ambito sanitario negli ultimi due anni dalla data del presente CV

firmato d.ssa Silvia Pogliaghi

Colognola ai Colli, 20/03/2021