

# [Giuseppe Coratella] CURRICULUM VITAE



## INFORMAZIONI PERSONALI

COGNOME	CORATELLA
NOME	GIUSEPPE
DATA DI NASCITA	[ ]

## ATTIVITÀ ACCADEMICA E DIDATTICA

**01/10/2019 – ad oggi**

- Ricercatore a Tempo Determinato (lettera B) presso l'Università degli Studi di Milano, Dipartimento di Scienze Biomediche per la Salute
- Membro del Collegio dei Docenti della Scuola di Dottorato in Medicina Traslazionale, Università degli Studi di Milano
- Membro e Segretario della Giunta del Dipartimento di Scienze Biomediche per la Salute, Università degli Studi di Milano.
- Membro del Comitato di Direzione della Scuola di Scienze Motorie, Università degli Studi di Milano

- A.A. 2017/18 – ad oggi**

  - Membro della Commissione Contratti della Scuola di Scienze Motorie, Università degli Studi di Milano
- 01/11/2016 – 30/09/2019**

  - Titolare del corso “Teoria, Tecnica e Didattica dell’Attività Motoria per l’Adulto e Anziano”, Corso di Laurea Magistrale in Scienze dell’Attività Fisica per il Benessere (LM-67)
  - Ricercatore a Tempo Determinato (lettera A) presso l’Università degli Studi di Milano, Dipartimento di Scienze Biomediche per la Salute
- 01/09/2015 –28/02/2017**

Lecturer/Ricercatore presso l’Università de Franche-Comtè, UPFR des Sports, Besançon, France.

  - Corso triennale in “Strength and Conditioning”;
  - Corso Magistrale in “Exercise Physiology”;
  - Corso Magistrale in “Statistics and Research Design”
- 15/11/2014 – 15/04/2015**

Borsa post-dottorato presso l’Università degli Studi di Verona, Dipartimento di Scienze Neurologiche, Morfologiche e del Movimento
- 15/11/2012 –14/11/2013**

Assegno di Ricerca presso l’Università degli Studi di Verona, Dipartimento di Scienze Neurologiche, Morfologiche e del Movimento
- 01/09/2009 – 30/06/2015**

Cultore della materia e coordinatore delle esercitazioni per i seguenti corsi accademici presso l’Università degli Studi di Verona

  - Laurea Triennale in Scienze delle Attività Motorie e Sportive per il corso di *“Potenziamento muscolare”*.
  - Laurea Triennale in Scienze delle Attività Motorie e Sportive per il corso di *“Teoria e Metodologia dell’ Allenamento”*
  - Laurea Magistrale di Scienze e Tecniche dello Sport per il corso di *“Progettazione e Conduzione dell’Esercizio Fisico”*

**01/04/2009 -  
22/06/2012**

Ph.D. in Scienze dell'Esercizio Fisico e del Movimento Umano,  
Scuola di Dottorato di Scienze Biomediche Traslazionali, Università  
degli Studi di Verona

Titolo della Tesi di Dottorato: "*Muscle damage, repeated bout  
effect and training induced changes by different eccentric  
modalities*"

Supervisors: Prof. Federico Schena and Prof. Franco M.  
Impellizzeri

**22/10/2008**

Laurea Magistrale in Scienze e Tecniche dello Sport presso  
l'Università degli Studi di Verona

Titolo della tesi: "*Costo energetico della corsa in atleti di sport non  
anti-gravitari*"

Votazione finale: 110/110

Relatore: Prof. Federico Schena

#### **ISTRUZIONE**

**Novembre 2007**

Master Universitario di I livello "Preparazione fisica negli sport di  
squadra nel settore giovanile" presso l'Università degli Studi di  
Verona

**19/10/2006**

Laurea Triennale in Scienze delle Attività Motorie e Sportive presso  
l'Università degli Studi di Verona.

Titolo della Tesi "*Costo Energetico del Nordic Walking vs cammino  
al variare della pendenza e della velocità*".

Votazione finale: 105/110

Relatore: Prof. Federico Schena

**Settembre-Dicembre  
2005.**

Vincitore di una Borsa di Mobilità Erasmus presso la NTNU,  
Trondheim, Norvegia

## Finanziamenti per attività di ricerca

01/09/2019-  
31/08/2021

Erasmus+ KA2 “exchange of good practices” 2019.

Total grant: 30.222,00 Euro.

01/01/2018-  
31/12/2018

Euro 15.000

Finanziamento interno Linea-2 del Dipartimento di Scienze Biomediche per la Salute, Università degli Studi di Milano

Titolo del progetto: “*Evaluation of the effect of exercise on erythroferrone levels*”

Proponenti: Dott. Elena Gammella, **Dott. Giuseppe Coratella**

01/01/2019-  
31/12/2019

Euro 15.000

Finanziamento interno Linea-2 del Dipartimento di Scienze Biomediche per la Salute, Università degli Studi di Milano

Titolo del progetto: “*Correlation between quadriceps and gastrocnemii muscle architecture and peak power output in an all-out Wingate biking test*”.

Proponenti: Prof. Fabio Esposito, **Dott. Giuseppe Coratella**

## Attività Scientifica

### Aree di ricerca

1. Effetti cronici dell'esercizio eccentrico vs tradizionale e concentrico su forza, architettura e massa muscolare
2. Cinetica del recupero muscolare in seguito ad allenamento eccentrico
3. Caratterizzazione neuromuscolare e allenamento dei pazienti affetti da broncopneumopatia cronico ostruttiva (BPCO)
4. Caratterizzazione delle attività locomotorie nel calcio (soccer) e calcetto (futsal)
5. Caratterizzazione delle attività locomotorie nel Hurling

### **Attività di revisione scientifico**

Revisore per l'Università degli Studi di Verona per il Bando Joint Projects 2018

Revisore per le seguenti riviste impattate:

- *Scandinavian Journal of Medicine and Science in Sport*
- *Journal of Sport Sciences*
- *European Journal of Sport Science*
- *Frontiers in Physiology*
- *PLOS one*
- *Journal of Strength and Conditioning Research*
- *International Journal of Sport Medicine*
- *Research in Sport Medicine*
- *Sports*
- *Biology of Sports*
- *The Journal of Sport Medicine and Physical Fitness*
- *Sport Sciences for Health*

**Collaborazioni  
Internazionali**

- Prof. Barry Drust, School of Sport and Exercise Sciences, Faculty of Sciences, John Moore University, Liverpool, UK.
- Prof. Nicolas Tordi, Direttore Facoltà di Scienze Motorie, Université de Bourgogne Franche-Comté, Besançon, Francia
- Dr. Marco Beato, Senior Lecturer e Course Leader in Strength and Conditioning, Department of Science and Technology, University of Suffolk, Ipswich, UK
- Dr. Damien Young, Lecturer presso la Sports Science Faculty, University of Limerick, Limerick, Irlanda
- Kieran Collins, Direttore presso il Gaelic Sports Research Centre, Technology University Dublin, Dublin, Irlanda
- Dr. Laurent Mourot, Senior Lecturer presso l'Université de Bourgogne Franche-Comté, Besançon, Francia
- Dr. Sidney Grosprêtre, Lecturer presso l'Université de Bourgogne Franche-Comté, Besançon, Francia
- Dr. Philippe Gimenez, Lecturer presso l'Université de Bourgogne Franche-Comté, Besançon, Francia
- Prof. Marco Barbero, Scuola Universitaria Professionale della Svizzera Italiana, Manno, Svizzera.
- Dr. Corrado Cescon, Scuola Universitaria Professionale della Svizzera Italiana, Manno, Svizzera.

- Dr. Matteo Beretta-Piccoli, Scuola Universitaria Professionale della Svizzera Italiana, Manno, Svizzera.

### ***Collaborazioni nazionali***

- Prof. Federico Schena, Dipartimento di Scienze Neurologiche, Morfologiche e del Movimento, Università degli Studi di Verona, Verona, Italia
- Prof. Alberto Rainoldi, Dipartimento di Scienze Mediche, Università degli Studi di Torino, Torino, Italia
- Prof. Massimo Lanza, Dipartimento di Scienze Neurologiche, Morfologiche e del Movimento, Università degli Studi di Verona, Verona, Italia
- D.ssa Francesca Vitali, Dipartimento di Scienze Neurologiche, Morfologiche e del Movimento, Università degli Studi di Verona, Verona, Italia
- D.ssa Chiara Milanese, Dipartimento di Scienze Neurologiche, Morfologiche e del Movimento, Università degli Studi di Verona, Verona, Italia
- Dr. Gennaro Boccia, Dipartimento di Scienze Mediche, Università degli Studi di Torino, Torino, Italia
- Dr. Davide Dardanello, Dipartimento di Scienze Mediche, Università degli Studi di Torino, Torino, Italia

### ***Pubblicazioni in riviste peer-reviewed indicizzate***

1. Riboli A., **Coratella G.**, Rampichini S., Cè E., Esposito F.  
*“Area per player in small-sided games to replicate the external load and physiological match demands in elite soccer players”*  
PLoS One, 2020, 15(9):e0229194  
**DOI:** 10.1371/journal.pone.0229194
2. Riboli A., Semeria M., **Coratella G.**, Esposito F.  
*“Effects of formation, ball in play and ball possession on peak demands in elite soccer players”*  
Biology of Sport, 2021, 38(2):195-205  
**DOI:** 10.5114/biolsport.2020.98450

**3. Coratella G.**, Tornatore G., Longo S., Esposito F., Cè E.  
*“An electromyographic analysis of lateral raise variations and frontal raise in competitive bodybuilders”*

International Journal of Environmental Research and Public Health, 2020,17,6015

**DOI:** 10.3390/ijerph17176015

**4. Young D., O’Grady M., Coratella G.**

*“The match-play running performance of elite Camogie players across halves of play”*

Sport Sciences for Health, July 2020, Epub ahead of print

**DOI:** 10.1007/s11332-020-00672-0

**5. Bisconti A.V., Cè E., Longo S., Venturelli M., Coratella G.,**  
Limonta E., Doria C., Rampichini S., Esposito E.

*“Evidence for improved systemic and local vascular function after long-term passive static stretching training of the musculoskeletal system”*

Journal of Physiology, 2020, epub ahead of print.

**DOI:** 10.1113/JP279866

**6. Keane J., Shovlin A., Devenney S., Malone S., Young D.,**  
**Coratella G., Collins C., Shortall M.**

*“The performance effect of scheduled carbohydrate and caffeine intake during simulated team sport match-play”*

Nutrients, 2020, 12 1296, 1-13

**DOI:** 10.3390/nu12071926

**7. Cè E., Doria C., Roveda E., Montaruli A., Galasso L., Castelli L.,**  
Mulè A., Longo S., **Coratella G.**, D’Aloia P., Banfi G., Esposito E.

*“Reduced neuromuscular performance in night shift orthopedic nurses: new insights from a combined electromyographic and force signals approach”*

Frontiers in Physiology, 2020, 11:693.

**DOI:** 10.3389/fphys.2020.00693

**8.** Doria C., Verratti V., Pietrangelo T., Fanò-Illic G., Bisconti A.V., Shokohyar S., Rampichini S., Limonta E., **Coratella G.**, Cè E., Esposito F.

*“Changes in energy system contributions to the Wingate anaerobic test in climbers after a high-altitude expedition”*

European Journal of Applied Physiology, 2020, Epub ahead of print

**DOI:** 10.1007/s00421-020-04392-8

**9.** Limonta E., Fanchini M., Rampichini S., Cè E., Longo S., **Coratella G.**, Esposito F.

*“On-sight and red-point climbing: changes in performance and route-finding ability in male advanced climbers”*

Frontiers in Psychology, 11:902

**DOI:** 10.3389/fpsyg.2020.00902

**10.** **Coratella G.**, Longo S., Borrelli M., Doria C., Cè E., Esposito F.

*“Vastus intermedius muscle architecture predicts the late phase of the knee extension rate of force development in recreationally resistance-trained men”*

Journal of Science and Medicine in Sport, 2020 May, Epub ahead of print.

**DOI:** 10.1016/j.jsams.2020.04.006

**11.** Beato M., Stiff A., Young D., **Coratella G.**

*“Lower-limb muscle strength, anterior-posterior and inter-limb asymmetry in professional, elite academy and amateur soccer players”*

Journal of Human Kinetics, 2020 March, Epub ahead of print



- 12.** Longo S., **Coratella G.**, Rampichini S., Borrelli M., Scurati R., Limonta E., Cè E., Esposito F.  
*“Local fat content and muscle quality measured by a new electrical impedance myography device: correlations with ultrasound variables”*  
European Journal of Sport Science, 2020 April, Epub Ahead of print.  
**DOI:** 10.1080/17461391.2020.1751306
- 13.** Cè E.\*, **Coratella G.\***, Bisconti A.V., Venturelli M., Limonta E., Doria C., Rampichini S., Longo S., Esposito F.  
*“Neuromuscular versus mechanical stretch-induced changes in contra- versus ipsilateral muscle”*  
Medicine and Science in Sport and Exercise, 2020 January, Epub ahead of print.  
**DOI:** 10.1249/MSS.0000000000002255
- 14.** Young D., Malone S., Collins K., Mourot L., Beato M., **Coratella G.**  
*“Metabolic power in hurling with respect of position and halves of match-play”*  
Plos One, 2019, 14(12): e0225947  
**DOI:** 10.1371/journal.pone.0225947
- 15.** Cè E., Longo S., Limonta E., **Coratella G.**, Rampichini S., Esposito F.  
*“Peripheral fatigue: new mechanistic insights from recent technologies.”*  
European Journal of Applied Physiology, 2020, 120(1):17-39  
**DOI:** 10.1007/s00421-019-04264-w
- 16.** **Coratella G.**, Longo S., Rampichini S., Limonta E., Shokohyar S., Bisconti A.V., Cè E., Esposito F.  
*“Quadriceps and gastrocnemii anatomical cross-sectional area and*

*vastus lateralis fascicle length predict peak-power and time-to-peak power*

Research Quarterly for Exercise and Sport, 2020, 91(1):158-165

**DOI:** 10.1080/02701367.2019.1648745

**17. Coratella G.,** Longo S., Cè E., Esposito F.

*“Commentary on: “Viewpoint: Distinct modalities of eccentric exercise: different recipes, not the same dish”*

Journal of Applied Physiology 2019, 127(3):884-891

**DOI:** 10.1152/jappphysiol.00496.2019

**18. Beato M.,** Bigby A.E.J., De Keijzer, K.L., Nakamura F.Y., **Coratella G.,** McErlain-Nailor, S.A.

*“Post-activation potentiation effect of eccentric overload and traditional weightlifting exercise on jumping and sprinting performance in male athletes”*

PlosOne, 2019 14(9): e0222466

**DOI:** 10.1371/journal.pone.0222466

**19. Beato M.,** Bianchi M., **Coratella G.,** Merlini M., Drust B.

*“A single session of straight line and change-of-direction sprinting per week does not lead to different fitness improvements in elite young soccer players”*

Journal of Strength and Conditioning Research, 2019 September 2, epub ahead of print

**DOI:** 10.1519/JSC.0000000000003369

**20. Coratella G.,** Beato M., Cè E., Scurati R., Milanese C., Schena F., Esposito F.

*“Effects of in-season enhanced negative work-based vs traditional weight training on change of direction and hamstrings-to-quadriceps ratio in soccer players”*

Biology of Sport, 2019, 36(3):241-248

**DOI:** 10.5114/biol sport.2019.87045

**21. Coratella G.**, Tornatore G., Longo S., Esposito F., Cè E.  
*“Specific prime movers’ excitation during free-weight bench press variations and chest press machine in competitive bodybuilders”*  
European Journal of Sport Science, 2019 August 9, Epub ahead of print  
**DOI:** 10.1080/17461391.2019.1655101

**22.** Sozen H., Cè E., Bisconti A.V., Rampichini S., Longo S., **Coratella G.**, Shokohyar S., Doria C., Borrelli M., Limonta S., Esposito F.  
*“Differences in electromechanical delay components induced by sex, age and physical activity level: new insights from a combined electromyographic, mechanomyographic and force approach”*  
Sport Sciences for Health, 2019, 15(3):623-633.  
**DOI:** 10.1007/s11332-019-00563-z

**23.** Bisconti A.V., Cè E., Longo S., Venturelli M., **Coratella G.**, Shokohyar S., Gharemani R., Rampichini S., Limonta E., Esposito F.  
*“Evidence of Improved Vascular Function in the Arteries of Trained but Not Untrained Limbs After Isolated Knee-Extension Training”*  
Frontiers in Physiology, 2019, June 12, 10:727  
**DOI:** 10.3389/fphys.2019.00727

**24.** Venturelli M., Rampichini S., **Coratella G.**, Limonta E., Bisconti A.V., Cé E., Esposito F.  
*“Heart and musculoskeletal hemodynamic responses to repetitive bouts of quadriceps static stretching”*  
Journal of Applied Physiology, 2019 May, Epub ahead of print.  
**DOI:** 10.1152/jappphysiol.00823.2018

**25.** Beato M., **Coratella G.**, Bianchi M., Costa E., Merlini M.  
*“Short-term repeated-sprint training (straight sprint vs. changes of direction) in soccer players”*  
Journal of Human Kinetics, 2019, 70(1):183-190

**DOI:** 10.2478/hukin-2019-0040

**26.** Young D. \*, **Coratella G.\***, Malone S., Collins K., Mourot L., Beato M.

*“The match-play sprint performance of elite senior hurlers during competitive games”*

Plos One, 2019, April 24, 14(4): e0215156

**DOI:** 10.1371/journal.pone.0215156

**27.** Young D., Mourot L., Beato M., **Coratella G.**

*“Match-play demands of elite U17 hurlers during competitive matches”*

Journal of Strength and Conditioning Research, 2019, January, Epub ahead of print

**DOI:** 10.1519/JSC.0000000000002945

**28.** Young D., Beato M., Mourot L., **Coratella G.**

*“Match-play temporal and position-specific physical and physiological demands of senior hurlers”*

Journal of Strength and Conditioning Research, 2020, 34(6):1759-1768

**DOI:** 10.1519/JSC.0000000000002844

**29.** Beato M., Stiff A., **Coratella G.**

*“Effects of postactivation potentiation after an eccentric overload bout on countermovement jump and lower-limb muscle strength”*

Journal of Strength and Conditioning Research, 2019, January, Epub ahead of print

**DOI:** 10.1519/JSC.0000000000003005

**30.** Young D., Collins K., Mourot L., **Coratella G.**

*“The match-play activity cycles in elite U17, U21 and senior hurling competitive games”*

Sport Science for Health, 2019, 15(2):351-359.

**DOI:** 10.1007/s11332-018-00523-z

**31.** Grosprêtre S., Gimenez P., Mourot L., **Coratella G.**

*“Elastic band induces greater neuromuscular fatigue than phasic isometric contractions”*

Journal of Electromyography and Kinesiology, 2019, 47:113-120

**DOI:** 10.1016/j.jelekin.2018.12.003

**32.** Béliard S., Cassirame L., Ennequin G., **Coratella G.**, Tordi N.

*“The effects of a calf pump device on second half performance of a simulated soccer match in competitive youth players”*

Journal of Sports Sciences, 2019, 37(6):708-716

**DOI:** 10.1080/02640414.2018.1522947

**33.** Riboli A., Rampichini S., Cé E., Limonta E., **Coratella G**<sup>corr.</sup>,

Esposito F.

*“Effect of ramp slope on different methods to determine lactate threshold in semi-professional soccer players”*

Research in Sport Medicine, 2019, 27(3):326-338.

**DOI:** 10.1080/15438627.2018.1523790

**34.** Beato M., **Coratella G.**, Stiff A., Dello Iacono A.

*“The Validity and Between-Unit Variability of GNSS Units (STATSports Apex 10 and 18 Hz) for Measuring Distance and Peak Speed in Team Sports”*

Frontiers in Physiology, 2018 September, Volume 9, Article 1288

**DOI:** 10.3389/FPHYS.2018.01288

**35.** Bianchi M., **Coratella G.**, Dello Iacono A., Beato M.

*“Comparative effects of single vs double weekly plyometric training on jump, sprint and COD abilities of elite youth football players”*

The Journal of Sport Medicine and Physical Fitness, 2019, 59(6): 910-915

**DOI:** 10.23736/S0022-4707.18.08804-7

**36.** Cè E., Longo S., Paleari E., Riboli A., Limonta E., Rampichini S., **Coratella G**<sup>corr.</sup>, Esposito F.

*“Evidence of balance training-induced improvement in soccer-specific skills in U11 soccer players”*

Scandinavian Journal of Sport Science and Medicine, 2018, 28(11): 2443-2456

**DOI:** 10.1111/sms.13240

**37.** Young D., Malone S., Beato M., Mouro L., **Coratella G.**

*“Identification of maximal running intensities during elite hurling match-play”*

Journal of Strength and Conditioning Research, accepted April 2018, Epub ahead of print

**DOI:** 10.1519/JSC.0000000000002674

**38. Coratella G.**, Longo S., Cé E., Limonta L., Rampichini S., Bisconti A.V., Schena F., Esposito F.

*“Sex-related responses to eccentric-only resistance training in knee extensors muscle strength and architecture”*

Research Quarterly for Exercise and Sport, 2018, 89(3), 347-353

**DOI:** 10.1080/02701367.2018.1472734

**39. Coratella G.**, Grosprêtre S., Gimenez P., Mouro L.

*“Greater fatigability in knee-flexors vs knee-extensors after a standardized fatiguing protocol”*

European Journal of Sport Science, 2018, 18(8), 1110-1118

**DOI:** 10.1080/17461391.2018.1469674.

**40. Coratella G.**, Rinaldo N., Schena F.

*“Quadriceps concentric-eccentric force and muscle architecture in COPD patients vs healthy men”*

Human Movement Science, 2018, 59, 88-95.

**DOI:** 10.1016/j.humov.2018.03.015

**41. Coratella G.**, Beato M., Schena F.

*“Correlation between hamstrings and quadriceps inter-limb strength asymmetry with change of direction and sprint in U21 elite soccer players”*

Human Movement Science, 2018, 59, 81-87.

**DOI:** 10.1016/j.humov.2018.03.016

**42.** Nardini S., De Benedetto F., Sanguinetti C.M., Bellofiore S., Carlone S., Privitera S., Sagliocca L., Tupputi E.; with the collaboration of The Consensus Conference Group, Baccarani C., Caiffa G., Calabrese M.C., Capuozzo A., Cauchi S., Conio V., **Coratella G.**, Crismancich F., Dal Negro R.W., Dellarole F., Delucchi M., Favaretti C., Forte S., Gallo F.M., Giuliano R., Grandi M., Grillo A., Gualano M.R., Guffanti E., Locicero S., Lombardo F.P., Mantero M., Marasso R., Martino L., Mastroberardino M., Mereu C., Messina R., Neri M., Novelletto B.F., Parente P., Pasquinucci S., Pistolesi M., Polverino M., Posca A., Richeldi L., Roccia F., Giustini E.S., Salemi M., Santacroce S., Schisano M., Schisano M., Selvi E., Silenzi A., Soverina P., Taranto C., Ugolini M., Visaggi P., Zanasi A.

*“COPD management as a model for all chronic respiratory conditions: report of the 4th Consensus Conference in Respiratory Medicine”*

Multidisciplinary Respiratory Medicine, 2017, Nov 10, 12:28.

**DOI:** 10.1186/s40248-017-0109-0

**43.** Young, D., Mourot L., **Coratella G.**

*“Match-play performance comparisons between elite and sub-elite hurling players”*

Sport Sciences for Health, 2018, 14(1), 201-208.

**DOI:** 10.1007/s11332-018-0441-6

**44.** Young D., Mourot L., Beato M., **Coratella G.**

*“The match heart rate and running profile of elite U21 hurlers during competitive match play”*

The Journal of Strength and Conditioning Research, 2018, 32(10), 2925-2933

**DOI:** 10.1519/JSC.0000000000002558.

**45. Coratella G**, Limonta E, Cé E, Longo S, Bisconti AV, Montaruli A, Schena F, Esposito F

*“Running fatiguing protocol affect peak torque joint angle and peak torque differently in hamstrings vs quadriceps”*

Sport Sciences for Health, 2018, 14(1), 193-199

**DOI:** 10.1007/s11332-018-0429-2

**46. Coratella G**, Beato M, Milanese C, Longo S, Limonta E, Rampichini S, Cè E, Bisconti AV, Schena F, Esposito F.

*“Specific adaptations in performance and muscle architecture after weighted jump-squat vs body-mass jump-squat training in recreational soccer players”*

The Journal of Strength & Conditioning Research, 2018, 32(4), 921-929.

**DOI:** 10.1519/JSC.0000000000002463.

**47.** Beato M, Bianchi M, **Coratella G**, Merlini M, Drust B

*“Effects of plyometric and directional training on speed and jump performance in elite youth soccer players”*

The Journal of Strength & Conditioning Research 2018, 32 (2), 289-296

**DOI:** 10.1519/JSC.0000000000002371

**48.** Galasso G., Montaruli A., Bruno E., Pesenti C., Erzegovesi S. Cè E., **Coratella G.**, Roveda E., Esposito.

*“Aerobic exercise training improves physical performance of patients with binge-eating disorder”*

Sports Sciences for Health, 2018, 14(1), 47-51

**DOI:** 10.1007/s11332-017-0398-x

**49.** Rinaldo N.\* , Bacchi E.\* , **Coratella G.\*** <sup>corr</sup>, Vitali F., Milanese C., Rossi A., Schena F., Lanza M.



*"Effects of combined aerobic-strength training vs fitness education program in COPD patients"*

International Journal of Sports Medicine, 2017, 38(13), 1001-1008

**DOI:** 10.1055/s-0043-112339.

**50.** Beato M, **Coratella G**, Schena F, Impellizzeri FM

*"Effects of recreational football performed once a week (1 hour per 12 weeks) on cardiovascular risk factors in middle-aged sedentary men"*

Science and Medicine in Football, 2017, 2, 171-177

**DOI:** 10.1080/24733938.2017.1325966

**51.** Beato M, **Coratella G**, Schena F, Hulton A

*"Evaluation of internal and external workload in female futsal players"*

Biology of Sport, 2017, 34(3), 227-231

**DOI:** 10.5114/biol sport.2017.65998.

**52.** **Coratella G**, Schena F.

*"Eccentric resistance training increases and retains maximal strength and muscle endurance in trained men",*

Applied Physiology, Nutrition and Metabolism, 2016, 41(11), 1184-1189.

**DOI:** 10.1139/apnm-2016-0321

**53.** **Coratella G**, Beato M, Schena F.

*"The specificity of the Loughborough Intermittent Shuttle Test for soccer players is independent of their intermittent running capacity".*

Research in Sports Medicine, 2016, Oct-Dec, 24(4), 363-374.

**DOI:** 10.1080/[15438627.2016.1222279](https://doi.org/10.1080/15438627.2016.1222279).

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## Libri o Capitoli

Esposito F., **Coratella G**.

*“Capitolo 10- Il sistema cardiovascolare e l'attività fisica”*

McArdle, Katch and Katch, Fisiologia dell'Esercizio, L'Essenziale.

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## Partecipazione a Congressi.

1. **Coratella G.**, Beato M., Cè E., Schena F., Esposito F.

Oral presentation at IX World Congress on Science and Football, 2019, Melbourne 04-07/06/2019

*“Effects of enhanced-eccentric training on change of direction, muscle architecture and hamstrings to quadriceps ratio”*

2. **Coratella G.**, Longo S., Rampichini S., Limonta E., Bisconti A.V., Cé E., Esposito F.

Oral presentation at XXIII European College of Sports Science, 2018, Dublin 04-07/07/2018

*“Relationship between quadriceps and gastrocnemii muscle architecture and peak power exerted during all-out Wingate test.”*

3. **Coratella G.**, Beato M., Longo S., Cé E., Limonta E., Rampichini S., Bisconti A.V., Montaruli A., Milanese C., Schena F., Esposito F.

Oral presentation at IX Italian Congress of Sports Science, 2017, Brescia 29/09-01/10

*“Specific adaptations in performance and muscle architecture after weighted vs unweighted jump-squat training in recreational soccer players”*

4. **Coratella G.**, Longo S., Ramichini S., Limonta E., Bisconti A.V., Cé E., Esposito F.

Keynote presentation at IX Italian Congress of Sports Science, 2017, Brescia

*“Relationship between quadriceps and gastrocnemii muscle architecture and peak- power exerted during all-out Wingate test”*

5. Beliard S., Cassirame J., Ennequin G., **Coratella G.**, Tordi N.

Oral presentation at World Conference on Science in Soccer, Rennes 31<sup>st</sup> May-2<sup>nd</sup> June 2017.

*“Positive effects of calf neuromuscular electrostimulation on performances during second half-time of a soccer match”*

6. Donà S., Bacchi E., Moretta R., **Coratella G.**, Flamigni S., Livornese D., Sacco A.P., Tosi F., Negri C., Kaufman JM. Schena F., Moghetti P.

Mini-oral presentation at XX European Congress of Sport Science, 2015, June 24-27

*“PCOS and muscle strength: preliminary results in normal weight women”*

7. **Coratella G**, Bellin G, Beato M, Schena F.

Oral Presentation at VI Italian Congress of Sport Science, Napoli 2014, September 26-28

*“Fatigue affects optimum angle in knee flexors but not in knee extensors.”*

8. **Coratella G**, Zanotti N, Bellini V, Schena F.

Poster Presentation at IV World Congress of Science in Soccer, Portland 2014, June 05-07

*“Fast isokinetic knee extensors and flexors peak torque better correlates with performance in elite junior soccer players”*

9. Fonte C, Varalta V, Pelle C, Gandolfi M, Schena F, Venturelli M, Rudi D, **Coratella G**, Smania N.

Poster Presentation at VI Italian Congress of Psycho-Geriatric Italian Association, Firenze 2014, April 12-14

*“Influenza dell’attività motoria di gruppo associata a stimolazione cognitiva nel paziente affetto da malattia di Alzheimer”*

10. Rinaldo N, **Coratella G**, Rossi A, Schena F, Lanza M.

Poster Presentation at XLII Italian Congress of Pneumology, Verona 2013, November 27-30

*“Easily applied-field models of adapted physical activity in chronic obstructive pulmonary disease patients”*

11. **Coratella G**, Galas A, Bellini V, Impellizzeri FM, Schena F.

Oral Presentation at V Italian Congress of Sport Science, Pavia 2013, September 27-29

*“Effect of contraction modality on muscle strength and structure after resistance training and detraining”*

12. Boccia G, Dardanello D, **Coratella G**, Rinaldo N, Schena F, Rainoldi A.

Oral Presentation at V Italian Congress of Sport Science, Pavia 2013, September 27-29

*“Myoelectric activation differences in vastus lateralis and vastus medialis obliquus muscles of young and elderly active male subjects”*

13. Rinaldo N, **Coratella G**, Boccia G, Dardanello D, Rainoldi A, Schena F

Oral Presentation at VIII European Congress of Sport Medicine Association, Strasbourg 2013, September 25-28

*“Different myoelectric manifestations of fatigue in ambulatory muscles of COPD patients vs. healthy male subjects”*

14. Rinaldo N, **Coratella G**, Schena, Lanza M

Oral presentation at XVIII European Congress of Sport Science, Barcellona 2013, June 26-29

*“Concentric and eccentric torque in COPD patients vs. healthy men.”*

15. **Coratella G**, Schena F, Bellin G, Pacifici A, Visentin G, Beato M, Impellizzeri FM

Poster at XVIII European Congress of Sport Science, Barcellona 2013, June 26-29

*“Effect of a soccer match simulation on the functional hamstring-to-quadriceps ratio.”*

16. Dalla Libera M, **Coratella G**, Schena F.

Poster at IV Italian Congress of Sport Science, Palermo 2012, October, 05-07

*“Analysis of correlation between core stability and performance”*

17. Rinaldo N, **Coratella G**, Rossi A, Schena F, Lanza M

Poster at IV Italian Congress of Sport Science, Palermo 2012, October, 05-07

*“Active lifestyle promotion in COPD: Preliminary data about recruitment and efficacy of different models of physical activity”*

18. **Coratella G**, De Vita F, Brignardello G, Bortolan L, Beato M, Corradini G, Rinaldo N, Schena F.

Poster at IV Italian Congress of Sport Science, Palermo 2012, October, 05-07

*“Lower limb performance evaluation of professional and young soccer players.”*

19. **Coratella G**, Chemello A, Schena F, Impellizzeri F M.

Oral Presentation at IV Italian Congress of Sport Science, Palermo 2012, October, 05-07

*“Repeated Bout Effect Induced by Eccentric Isoinertial Device”*

20. Rinaldo N, **Coratella G**, Depedri R, Milanese C, Rossi A, Schena F, Lanza M.

Poster at XXXII World Congress of Sport Medicine, Rome 2012, September, 27-29

*“Concentric and Eccentric Torque in COPD patients”*

21. **Coratella G**, Impellizzeri F M, Schena F.

Poster at XXXII World Congress of Sport Medicine, Rome 2012, September, 27-29

*“Repeated Bout Effect induced by isotonic Vs isokinetic eccentric contraction”*

22. **Coratella G**, Annicchiarico M, Trepin M, Impellizzeri F M, Schena  
Oral Presentation at XVII European Congress of Sport Science, Bruges, 2012, July 05-07



*“Effect of dose response load squat jump training on muscle strength, structure and performance”*

23. **Coratella G.**, Giorgi G., Impellizzeri F.M., Schena F.

Poster at LIX American College of Sport Science, San Francisco, 2012,  
May 29 – June 03

*“Effects of Squat Flywheel Training on Strength, Muscle Structure and Performance”.*

24. **Coratella G.**, Impellizzeri F.M., Schena F.

Poster at XVI European Congress of Sport Science, Liverpool, 2011,  
July, 06/09

*“Comparison of the Effect of Isokinetic Vs Isotonic Eccentric Training on Muscle Strength and Mass “*

**ATTIVITÀ NON-  
ACCADEMICHE**

Esperto e Formatore per la Scuola dello Sport, CONI  
Formatore presso la Federazione Italiana di Atletica Leggera  
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Formatore presso la Federazione Italiana Fitness.

**November 2006 – July  
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PERSONAL TRAINER

**2014-  
2015**

Consulente per la prevenzione infortuni, AC Chievo, Serie A TIM

Data

18/01/2019

Luogo

MILANO