



Jacopo Antonino Vitale

Date of birth: [redacted]

Nationality: [redacted]

Gender: [redacted]

CONTACT

[redacted]

[redacted]

[redacted]

[redacted]

WORK EXPERIENCE

2019 – CURRENT – Milan, Italy

Lab Head

IRCCS Galeazzi Orthopedic Institute

Lab Head at the Laboratory of Movement and Sport Science (LaMSS) of the IRCCS Galeazzi Orthopedic Institute (Milan, Italy). Principal Investigator of many clinical trials covering the following main research topics: 1. Biological rhythms and sleep in athletes; 2. Sarcopenia and risk of fall; 3. Sports physiology; 4. Orthopedics.

2019 – 2022 – Milan, Italy

Researcher (research partner)

Vita-Salute San Raffaele University - CRESA

Researcher at CRESA, Centro di Ricerca di Epistemologia Sperimentale e Applicata- Research topic: sleep and sleep hygiene intervention in orthopedic surgeons and traders

2016 – 2019 – Milan, Italy

Post Doc Researcher

IRCCS Galeazzi Orthopedic Institute

Researcher at Laboratory of Biological Structures Mechanics (LaBS) of the IRCCS Galeazzi Orthopedic Institute (Milan, Italy). Research topics: 1. Biological rhythms and sleep in athletes; 2. Sarcopenia and risk of fall; 3. Sports physiology; 4. Orthopedics.

2016 – 2019 – Milan, Italy

Researcher (research partner)

University of Milan - Department of Cultural Heritage

Researcher within the ObLoMoV project, co-founded by Erasmus + call. Fund manager: Prof.ssa Maddalena Mazzocut-Mis. Project ID: 579825-EPP-1-2016-2-IT-SPO-SCP (call EAC-A04-2015). Research topic: High Intensity Interval Training (HIIT) and theatre to counteract obesity and sedentary behaviour in European students.

2022 – CURRENT – Milan, Italy

Scientific Advisor

FIBa, Federazione Italiana Badminton

Monitoring and management of sleep in Olympic athletes. Planning long-haul travels for international competitions.

2018 – CURRENT – Milan, Italy

Scientific Advisor

FIDAL, Federazione Italiana D'Atletica Leggera

Monitoring and management of sleep in Olympic athletes. Planning long-haul travels for international competitions.

2018 – CURRENT – Milan, Forlì, Italy

Scientific Advisor

B&T Spa

Scientific dissemination activities on the importance of sleep for human performance and health.

2016 – CURRENT – Milan, Rome, Italy

● **Lecturer**

CONI, Comitato Olimpico Nazionale Italiano

Lecturer for several Italian Sport Federations (FIN, FISU, FITRI, FIBa and FIDAL). Topic: "Sleep and recovery in top-level athletes"

2012 – CURRENT – Milan, Italy

● **Strength and Conditioning Coach**

Rhinos Milan American Football Team / Leone XIII Basketabll Team / Ski Athletes

Head Strength Coach of Rhinos Milan American Football Team (first team) since 2012 to 2017

Head Strength Coach of Leone XIII Basketabll Team (first and junior teams) since 2018 - ongoing

Strength Coach of a ski athlete (Italian National Team C, male) since 2012 - ongoing

EDUCATION AND TRAINING

2019 – CURRENT – Italy

● **National Scientific Abilitation (ASN), Competition Sector 06/N2, Physical Exercise and Sport Sciences (Seconda Fascia)**

MIUR (Ministry of Education)

Address Italy

1 SEP 2012 – 6 MAR 2016 – Milan, Italy

● **PhD in Sport Science**

University of Milan

Address Milan, Italy

1 SEP 2010 – 31 JUL 2012 – Milan, Italy

● **Master Degree in Sport Science**

University of Milan

Address Milan, Italy

1 FEB 2012 – 15 MAY 2012 – Alta, Norway

● **Erasmus Placement**

Finnmark University College (University of Tromso today)

Address Alta, Norway

1 SEP 2006 – 1 MAR 2010 – Milan, Italy

● **Bachelor Degree in Sport Science**

University of Milan

Address Milan, Italy

LANGUAGE SKILLS

MOTHER TONGUE(S): Italian

OTHER LANGUAGE(S):

English (fluent/full professional proficiency)

Listening
C1

Reading
C1

**Spoken
production**
C1

**Spoken
interaction**
C1

Writing
C1

PUBLICATIONS

List of scientific publications (in file "Annex 1")

Update to 26/09/2022:

- Total papers: 78 (Scopus)
- Hirsch Index (H-index): 22 (Scopus)
- Total Citations: 1354 (Scopus)

SCOPUS: <https://www.scopus.com/authid/detail.uri?authorId=55854056200>

PUBMED: <https://pubmed.ncbi.nlm.nih.gov/?term=Vitale+Jacopo+%5Bau%5D>

CONFERENCES AND SEMINARS

List of conferences (in file "Annex 2")

PROJECTS

2016 – CURRENT

Principal Investigator of RCT and non-RCT clinical trials

Principal Investigator of prospective RCT and non-RCT clinical trials, among these:

- NCT03572920: Sleep Behavior and Rest-activity Circadian Rhythm in Hip/Knee Prosthesis
- NCT04172285: Physical Activity Program to Counteract Sarcopenia
- NCT04638374: Adaptation of Lumbar Spine to a Mattress: a MRI Evaluation
- NCT04221425: Early Virtual Reality Based Home Rehabilitation Program After Total Hip Arthroplasty (RCT)
- NCT03681106: Kinesio® Tex Taping for Post Total Knee Replacement Patients (RCT)
- NCT03382366: Sarcopenia and Risk of Fall in Osteoporotic Postmenopausal Women (RCT)
- NCT04632615: Sleep Behaviour in Athletes During Home Confinement Due to the Covid-19 Outbreak
- NCT03773601: Objective Sleep Behavior in Relation to a Nigth Competition in Athletes
- NCT04272853: Sex & Sleep in Athletes

2016 – CURRENT

Research projects funded by the Italian Ministry of Health

Principal Investigator of several prospective research clinical trials (Ricerca Corrente), funded by the Italian Ministry of Health, developed at the Galeazzi Orthopedic Institute. These are some of the ClinicalTrials.gov Identifiers of these projects: NCT04632615, NCT03773601, NCT04638374, NCT04272853, NCT03572920. Main research topics: 1. sleep and human performance; 2. sarcopenia and exercise; 3. orthopedics. Average budget per year: 5000,00 euros (per single project).

2021 – CURRENT

Network research project funded by the Italian Ministry of Health

Co-Principal Investigator within the WP3 (Orthopedics) of the network research project funded by the Italian Ministry of Health (Ricerca Finalizzata di Rete) "Definition and testing of a new model of clinical governance based on the integration of tools such as Health Technology Assessment, Clinical Practice Guidelines, Clinical Pathways, and healthcare performance measurement for planning, implementation and management of healthcare interventions in different settings", project Code NET-2018-12368077. Total budget: 140.000,00 euros.

2019 – CURRENT

EXERSARCO (EXERcise for SARCOpenia) research project

Principal Investigator of the randomized controlled trial EXERSARCO (EXERcise for SARCOpenia), funded by the 5x1000 (2017; project Code: CUPC44119000380001). ClinicalTrials.gov Identifier: NCT04172285. Total budget: 71.575,00 euro.

2016 – 2019

ObLoMoV (Obesity and Low Motility Victims) European research project

Co-Principal Investigator (for partner Italy) within the European project ObLoMoV (<https://www.oblomovproject.eu/it/>), co-funded by the Erasmus+ grant, in collaboration with the University of Thessaloniki, University of Liege and the University of Jyväskylä. Project ID: 579825-EPP-1-2016-2-IT-SPO-SCP (call EAC-A04-2015). Budget (University of Milan): 60.000,00 euros.

2022 – CURRENT

Ongoing grants applications

- 2022. Call Horizon “Tools and technologies for a healthy society (HORIZON-HLTH-2022-TOOL-12-two-stage)” (under review, second phase). Principal Investigator for Galeazzi Orthopedic Institute. Leader Institution: University of Thessaloniki. Project title: “PREPARE: Personalized rehabilitation via novel AI patient stratification strategies”. Budget request: 6.353.613,00 euros (Galeazzi: 205.000,00 euros).
- 2022. Badminton World Federation (BWS) grant (under review). Principal Investigator, in collaboration with FIBa. Project title: “Sleep4win: study and management of elite badminton players’ sleep, road to Paris 2024”. Budget request: 7450,00 euro.

REVIEWER AND EDITORIAL ACTIVITY

2013 – CURRENT

Scientific Reviewer

Scientific Reviewer for > 40 international scientific journals, among them:

- Chronobiology International
- Perceptual and Motor Skills
- European Journal of Sport Science
- Physiology & Behaviour
- Biology of Sport
- Journal of Affective Disorders
- Journal of Biological Research for Nursing
- European Journal of Cancer Care
- Journal of Strength and Conditioning Research
- Journal of Sports Science
- Human Movement Science
- Research in Sports Medicine
- Journal of Circadian Rhythms
- Research Quarterly for Exercise and Sport
- Psychophysiology
- International Journal of Sports Physiology and Performance
- Sleep Medicine
- Frontiers in Psychology
- Frontiers in Physiology
- Plos One
- Sports Science for Health
- International Journal of Environmental Research and Public Health.
- International Journal of Sports Science & Coaching
- BMC Musculoskeletal Disorders
- Journal of Clinical Medicine
- Journal of Sports Medicine and Physical Fitness

2018 – CURRENT

Editorial Roles

- 2022 - ongoing. Associate Editor for “Movement Science and Sport Psychology” section. Frontiers in Sports and Active Living and Frontiers in Psychology (IF: 4.2)
- 2018 - ongoing. Member of the Editorial Board of Research in Sports Medicine (IF: 4.7)

- 2019 - ongoing. Review Editor for "Quantitative Psychology and Measurement" section. *Frontiers in Psychology* (IF: 4.2)
- 2021. First Guest Topic Editor of the research topic "The Reciprocal Relationship Between Sleep and Stress in Elite Athletes". *Frontiers in Psychology* (IF: 4.2)
- 2021. Guest Topic Editor of the research topic "Exercise Prescription and Psychological Determinants for Healthy Living". *Frontiers in Psychology* (IF: 4.2)
- 2020. First Guest Topic Editor of the research topic "Physical Activity and Exercise in Osteosarcopenia". *International Journal of Environmental Research and Public Health* (IF: 4.6)

2012 - CURRENT

Other Reviewer Activity

- 2012 - ongoing. Reviewer and co-supervisor of more than 40 experimental thesis for the School of Sport Science of the University of Milan (Classe LM-67 e Classe LM-68, Prof. Antonio La Torre/Prof. Franca Carandente).
- 2019 - ongoing. External reviewer for the Buckinghamshire New University, Uxbridge Campus, UK, within the collaboration with the Istituto Superiore di Osteopatia (ISO), Milan (Prof. Heleen Keizer).
- 2019. External reviewer for PhD applications of the School of Health, Medical and Applied Sciences, Central Queensland University, Australia (Prof.sCharli Sargent)
- 2020. External reviewer for "Master by Research" applications of the School of Health, Medical and Applied Sciences, Central Queensland University, Australia (Dr. Michele Lastella)

NETWORKS AND MEMBERSHIPS

2012 - CURRENT

Membership in Scientific Society

- 2022 - ongoing. Associazione Italiana di Medicina del Sonno (AIMS)
- 2012 - ongoing. Società Italiana delle Scienze Motorie e Sport (SISMES)
- 2012 - 2020. European College of Sport Science (ECSS)
- 2019. World Sleep Society (WSS)
- 2018. European Sleep Research Society (ESRS)

Principal research collaborators

National:

- Prof. Antonio La Torre, University of Milan.
- Prof. Luca Sconfienza, University of Milan.
- Prof. Sabrina Corbetta, University of Milan.
- Prof. Maria Francesca Piacentini, University of Foro Italico, Rome.
- Prof. Matteo Motterlini, Vita-Salute San Raffaele University.
- Prof. Luigi Ferini-Strambi, Vita-Salute San Raffaele University.
- Prof. Claudio Vicini, University of Ferrara / Bologna.
- Dr. Francesca Vitali, University of Verona.
- Dr. Gennaro Boccia, University of Torino.
- Dr. Francesco Negrini, University of Insubria.

International:

- Prof. Shona Halson, Australian Catholic University.
- Dr. Michele Lastella, Central Queensland University.
- Prof. Andi Weydahl, University of Tromsø.
- Dr. Mathieu Nedelec, INSEP, Paris.
- Dr. Fabio Galbusera, Schulthess Klinik, Zurich.
- Prof. Gustavo Duque, University of Melbourne.
- Prof. Karim Chamari, ASPETAR, Qatar.
- Prof.ssa Eva Swinnen, University of Bruxelles.
- Dr. Mohamed Romdhani, University of Sfax.
- Dr. Sabrina Skorski, Universität des Saarlandes.

TEACHING AND TUTORING ACTIVITIES

2012 - CURRENT

Academic Teaching Activities (Italy)

- 2018 - 2020. Integrative teaching activity (> 60 hours) for the course of "Theory and Methodology of Training of Individual Sports and Athletic Disciplines" (Prof. Antonio La Torre), Master's Degree

in Technical Science and Sport Didactics (Class LM-68), School of Exercise Sciences, University of Milan.

- 2012 - 2016. Integrative teaching activity (> 60 hours) for the course of "Human Anatomy and Applied Morphology" (Prof. Angela Montaruli), Bachelor's Degree in Motor Sciences, Sport and Health (Class L-22), University of Milan.
- 2012 - 2016. Member of the examination commission in "Human Anatomy and Applied Morphology" (Prof. Angela Montaruli), Bachelor's Degree in Motor Sciences, Sport and Health (Class L-22), University of Milan.
- 2012 - ongoing. Invited lecturer for teaching activities on "Sleep, recovery and jet-lag in athletes" at the University of Milan, University of Bologna, University of Verona, University of Pisa, Vita-Salute San Raffaele University.

2015 - CURRENT

Non-academic Teaching Activities (Italy)

- 2015 - ongoing. Invited lecturer for training courses and webinars of several Italian Sport Federation (FIDAL, FIBa, FISI, FIN, FITRI, Panathlon Italia).
- 2015 - ongoing. Invited lecturer for Scuola dello Sport of CONI.
- 2022. Invited lecturer for ASA football clinic.
- 2020. Invited lecturer for APFIP (Associazione Preparatori Fisici Italiani Pallacanestro).
- 2020. Invited lecturer for SISMES (Società Italiana delle Scienze Motorie e Sportive).

2016 - CURRENT

Teaching Activities (Extra-Italy or PhD School)

PhD School:

- 2021. Invited lecturer. "Athletes' Sleep: The invisible training for health and performance" for the International PhD Neuroscience Summer School (Prof. Piero Ruggeri), University of Genova.

Europe:

- 2021. Invited lecturer. "Sleep in elite athletes: Implications for performance (and injury) and recommendations for optimal recovery" for the EU course in "Elite Strength and Conditioning" (Prof. Giuseppe Coratella). Erasmus+ Strategic Partnership KA2 "Exchange of Good Practices", University of Milan.
- 2016 - 2019. Invited lecturer. "ObLoMoV project: Obesity and Low Motility Victims. Updates from Italy" within the co-funded EU project "Oblovov" (Prof. Marc Cloes, Prof. Arja Sääkslahti, Prof. Maddalena Mazzocut-Mis), University of Thessaloniki (Greece).
- 2021. Invited lecturer. "Sleep in elite athletes: Implications for performance and recommendations for optimal recovery" for the international seminar "High Performance" of the European Athletics (Prof. Brian Hanley), Lausanne (Switzerland).
- 2020. Invited lecturer. "The influence of chronotype and training schedules on athletes' sleep: a chronobiologic approach" for the international seminar "Seeking for performance. Recovery & Injury prevention" (Dr. Mathieu Nedelec), INSEP, Paris (France).

Extra-Europe:

- 2022. Invited lecturer. "The importance of sleep" for the international seminar "Wednesday Webinar ASPETAR series" (Prof. Marco Cardinale) ASPETAR, Doha (Qatar).
- 2022. Invited lecturer. "Sleep in elite athletes: Implications for performance and recommendations for optimal recovery" for the international seminar "Tuesday Webinar ASPETAR series" (Prof. Marco Cardinale), ASPETAR, Doha (Qatar).
- 2021. Invited lecturer. "The role of sleep/nap for athletes" for the 2nd international congress internazionale "Education, Motor Behavior and Sport Helath" (Prof. Hamdi Chtourou), University of Sfax (Tunisia).

2012 - CURRENT

Tutoring Activities

- 2012 - 2016. Tutor activity (total > 60 hours) for students of the School of Sport Sciences, University of Milan (Prof. Franca Carandente).
- 2012 - ongoing. Reviewer and co-supervisor of more than 40 experimental thesis for the School of Sport Science, University of Milan (Classe LM-67 e Classe LM-68, Prof. Antonio La Torre/Prof. Franca Carandente).
- 2016 - ongoing. Internship tutor (500 hours) for students of the School of Sport Science, University of Milan - Internship location: Laboratory of Movement and Sports Sciences of the IRCCS Galeazzi Orthopedic Institute.

- 2016 - ongoing. Internship tutor (750 hours) for students of the Master's Degree course in Physiotherapy of Vita-Salute San Raffaele University of Milan - Internship location: Laboratory of Movement and Sports Sciences of the IRCCS Galeazzi Orthopedic Institute.
- 2018 - ongoing. Internship tutor (500 hours) for students of the School of Sport Science, University of Milan - Internship location: ASD Leone XIII basketball (FIP), Milan.

PhD tutorship:

- 2020 - ongoing. External tutor at IRCCS Galeazzi Orthopedic Institute for n = 1 PhD student in Sports Sciences at the Department of Biomedical Sciences for Health of the University of Milan (Dr. Stefano Borghi). University tutor: Prof. Antonio La Torre.
- 2022 - ongoing. Institutional tutor at IRCCS Galeazzi Orthopedic Institute for n = 1 PhD student in Rehabilitation Sciences and Physiotherapy of the Vrije University of Brussels (VUB), Belgium (Dr. Stefania Guida). VUB Tutor: Prof. Eva Swinnen.

HONOURS AND AWARDS

2018

SISMES Young Italian Investigator Award – SISMES, Società Italiana Scienze Motorie e Sport

Award (first place) for scientific production of the three-year period 2016-2018 (Young Researcher of 2018). SISMES Conference, October 2018, Messina, Italy. Prize: Registration for the SISMES 2019 congress and € 2,000.

2016

SISMES Best Poster Award – SISMES, Società Italiana Scienze Motorie e Sport

Poster title: "Star Excursion Balance Test performance varies between elite and non-professional female volleyball players: a comparative study". SISMES conference, October 2018, Messina, Italy. Award: Registration for the SISMES 2019 congress.

2012

PhD scholarship – University of Milan

3-years PhD scholarship

2012

Erasmus Placement Scholarship – University of Milan

4-months scholarship for the Erasmus Placement period spent in Alta, Norway.

CERTIFICATIONS

Certifications and extra

- 2022. E-learning certificate "ICH GOOD CLINICAL PRACTICE E6 (R2)", released by the Global Health Training Centre (two-year renewal starting from 2016).
- 2019. E-learning certificate "Osteosarcopenia: Preventing Falls and Fractures in Older Persons", University of Melbourne (Australia). Scientific Director: Prof. Gustavo Duque.
- 2014 - 2015. Master in Rehabilitation of Sport. Edi Academy, Milan. Non-academic title.

DIGITAL SKILLS

My Digital Skills

Zoom / Microsoft Office / Microsoft Word / Microsoft Excel / Outlook / Organizational and planning skills / Google Drive / Skype / Good listener and communicator / Microsoft Powerpoint / Written and Verbal skills / Google Docs / Team-work oriented / Motivated / Decision-making / Statistical analysis

SOCIAL AND POLITICAL ACTIVITIES

2022 - CURRENT

Donor for Emergency – Life Support for Civilian War Victims

Milan

DRIVING LICENCE

- **Driving Licence: A**
- **Driving Licence: B**

ANNEX 1

SCIENTIFIC PAPERS

1. **Vitale, J. A.**, Calogiuri, G., & Weydahl, A. (2013). Influence of chronotype on responses to a standardized, self-paced walking task in the morning vs afternoon: a pilot study. *Perceptual and motor skills*, 116(3), 1020–1028. <https://doi.org/10.2466/06.19.PMS.116.3.1020-1028>
2. Tringali, C., Scala, L., Silvestri, I., **Vitale, J.A.**, Scurati, R., Michielon, G., Alberti, G., & Venerando, B. (2014). Protective role of 17- β -estradiol towards IL-6 leukocyte expression induced by intense training in young female athletes. *Journal of sports sciences*, 32(5), 452–461. <https://doi.org/10.1080/02640414.2013.830190>
3. **Vitale, J. A.**, Roveda, E., Montaruli, A., Galasso, L., Weydahl, A., Caumo, A., & Carandente, F. (2015). Chronotype influences activity circadian rhythm and sleep: differences in sleep quality between weekdays and weekend. *Chronobiology international*, 32(3), 405–415. <https://doi.org/10.3109/07420528.2014.986273>
4. Rossi, A., Formenti, D., **Vitale, J. A.**, Calogiuri, G., & Weydahl, A. (2015). THE EFFECT OF CHRONOTYPE ON PSYCHOPHYSIOLOGICAL RESPONSES DURING AEROBIC SELF-PACED EXERCISES. *Perceptual and motor skills*, 121(3), 840–855. <https://doi.org/10.2466/27.29.PMS.121c28x1>
5. **Vitale, J. A.**, Caumo, A., Roveda, E., Montaruli, A., La Torre, A., Battaglini, C. L., & Carandente, F. (2016). Physical Attributes and NFL Combine Performance Tests Between Italian National League and American Football Players: A Comparative Study. *Journal of strength and conditioning research*, 30(10), 2802–2808. <https://doi.org/10.1519/JSC.0000000000001377>
6. **Vitale, J. A.**, Bonato, M., Galasso, L., La Torre, A., Merati, G., Montaruli, A., Roveda, E., & Carandente, F. (2017). Sleep quality and high intensity interval training at two different times of day: A crossover study on the influence of the chronotype in male collegiate soccer players. *Chronobiology international*, 34(2), 260–268. <https://doi.org/10.1080/07420528.2016.1256301>
7. **Vitale, J.A.**, Montaruli, A., Michielon, G., Scurati, R., Alberti, G., Carandente, F., & Roveda E. (2017) Sleep quality and cytokine expression after an exhaustive exercise: influence of ACE polymorphism I/D. *Sleep and biological rhythm*, 15(1):31-37. <https://doi.org/10.1007/s41105-016-0077-3>
8. Roveda, E., **Vitale, J.A.**, Montaruli, A., Galasso, L., Carandente, F., & Caumo, A. (2017). Predicting the actigraphy-based acrophase using the Morningness-Eveningness Questionnaire (MEQ) in college students of North Italy. *Chronobiology international*, 34(5), 551–562. <https://doi.org/10.1080/07420528.2016.1276928>
9. Lombardi, G., **Vitale, J. A.**, Logoluso, S., Logoluso, G., Cocco, N., Cocco, G., Cocco, A., & Banfi, G. (2017). Circannual rhythm of plasmatic vitamin D levels and the association with markers of psychophysical stress in a cohort of Italian professional soccer players. *Chronobiology international*, 34(4), 471–479. <https://doi.org/10.1080/07420528.2017.1297820>
10. Bonato, M., La Torre, A., Saresella, M., Marventano, I., Merati, G., & **Vitale, J. A.** (2017). Salivary cortisol concentration after high-intensity interval exercise: Time of day and chronotype effect. *Chronobiology international*, 34(6), 698–707. <https://doi.org/10.1080/07420528.2017.1311336>
11. Montaruli, A., Galasso, L., Carandente, F., **Vitale, J. A.**, Roveda, E., & Caumo, A. (2017). If the Morning-Evening Questionnaire (MEQ) is able to predict the actigraphy-based acrophase, how does its reduced, five-item version (rMEQ) perform?. *Chronobiology international*, 34(4), 443–444. <https://doi.org/10.1080/07420528.2017.1306708>
12. **Vitale, J. A.**, Bjoerkesett, E., Campana, A., Panizza, G., & Weydahl, A. (2017). Chronotype and response to training during the polar night: a pilot study. *International journal of circumpolar health*, 76(1), 1320919. <https://doi.org/10.1080/22423982.2017.1320919>
13. Roveda, E., **Vitale, J. A.**, Bruno, E., Montaruli, A., Pasanisi, P., Villarini, A., Gargano, G., Galasso, L., Berrino, F., Caumo, A., & Carandente, F. (2017). Protective Effect of Aerobic Physical Activity on Sleep Behavior in Breast Cancer Survivors. *Integrative cancer therapies*, 16(1), 21–31. <https://doi.org/10.1177/1534735416651719>
14. Bonato, M., Agnello, L., Galasso, L., Montaruli, A., Roveda, E., Merati, G., La Torre, A., & **Vitale, J. A.** (2017). Acute Modification of Cardiac Autonomic Function of High-Intensity Interval Training in Collegiate Male

- Soccer Players with Different Chronotype: A Cross-Over Study. *Journal of sports science & medicine*, 16(2), 286–294.
15. **Vitale, J. A.**, La Torre, A., Baldassarre, R., Piacentini, M. F., & Bonato, M. (2017). Ratings of Perceived Exertion and Self-reported Mood State in Response to High Intensity Interval Training. A Crossover Study on the Effect of Chronotype. *Frontiers in psychology*, 8, 1232. <https://doi.org/10.3389/fpsyg.2017.01232>
 16. Brayda-Bruno, M., Viganò, M., Cauci, S., **Vitale, J. A.**, de Girolamo, L., De Luca, P., Lombardi, G., Banfi, G., & Colombini, A. (2017). Plasma vitamin D and osteo-cartilaginous markers in Italian males affected by intervertebral disc degeneration: Focus on seasonal and pathological trend of type II collagen degradation. *Clinica chimica acta; international journal of clinical chemistry*, 471, 87–93. <https://doi.org/10.1016/j.cca.2017.05.028>
 17. **Vitale, J. A.**, & Weydahl, A. (2017). Chronotype, Physical Activity, and Sport Performance: A Systematic Review. *Sports medicine (Auckland, N.Z.)*, 47(9), 1859–1868. <https://doi.org/10.1007/s40279-017-0741-z>
 18. Bruno, E., Roveda, E., **Vitale, J.A.**, Montaruli, A., Berrino, F., Villarini, A., Venturelli, E., Gargano, G., Galasso, L., Caumo, A., Carandente, F., & Pasanisi, P. (2018). Effect of aerobic exercise intervention on markers of insulin resistance in breast cancer women. *European journal of cancer care*, 27(2), e12617. <https://doi.org/10.1111/ecc.12617>
 19. Messina, C., Maffi, G., **Vitale, J. A.**, Olivieri, F. M., Guglielmi, G., & Sconfienza, L. M. (2018). Diagnostic imaging of osteoporosis and sarcopenia: a narrative review. *Quantitative imaging in medicine and surgery*, 8(1), 86–99. <https://doi.org/10.21037/qims.2018.01.01>
 20. **Vitale, J. A.**, Lombardi, G., Cavaleri, L., Graziani, R., Schoenhuber, H., Torre, A., & Banfi, G. (2018). Rates of insufficiency and deficiency of vitamin D levels in elite professional male and female skiers: A chronobiologic approach. *Chronobiology international*, 35(4), 441–449. <https://doi.org/10.1080/07420528.2017.1410828>
 21. **Vitale, J. A.**, La Torre, A., Banfi, G., & Bonato, M. (2018). Effects of an 8-Week Body-Weight Neuromuscular Training on Dynamic Balance and Vertical Jump Performances in Elite Junior Skiing Athletes: A Randomized Controlled Trial. *Journal of strength and conditioning research*, 32(4), 911–920. <https://doi.org/10.1519/JSC.0000000000002478>
 22. Messina, C., Maffi, G., **Vitale, J. A.**, Olivieri, F. M., Guglielmi, G., & Sconfienza, L. M. (2018). Erratum to "Diagnostic imaging of osteoporosis and sarcopenia: a narrative review". *Quantitative imaging in medicine and surgery*, 8(3), 372. <https://doi.org/10.21037/qims.2018.04.07>
 23. Riva, A., **Vitale, J. A.**, Belcaro, G., Hu, S., Feragalli, B., Vinciguerra, G., Cacchio, M., Bonanni, E., Giacomelli, L., Eggenhöffner, R., & Togni, S. (2018). Quercetin phytosome® in triathlon athletes: a pilot registry study. *Minerva medica*, 109(4), 285–289. <https://doi.org/10.23736/S0026-4806.18.05681-1>
 24. **Vitale, J. A.**, Bassani, T., Galbusera, F., Bianchi, A., & Martinelli, N. (2018). Injury rates in martial arts athletes and predictive risk factors for lower limb injuries. *The Journal of sports medicine and physical fitness*, 58(9), 1296–1303. <https://doi.org/10.23736/S0022-4707.17.07536-3>
 25. **Vitale, J. A.**, Lombardi, G., Weydahl, A., & Banfi, G. (2018). Biological rhythms, chronodisruption and chronoenhancement: The role of physical activity as synchronizer in correcting steroids circadian rhythm in metabolic dysfunctions and cancer. *Chronobiology international*, 35(9), 1185–1197. <https://doi.org/10.1080/07420528.2018.1475395>
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BOOK CHAPTERS

1. Stucovitz, E., **Vitale, J.A.**, Galbusera, F. (2018). In Vivo Measurements: Motion Analysis. In: *Biomechanics of the Spine*. 2018. Elsevier.
2. **Vitale, J.A.**, Negrini, F. Banfi, G. (2018). Non-pharmacological interventions for osteosarcopenia. In: *Osteosarcopenia: Bone, Muscle and Fat Interactions*. Springer.

DIVULGATIVE PAPERS

1. **Vitale, J.A.**, Alberti, G., Carandente, F (2013). Possono i ritmi biologici ed il cronotipo influenzare la risposta all'attività fisica?. *Scienza e Sport*, Volume 19.
2. Roveda, E., **Vitale, J.A.**, Galasso, L., Carandente, F. (2016). Riadattamento degli atleti dopo volo transcontinentale. *Sport&Medicina*, Aprile-Giugno.
3. **Vitale, J.A.**, Caumo, A., La Torre, A. (2016). Il football americano: il modello fisiologico, le differenze tra ruoli ed il confronto tra Italia e USA. *Scienza e Sport*, Volume 30.
4. Belli, E. **Vitale, J.A.**, La Torre, A. (2019). La gestione di un periodo congestionato di partite ufficiali nei dilettanti: differenze tra settimana tipo e turno infrasettimanale. *Scienza e Sport*, Volume 43.
5. Villa, F., La Torre, A., **Vitale, J.A.** (2020). Progettualità: tecniche teatrali per promuovere il movimento. E.F. la rivista di Educazione Fisica, Scienze Motorie e Sport, Volume 3/2020.

Milan, 26/09/2022

Dr. Jacopo Antonino Vitale

A handwritten signature in black ink, appearing to read 'Jacopo Vitale', with a long, sweeping underline.

ANNEX 2 – Conferences

1. 4th SISMES Congress. September 2012, Palermo. Italy. **Vitale J.A.**, Formenti D., Alberti G., Carandente F. “Can the knowledge of chronotype be useful for the motivation and the training plans?” (oral presentation).
2. 27th Conference of the International Society of Chronobiology, 3-7 October 2012, Delhi, India. **Vitale J.A.**, Calogiuri G., Weydahl A. “Influence Of Chronotype on Responses To Physical Activity in the Morning vs. Evening” (oral presentation).
3. 18th annual congress of ECSS, June 26-29, Barcelona, Spain. **Vitale J.A.**, Roveda E., Montaruli A., Carandente F. “Evaluation of chronotypes in young Italian physically active adults.” (oral presentation).
4. 18th annual congress of ECSS, June 26-29, Barcelona, Spain. **Vitale J.A.**, Scala L., Silvestri I., Scurati R., Michielon G., Alberti G., Venerando B., Tringali C. “Protective role of 17-beta-estradiol toward IL-6 leukocyte expression induced by intense training in young female athletes” (oral presentation).
5. 5th SISMES Congress. September 2013, Pavia. Italy. Rossi A., Calogiuri G., Formenti D., **Vitale J.A.**, Weydahl A. “The chronotype can influence the perceived exertion during self-paced exercise performed at different times of day” (oral presentation).
6. 19th annual congress of ECSS, July 2014, Amsterdam, Netherlands. **Vitale J.A.**, Roveda E., Montaruli A., Carandente F., La Torre A. “National Football League vs Italian Football League: comparison of body size/composition and performance characteristics” (oral presentation).
7. 6th SISMES Congress. September 2014, Napoli. Italy. **Vitale J.A.**, Roveda E., Montaruli A., Galasso L., Caumo A., Carandente F.. “Influence of chronotype on the circadian rhythm of activity levels” (poster presentation).
8. 69th SIAI Congress. September 2015, Ferrara, Italy. **Vitale J.A.**, Roveda E., Caumo A., Galasso L., Bruno E., Carandente F., Montaruli A. “Anthropometric indices of adiposity and fasting glucose metabolism in breast cancer survivors: effects of aerobic physical activity” (poster presentation).
9. 20th annual congress of ECSS, June 2015, Malmo, Sweden. **Vitale J.A.**, Roveda E., Bruno E., Montaruli A., Galasso L., Berrino F., Caumo A., Carandente F. “Aerobic 3-month physical activity program in breast cancer survivors: effects on sleep behavior, anthropometric indices of adiposity and fasting glucose metabolism.” (oral presentation).
10. 20th annual congress of ECSS, June 2015, Malmo, Sweden. Bruno E., Roveda E., **Vitale J.A.**, Montaruli A., Caumo A., Carandente F. “Circadian rhythm of activity levels: influence of chronotype.” (oral presentation).
11. 7th SISMES Congress. October 2015, Padova. Italy. **Vitale J.A.**, Roveda E., Caumo A., Montaruli A., Galasso L., LaTorre A., Carandente F. “A profile of Italian players of American football: anthropometric and physical performance differences among playing positions and comparison with non-drafted USA players” (oral presentation).
12. 7th SISMES Congress. October 2015, Padova. Italy. Galasso L., **Vitale J.A.**, Parrello A., Roveda E., Montaruli A., Carandente F. “Chronotype influences the perception of effort in relation to an aerobic physical test in different times of day” (poster presentation).
13. 21st annual congress of ECSS, July 2016, Vienna, Austria. **Vitale J.A.**, Weydahl A., Bjoereset E., Campana A., Panizza G. “Training effect during the polarnight in different chronotypes”(poster presentation).
14. 21st annual congress of ECSS, July 2016, Vienna, Austria. Bonato M., **Vitale J.A.**, Mancuso G., Merati G., La Torre A. “Morningness/eveningness effects on autonomic function during a high intensity interval training protocol in soccer players. a randomized cross-over study”. (oral presentation).
15. 21st annual congress of ECSS, July 2016, Vienna, Austria. Galasso L., **Vitale J.A.**, Bonato M., La Torre A., Carandente F. “Actigraphy-based sleep behavior and high intensity interval training : the chronotype effect”. (poster presentation).
16. 70th SIAI Congress. September 2016, Roma, Italy. **Vitale J.A.**, Caumo A., Roveda E., Galasso L., Carandente F., La Torre A., Battaglini C.L., Montaruli A. “Anthropometric and performance differences among playing positions between Italian and American high school football players” (poster presentation).

17. 70th SIAI Congress. September 2016, Roma, Italy. **Vitale J.A.**, Roveda E., Caumo A., Galasso L., Bruno E., Carandente F., Montaruli A. “Actigraphy-based activity levels and anthropometric measurements in breast cancer survivors: effects of aerobic physical activity” (poster presentation).
18. 70th SIAI Congress. September 2016, Roma, Italy. Galasso L., **Vitale J.A.**, Lovecchio N., Merati N., Carandente F., Roveda E., Montaruli A. “Physical performance in high school students: effect of chronotype”(poster presentation). I.
19. 70th SIAI Congress. September 2016, Roma, Italy. Galasso L., Montagna L., **Vitale J.A.**, Vettoretti S., Caldiroli L., Roveda E., Carandente F., Montaruli A. “Anthropometric indices of sarcopenia in patients with Chronic Kidney Disease”(poster presentation).
20. 8th SISMES Congress. October 2016, Roma. Italy. Galasso L., Montaruli A., **Vitale J.A.**, Caumo A., Esposito F., Erzegovesi S., Carandente F., Roveda E. “Physical activity effect on subjects with Binge Eating Disorder: a group therapy program” (oral presentation).
21. 8th SISMES Congress. October 2016, Roma. Italy. Galasso L., Montagna L., Vettoretti S., **Vitale J.A.**, Montaruli A., Caldiroli L., Esposito F., Carandente F., Roveda E. “Assessment of motor skills in elderly with Chronic Kidney Disease” (poster presentation).
22. 8th SISMES Congress. October 2016, Roma. Italy. **Vitale J.A.**, La Torre A., Dazzan E. “Star Excursion Balance Test performance varies between elite and non-professional female volleyball players: a comparative study” (poster presentation).
23. 8th SISMES Congress. October 2016, Roma. Italy. **Vitale J.A.**, Bonato M., Galasso L., Roveda E., Montaruli A., La Torre A., Carandente F. “High Intensity Interval Training (HIIT) and actigraphy-based sleep behavior in soccer players: the chronotype effect” (oral presentation).
24. 23rd Congress of the European Society of Biomechanics (ESB). July 2017. Seville, Spain. J.A. **Vitale**, T. Bassani, F. Galbusera, G. Casaroli, A. Bianchi, N. Martinelli. “Acute and overuse lower limb injuries and associated risk factors in martial artists” (poster presentation).
25. 9th SISMES Congress. October 2017, Brescia. Italy. **Vitale J.A.**, F. Devetag S. Colnago G. Modanesi G. Lombardi, A. La Torre. “The effects of a mattress on actigraphy-based sleep quality in professional volleyball players.” (poster presentation)
26. 9th SISMES Congress. October 2017, Brescia. Italy. **Vitale J.A.**, S. Gentile, A. Mandolesi, A. La Torre. “The ObLoMoV project: Obesity and Low Motility Victims. Physical high-intensity short shocks and theatre short stories to convert inactive victims into players” (poster presentation)
27. 3rd Sport Nutrition International Conference (SINSeB) Bologna, 2018. **Vitale J.A.** come **invited lecturer** “Sleep In Injury Prevention: The reciprocal relationship between sleep and exercise” (oral presentation)
28. AIESEP World Congress, July 2018, Edinburgh, Scotland. **Vitale J.A.**, L. Pasetti. Integrating high intensity intermittent training (HIIT) in theatre open scenarios: foundations of an original approach. (oral presentation)
29. 24th Congress of the European Sleep Research Society. Basel, Switzerland. September, 2018. **Vitale J. A.**, G. Banfi, A. Galbiati, L. Ferini-Strambi, A. La Torre. Night-competition affects sleep quality and perceived recovery in top-level athletes (poster presentation)
30. 10th SISMES Congress. October 2018, Messina, Italy. **Vitale J.A.**, M. Bonato, M. Longari, A. La Torre. Sleep Hygiene (SH) improves sleep latency but not sleep quality in response to an acute evening session of small-sided games (SSG) in soccer players. (oral presentation).
31. **Vitale J.A.** co-chairman, with Prof. Shona Halson, for the symposium “Sleep in elite athletes: Implications for performance and recommendations for optimal recovery” at the World Sleep Congress 2019, Vancouver, Canada. Oral presentation titled “The influence of chronotype and training schedules on athletes’ sleep”
32. 12th SISMES Congress. October 2021, Padova, Italy. **Vitale J.A.**, A. Galbiati, D. Levendowski, L. Ferini-Strambi, G. Banfi. Changes in sleep architecture in response to a late evening competition in team sport athletes (poster presentation).

33. 12th SISMES Congress. October 2021, Padova, Italy. **Vitale J.A.**, L. Mininno, L. Filipas, A. La Torre. Effect of mental fatigue and subsequent 20-min daytime napping on sleepiness and cognitive performance in endurance athletes (oral presentation).

Milan, 26/09/2022

Dr. Jacopo Antonino Vitale

A handwritten signature in black ink, appearing to read 'Jacopo Vitale', with a long, sweeping underline.