

EUROPEAN  
CURRICULUM VITAE  
FORMAT



PERSONAL INFORMATION

Name Antonio Spataro

• **WORK EXPERIENCE**

Dates (from – to)

Catholic University of Rome Two years attendance as resident student to a Forensic Medicine institute

University of Modena Followed a course of Vascular Doppler, 1982  
Dept. of Angiology Italian National Olympic Institute of Sports Science

Sports Medicine Department Olympic National Committee.  
Committee (C.O.N.I.) Consultant Cardiologist since 1984 to now.

Italian Soccer Federation Member of medical committee and doctor of National Woman Team since 1989 to 1991.

Italian Rowing Federation Member of medical committee and doctor of National Junior Team since 1988-1996  
Chief of medical committee and doctor Olympic team since 1996

Italian Olympic Committee Official Medical doctor Games Sydney 2000, Athens 2004, Pechino 2008, Londra 2012

Italian Paralympic Committee Chief Antidoping Committee 2004-2008

Italian Paralympic Committee Chief Medical Committee Paralympic Games Pechino 2008 Vancouver 2010 London 2012 Rio de Janeiro 2016

Chief Medical Staff AS ROMA Football Club 2009-2010

Italian Olympic Committee Chief Medical Committee Olympic Games Sochi 2014 Rio de Janeiro 2016 Pionchong 2018 Tokio 2021 Pechino 2022

Erasmus Project Manager + Sport Program of the European Community  
**Physical activity in patients with CHD: a collaborative partnership to identify and share good practices among European countries TAKE HEART. 2014-2015**

Erasmus Project Manager + Sport Program of the European Community  
**A collaborative partnership to develop, implement and evaluate a model of long-term physical activity and behavioral change in CHD European patients/ SWEATY HEARTS" 2018-2019**

2015 2016 2017 2018 2019 Referent to the health care plan "BNL INTERNATIONAL TENNIS TOURNAMENT ROME ITALY"

• Name and address of employer

Foro Italico CONI Piazza Lauro de Bosis 15 00197 ROME  
antonio.spataro@coni-it

• Type of business or sector

**ACADEMIC TEACHING**

Dates (from – to)

/M.D.: Catholic University of Rome, November 2 nd, 1977 **UCATION AND TRAINING**  
with full grade (110/110 e lode).

Specialization in Cardiology :Catholic University of Rome: Institute of Cardiology July , 7 , 1980.

Specialization in Sport Medicine: University of Rome: Institute of Sports Medicine November 17, 1984 .

Teaching of course of echocardiography at Italian Society of Echocardiography.1980-1985

National Institute of Physical Assistant Professor for the Course in "Public Health) Education (I.S.E.F.) of Rome since 1984 t o 1994

Catholic University of Rome  
Professor for the Course in "Semeiotic in the different sport Specialization in Sport activities" since 1989 to 1995  
Medicine

University of Aquila  
Professor. of course in "SPORT THERAPY" since 1995 to 1999.  
Sports Medicine Professor of course in " FUNCTIONAL AND STRUMENTAL SEMEIOTIC" since 1999 to now

Sport Medicine University of Rome Tor Vergata  
Professor of course in "SPORT THERAPY" since 2001-.2010

Specialization in Sport Medicine University of Milan  
Professor of course "Research and innovation in Sports Medicine" since 2015 to now

Chief for the "Health and lifestyle protection" module High Specialization Course Olympic Managment CONI Sports School

**PERSONAL SKILLS  
AND COMPETENCES**

- 1) Echocardiography in athletes
- 2) Cardiovascular responses in exercise
- 3) Epidemiology in athletes
- 4) Antidoping
- 5) Disable athlete evaluation

**MOTHER TONGUE**

**ITALIAN ]**

**OTHER LANGUAGES**

**ENGLISH**

- Reading skills
- Writing skills
- Verbal skills

GOOD  
GOOD  
GOOD

**SOCIAL SKILLS  
AND COMPETENCES**

1980 Fellow Member of the Italian Society of Echocardiography  
1981 Fellow Member of the Italian Society of Sports Cardiology  
1985 Fellow Member of the Italian Federation of Sports Medicine  
1987 Fellow of the American College of Sports Medicine  
1988 Member of the Council of the Sports Medicine Association of Rome  
1996 Travelling Fellow of the International Federation of Sports Medicine  
1999 Member of the council of the Italian Society of Sports Cardiology  
2005 Associate Editors Journal of Sports Science and Medicine  
1991 Member editorial office of the International Journal of Sports Cardiology

**ORGANISATIONAL SKILLS  
AND COMPETENCES**

2nd Congress of the Italian Society of Sports Cardiology, June 21-22 Bologna  
1985 for the best communication "Physiologic Hypertrophy and Hypertrophy  
cardiomyopathy in athletes.

The 1987 International Review of sport medicine award for their work  
"Morphological and functional left ventricular study in athletes of different  
sports".

The 1989 sport science Award of the IOC President in cooperation with the  
international council of sport science and physical education for their work  
"Epidemiology of cardiovascular diseases in a large population of italian  
competitive athletes".

4th Congress of the Italian Society of Sports Cardiology, June 23-25 Venezia  
1990 for the best communication "Accelerated idioventricular rhythm in young  
athletes".

OTHER SKILLS  
AND COMPETENCES

*Competences not mentioned above.*

**PUBLICATIONS**

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71 original scientific papers, 81 abstracts, supplements and chapters in books on sports medicine topics

**ADDITIONAL INFORMATION**

**SELECTION OF PRESENTATIONS AT SCIENTIFIC MEETINGS**

- 1991 25 April. Levico Terme(Trento). 1st Conference on "Sudden death prevention of the athletes" (Invited speaker)  
On clinical and therapy of arrhythmias "Sudden death during sport activity"
- 1991 May, 29 - June, 1. Orlando Annual Meeting of A.C.S.M "Epidemiologic and follow up study of arrhythmias in 5627 athletes" (poster session).
- 1992 27/28 March Florence. II National Conference on sports medicine. "Extreme cardiac Hypertrophy in athletes: cardiomyopathy or athlete's Heart" (invited speaker).
- May - June Baltimore annual meeting of A.C.S.M. "Anabolic steroids do not increase left ventricular mass index in well trained athletes" (poster session).
- 7 May - 25 June Rome Sports Physic on course (?) "Emergency care for athletes" (speakers)
- 1993 16/18 May Ville D'Agde (France). International Congress Sport and Religions (President executive committe).
- 7/10 Octobre Nicosia Cyprus 7th FIMS European Sports Medicine Congress " Influence of sport activity on the natural course of congenital bicuspid aortic valve" (poster session).
- 20 November Rome Conference on clinical problems in sports medicine (chairman cardiology session).
- 24-26 November Rome . VI Congress of Italian Society of Sports Cardiology. Natural course and prognosis of the principal cardiac morphological an functional adaptation in athletes: "Congenital bicuspid aortic valve" (invited speaker).
- 1994 1-4 June Indianapolis annual meeting of A.C.S.M. "Prevention of sudden death in athletes with congenital bicuspid aortic valve" (poster session).
- 10/16 September Athens XXVth FIMS World Congress of Sports Medicine " T wave changes in athletes during training: an old problem revisited" (poster session).  
"Catheter ablation in the athletes: results of a long-term follow-up".(comunication).
- 26-30 October Venice Euromediterranee Forum "Sport solidarity and cooperation" (member executive committee).
- 14-17 November Dallas 66th meeting American Heart Association. "Determination of maximum limits of physiologically induced left ventricular cavity enlargement due to training echocardiographic assessment in 100 elite athletes".
- 1995 Atlanta, Georgia 16-22 Sept.1995 Third IOC World Congress on Sport Science  
"Effect of sustained training on ecg t wave pattern in elite rowers" (poster session)
- Atene, Glyfada 27 Sept.-1Oct. 1995 XI FINA World Sport Medicine Congress  
"Cardiac risk in swimmers".(invited speaker)

Granada, 23-27 October 1995 European Congress of FIMS

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[ SURNAME, other name(s) ]

For more information go to  
[www.cedefop.eu.int/transparency](http://www.cedefop.eu.int/transparency)  
[www.europa.eu.int/comm/education/index\\_en.html](http://www.europa.eu.int/comm/education/index_en.html)  
[www.eurescv-search.com](http://www.eurescv-search.com)

"WPW in athletes: new prospective" (invited speaker)

1996 Manila, 24-27 gennaio. Second Asian Congress of Sport Medicine of FIMS.  
WPW in Athletes: new perspective (communication)

1997 Gramado brasil 7-10 maggio Panamerican Sport Medicine Congress  
Miniconferencia ECG do Atleta (invited speaker)

Bari 26-29 june XIX Congres du groupement latin mediterraneen de medicine du sport  
Activité physique pour les sujets du 3eme age: aspects biologiques. Aspects demographiques,  
sociaux et de l'environnement (invited speaker)

1998 Orlando Florida USA may 30-june 3 American College Of Sports Medicine 45 annual Meeting  
The risk stratification and follow up of athletes with valvular cardiac abnormalities (invited  
speakers)

1999 Roma 14-17 july 4 Annual Congress of the European College of Sport Science Simposio.  
The Athlete's heart (Chairman session)

New Orleans- 2 novembre American Heart Association Annual Meeting  
Left ventricular remodeling after long term detraining in elite athletes: insights into the natural  
history of "Athletes heart (communication)

2000 Mendoza Argentina 17-20 june XIX Congreso Nacional de Cardiologia  
Relevamiento de Cardiopatias en el Atleta. Arritmias en el Atleta: Valoracion pronostica e  
idoneidad para el Deporte. Seguimiento de las Anomalies Cardiovasculares del Atleta (invited  
speakers)

Marilleva Trento January 29- february 5. 14<sup>th</sup> International Congress The "New Frontiers" of  
Arrhythmias QT dispersion in elite athletes with and without ventricular arrhythmias (invited  
speakers)

Colonia Germania 6° Annual Congress of the European College of Sport Science  
Cardiovascular genetic study in athletes (Charman session)

2001 Atene Grecia 7° Annual Congress of the European College of Sport Science  
Valvular Heart Disease in Athletes (invited speakers)

Tel Aviv Israel Marzo 7-8 International Conference on Sports Medicine  
Sudden Cardiac Death in Athletes- An Update (invited speakers)

2003 First International Congress of Sport Science and Physical Education  
Nicosia (Cipro) Giugno (invited speakers)

Medical Seminar World Rowing Championships  
Milano (Italia) Agosto (invited speakers)

IOC Regional Sports Medicine Course  
Ankara (Turchia) December (invited speakers)

2007 Medical Seminar Greece Rowing Federation  
Atene (Grecia) Ottobre (invited speakers)

2008 International Convention on Science, Education and Medicine in Sport  
Guangzhou China (invited speakers)

2011 Advances in the prevention of sudden death in athletes Rome June (invited speaker)

Advances in cardiac electrophysiology Rome November (invited speaker)

2012 2° Congress I.S.Mu.L.T. Naples november 30- december 1 ,  
Sport Medicine: sport eligibility in muscular skeletal disease (Chair)

- 2013 American College of Sports Medicine Indianapolis May 28-June 1  
FIMS-ACSM Pre-Participation Examination Expert Panel Meeting ( cardiology panelist)
- 2014 XXXIV Congress Italian Sports Medical Federation Rome october 23-26 (invited speakers)  
II International Congress Sport traumatology San Marino November 29-30 (invited speakers)
- 2015 Place November 18-20 Rome (Charman session)
- 2016 XXXV Congress Italian Sports medical federation Rome November 30 December 2  
(Invited speakers)
- 2017 18 National Congress Sic sport September 28-30 Rome (invited speakers)  
Place November 22-24 Rome (invited speakers)
- 2018 V International Congress Sport Traumatology Cattolica May 11-12 (invited speakers)

- 1) Comparative electrocardiographic+echocardiographic study athletes with ST-T wave abnormalities (Pseudo-ischemic patterns). Sports Cardiology Aulo Gaggi Publisher Bologna 1980
- 2) Echocardiographic assessment of cardiac arrangement in different sports activities  
Sports Cardiology Aulo Gaggi Publisher Bologna 1980
- 3) Echocardiographic standards in top class athletes  
Int.J.Sport Cardiol vol 2 N° 17 1985
- 4) Ventricular repolarization disturbances and hypertrophy in athletes  
Int.J.Sport Cardiol vol 1 N° 1 1986
- 5) Utility of routinary echocardiography in the screening of a large population of top level athletes.  
Sports Cardiology vol2 Aulo Gaggi Publisher Bologna 1987
- 6) Extreme cardiac adaptation to physical training: echocardiographic data and maximal oxygen uptake.  
Echocardiography 1988. Editors A.Dagianti and H.Feigenbaum, Excerpta Medica 1988
- 7) Right heart in athletes  
Echocardiography 1988 Editors A.Dagianti and H.Feigenbaum. Excerpta Medica 1988
- 8) Increased coronary size in sports myocardial hypertrophy  
Medicine and Science in Sports and Exercise vol 20 N° 2 suppl. 1988
- 9) Extreme limits of physiological hypertrophy defined in a large population of highly conditioned athletes  
Circulation 80 II-7 (ABSTRACT) 1989
- 10) Coronary arteries in physiological hypertrophy. Echocardiographic evidence of increased proximal size in elite athletes  
Int J Sports Med, II 120-126, 1990
- 11) Influence of sport activity on the natural evolution of mitral valve prolapse (MVP)  
Medicine of Science in Sports and Exercise vol 22 N° 2 Suppl April 1990
- 12) The upper limit of physiologic cardiac hypertrophy in highly trained elite athletes  
New England Journal of Medicine 324: 295-301 (January 31), 1991
- 13) Predictor of the "athletes heart" defined in a population of 947 highly trained elite athletes  
representing 27 sport disciplines (ABSTR) J Am Coll Cardiol 1991; 17 (Suppl A): 293.
- 14) The "epidemic" of arrhythmias in sports cardiology: emotional and rational messages.  
Int. J. of Sports Cardiology Vol1 n. 1 January/April 1992.

- 15) Anabolic steroids do not increase left ventricular mass index in well trained athletes.  
Medicine and Science in Sports Exercise vol. 24 n. 5 May 1992 (Abstract).
- 16) Bicuspid aortic valve in athletes: a short-term follow-up. Int J Sports Cardiol Vol.2 n. 3 1993.
- 17) Follow-up of athletes with mitral valve prolapse: prognostic implications of cardiac and clinical changes. Int J Sports Cardiol Vol.2 n.3 1993.
- 18) Ventricular late potentials: clinical and prognostic value in elite athletes.  
Int J Sports Cardiol Vol.2 n.3 1993.
- 19) Prospective echocardiographic screening for coronary artery anomalies in 1360 elite competitive athletes. The American Journal of Cardiology Vol.72 October 15. 1993.
- 20) Absence of left ventricular wall thickening in athletes engaged in intense power training.  
American Journal of Cardiology Vol.72 November 1, 1993.
- 21) Physiological limits of "athlete's heart" in women (Abstract) Circulation Vol.88 n.4 Part 2 (Suppl) 22) October 1993. Reduction in left ventricular wall thickness after deconditioning in highly trained olympic athletes. Br Heart J 69: 125, 1993.
- 23) Prevention of sudden death in athletes with congenital bicuspid aortic valve. (Abstract)  
Medicine and Science in Sports and Exercise vol.26, n.5 May 1994 (Suppl).
- 24) Determination of maximum limits of physiologically induced left ventricular cavity enlargement due to training echocardiographic assessment in 100 elite athletes. (Abstract)  
Circulation Vol.90 n.4 part 2 October 1994.
- 25) Morphology of the "athlete's heart" assessed by echocardiography in 947 elite athletes representing 27 sport. American Journal Cardiology Vol.74 October 15, 1994.
- 26) Upper limits of physiologically induced left ventricular cavity enlargement due to athletic training. Medicine and Science in Sport and Exercise suppl. to vol.27, n.5 may 1995
- 27) Athlete's Heart in Women.  
Jama 276: 211-215, 1996
- 28) Cardiac risk in swimmers.  
Kinesiology vol. 2 N° 1:75-80, 1997
- 30) The electrocardiographic T wave changes in highly trained athletes during training  
Journal of Sports Medicine and Physical Fitness 38: 164-68, June 1998
- 31) Functional evaluation of elite softball players and follow-up of two years  
Medicine and Science in Sport and Exercise vol. 30 N° 5 suppl May 1999
- 32) Left ventricular remodeling after long-term detraining in elite athletes: insights into the natural history of "athlete's heart". Circulation vol 100, n° 18 suppl I November 2, 1999
- 33) Lack of correlation between ventricular late potentials and left ventricular mass in top-level male athletes  
Medicine and Science in Sport and Exercise vol.31, N° 3: 359-361, 1999
- 34) Significance of abnormal Electrocardiographic patterns in Trained Athletes  
Circulation 102,16, 2000
- 35) The long-term Clinical Significance of Distinctly Abnormal 12-lead ECG Patterns Highly Suggestive of Hypertrophic Cardiomyopathy in Trained athletes. Circulation 102 n° 18 (abstract) October 2000



- 36)** Genes and olympic performance: A co-twin study  
International Journal of Sport Medicine, 2000, Vol. 21:1-6.
- 37)** Effects of aerobic exercise training on 24<sup>th</sup> profile of heart rate variability in female athletes  
Journal of Sports Medicine and Physical Fitness, 2001, Vol. 41:101-107.
- 38)** Long-term Clinical Significance of Frequent and Complex Ventricular Tachyarrhythmias in Trained Athletes  
J Am Coll Cardiol 40;446-52,2002
- 39)** Conversion from vagal to sympathetic predominance with strenuous training in High-Performance World Class Athletes  
Circulation 105:2719-2724, 2002
- 40)** Remodeling of left ventricular hypertrophy in elite athletes after long-term deconditioning  
Circulation 2002 Feb 26;105(8):944-9
- 41)** Long-term clinical significance of frequent and complex ventricular tachyarrhythmias in Trained athletes.  
J Am Coll Cardiol 2002 Aug 7;40(3):446-52
- 42)** Conversion from vagal to sympathetic predominance with strenuous training in high-performance world class athletes  
Circulation, 2002, Vol. 105:2719-2724.
- 43 )** Pre-participation screening for the detection of cardiovascular abnormalities at risk of sudden death in competitive athletes  
The British Journal of Sports Medicine, 2003, Vol. 37:4-5
- 44)** T-wave and hearth rate variability changes to assess training in world class athletes.  
Medicine and Science in Sport and Exercise, 2004, Vol. 31: n.12:1748-1754
- 45)** Impact of physical deconditioning on ventricular tachyarrhythmias in trained athletes.  
J Am Coll Cardiol. 2004 Sep 1;44(5):1053-8.
- 46)** The role of exercise stress test in master athletes  
The British Journal of Sports Medicine, . 2005 Aug;39(8):527-31
- 47)** Autonomic and psychological adaptations in Olympic rowers. A study employing telemedicine approach  
Journal of Sports Medicine and Physical Fitness, , 2006 Dec;46(4):598-604
- 48)** Cardiological guidelines for competitive sports eligibility.  
Ital Heart J Suppl. 2005 Aug;6(8):502-46.
- 49)** Cardiological guidelines for competitive sports eligibility.  
Ital Heart J. 2005 Aug;6(8):661-702
- 50)** Recommendations for competitive sports participation in athletes with cardiovascular disease: a consensus document from the Study Group of Sports Cardiology of the Working Group of Cardiac Rehabilitation and Exercise Physiology and the Working Group of Myocardial and Pericardial Diseases of the European Society of Cardiology  
Eur Heart J. 2005 Jul;26(14):1422-45.
- 51)** Evidence for efficacy of the Italian national pre-participation screening programme for identification of hypertrophic cardiomyopathy in competitive athletes.  
Eur Heart J. 2006 Sep;27(18):2196-200.
- 52)** Relation between training-induced left ventricular hypertrophy and risk for ventricular tachyarrhythmias in elite athletes.  
Am J Cardiol. 2008 Jun 15;101(12):1792-5.

- 53) The natural course of bicuspid aortic valve in athletes  
Int J Sports Med. 2008 Jan;29(1):81-5. Epub 2007 Sep 13
- 54) Outcomes in athletes with marked ECG repolarization abnormalities.  
New England Journal of Medicine . 2008 Jan 10;358(2):152-61.
- 55) The Influence of a Sports Drink on the Postexercise Metabolism of Elite Athletes as Investigated by NMR-Based Metabolomics  
Journal of the American College of Nutrition, Vol. 28, No. 5, 553–564 (2009)
- 56) Structural cardiac disease diagnosed by echocardiography in asymptomatic young male soccer players: implications for pre-participation screening  
Br J Sports Med :10:1136; 2011
- 57) Effect of new nasal device Dan Air in rower  
XXXII Word Congress of Sport Medicine 27-29 september Rome (poster session)
- 58) Advancing the preparticipation Physical Evaluation: An ACSM and FIMS joint Consensus Statement  
Clin. J. Sport Med 2014; 24:442-447
- 59) Cardiovascular disease in Paralympic athletes  
Br J Sports Medicine 2016;0; 1-7
- 60) Discriminating between two autonomic profiles related to posture in Olympic Athletes.  
European Journal of Applied Physiology 2016; 116(4), 815-822 2016. DOI:10.1007/s00421-016-3337-7.
- 61) Heart Variability to monitor performance in elite athletes: Criticalities and avoidable pitfalls.  
International Journal of Cardiology 2017 50-275-281
- 62) Heart rate variability to monitor performance in elite athletes criticalities and avoidable pitfalls. Int J Cardiol 2017. <http://dx.doi.org/10.1016/j.ijcard.2017.05.001>
- 63) Right Heart Remodeling in Olympic Athletes during 8 years of intensive exercise training  
JACC VOL 72 n° 7 2018
- 64) Can the use of a single integrated unitary autonomic index provide early clues for eventual eligibility for Olympic games?  
Eur J Appl Physiol. 2018. <https://doi.org/10.1007/s00421-018-3822-2>
- 65) May a unitary autonomic index help assess autonomic cardiac regulation in elite athletes? Preliminary observations on the national Italian Olympic committee team.  
The Journal of sport Medicine and physical fitness. 2017 Dec;57(12):1702-1710. doi:10.23736/S0022-4707.17.06998-5. Epub 2017 Feb 21.
- 66) Left ventricular hypertrophy in world class elite athletes is associated with signs of improved cardiac autonomic regulation  
European J of Preventive Cardiology 2019 6- (1-9)
- 67) Cardiovascular Risk Factors and Haematological Indexes of Inflammation in Paralympic Athletes with Different Motor Impairments,  
Oxidative Medicine and Cellular Longevity Research Article (11 pages), Article ID 6798140, Volume 2019 (2019)

68) Left ventricular hypertrophy in world class elite athletes is associated with signs of improved cardiac autonomic regulation

European Journal of Preventive Cardiology 0(00) 1–9 2021

69) Efficacy and Safety of a Combined Aerobic, Strength and Flexibility Exercise Training Program in Patients with Implantable Cardiac Devices

J. Cardiovasc. Dev. Dis. 2022, 9, 182. <https://doi.org/10.3390/jcdd9060182>

70) Systematic Cardiovascular Screening in Olympic Athletes before and after SARS-CoV-2 Infection

J. Clin. Med. 2022, 11, 3499. <https://doi.org/10.3390/jcm11123499>

71) Relationship between Body Composition and Cardiac Autonomic Regulation in a Large Population of Italian Olympic Athletes J. Pers. Med. **2022**, 12, 1508. <https://doi.org/10.3390/jpm12091508>