

CURRICULUM VITAE EuroPass

Personal information

Name Surname **MARCO GERVASI**

Current Position

**Assistant Professor (Sports Science), Department of Biomolecular Sciences,
University of Urbino, Italy**

Self-assessment European level English				
Understanding		Speaking		Writing
Listening	Reading	Spoken interaction	Spoken production	
B2	B2	B2	B2	B2

EDUCATION

• Date	From 1991 to 1996
• Institute	Scientific high school with scientific and biological experimental orientation

• Date	From 2004 to 2007
• Name and type of University	University of Palermo, Italy; Course in Sports Science (code 33)

• Date	From 2007 to 2010
• Name and type of University	University of Urbino, Italy; Master's degree in Sports Science
• Qualification	Master's degree in Sports and technique Science (code 75s) 110/110 and praise

• Date	From 2010 to 2014
• Name and type of University	Department of Biomolecular Sciences, section of Sports Sciences and health University of Urbino Italy
• Qualification	PhD: Doctor of Philosophy "Molecular and functional modification applied at physical exercise" (SSD M-EDF02)

OTHER QUALIFICATIONS AND EDUCATIONAL ACTIVITIES

• Date	December 2002
• Name and type of institution	Fitness Academy (European Fitness Association) at the Italian Fitness Federation
• Title of qualification awarded	Body building and cardio-fitness level one coach

• Date	April 2003
• Name and type of institution	Fitness Academy (European Fitness Association) at Italian Fitness Federation
• Title of qualification awarded	Body building and cardio-fitness level two coach

• Date	From 18 December 2007
• Name and type of institution	FIDAL (Italian Federation of Track and Field sports) Olympic preparation centre "Giulio Onesti" Roma
• Title of qualification awarded	Track and Field sports coach
• Date	From 01/06/2009 to 30/06/2009
• Name and type of institution	Italian Swimming Federation FIN
• Title of qualification awarded	Lifeguard

• Date	From 21/10/2009 to 04/12/2009
• Name and type of institution	CONI, "Scuola Dello Sport, Centro Sportivo" Giulio Onesti, Roma
• Title of qualification awarded	Certificate of attendance at the course in: "Progettazione e Gestione della Ricerca Applicata allo Sport"

• Date	From 20/04/2011 to 05/05/2011
• Name and type of institution	ELAV, "Istituto di Alta Formazione Sportiva", via Aldo Bologna, 94/B 06012 Città di Castello (PG)
• Title of qualification awarded	Athletic Trainer Specialist in: Advanced Strength Training and Assessment for Sport "; "Advanced metabolic evaluation and training for sport" and "Advanced training periodization for sport"

• Date	From 24/09/2011
• Name and type of institution	Suspension Training course
• Title of qualification awarded	TRX Coach

• Date	From 27/02/2012 to 03/03/2012
• Name and type of institution	Italian Athletic Federation
• Title of qualification awarded	Second Level Athletic Coach

• Date	From 18/10/2012 to 21/10/2012
• Name and type of institution	Italian Tennis Federation
Title of qualification awarded	First Level Coach

• Date	From 05/05/2014 to 14/11/2015
• Name and type of institution	Italian Athletic Federation
• Title of qualification awarded	Third Level Coach: Endurance specialist

Metabolimeters	<ul style="list-style-type: none"> • VO2000 (Medical Graphys); • Vmax (Vyasis); • k4b2 (Cosmed);
Lactameters	<ul style="list-style-type: none"> • Lactameter Lactate Scout and software • Lactameter Lactate Pro and Pro2 (Arkray);
Accelerometers and tools for the evaluation of biomechanical parameters	<ul style="list-style-type: none"> • Myotest e relativo software; • Sensorize e relativo software; • Geko (Microgate) • Push e relativa software (TrainwithPush) • Pedana Optojump, e Optojump next (MICROGATE) • Muscle-lab (Boscosystem) in tutte le sue funzionalità: pedana dinamometrica, , • Encoder lineare, • Celle di carico; • Elettromiografia di superficie • Pedane TecnoBody e software dedicati
Ergometers	<ul style="list-style-type: none"> • Cilco ergometro Sistema SRM e software dedicati • Ciclo ergometro Monark e software dedicati
Heart rate monitors and GPS systems	<ul style="list-style-type: none"> • Polar, e Polar Team • Suunto, • Garmin e loro software dedicati
Tools for the measurement of viscoelastic characteristics muscle	<ul style="list-style-type: none"> • Myoton e MyotonPro e software dedicato
Match Analysis Systems	<ul style="list-style-type: none"> • Sistema Dartfish • Sistema KeySport • Kinovea
Impedance meters	<ul style="list-style-type: none"> • Bia 101 Anniversary (Akern) e software dedicato

• Date	From 2010 to 2014
• Role covered	Member of “Consiglio Direttivo FIDAL Comitato Regione Marche”

• Date	From 2011 to now
• Role covered	Track and Field coordinator at “Centro sportivo Universitario di Urbino” (CUS Urbino)

• Date	From 2018 to now
• Role covered	Member of “Consiglio Direttivo del Centro Sportivo Universitario di Urbino (CUS Urbino)”

COMPUTER SKILLS

Excellent knowledge and use of Windows Word, Excel, and Power Point
High competence in using SPSS and Stat View programmes
Advanced skills in dealing with the use of scientific data collector software

SCIENTIFIC PROJECT ACTIVITY

• Date	From 2008 to 2008
• Institution	University of Palermo, Italy
• Activity	<p>Collaborator and data collection manager in the research project from title: "Study on the cardiac and metabolic effects of training at medium altitude in high-level middle-distance runners". Co-author of a publication in an international journal, Medicine of Sport, a journal of the Italian sports medical federation, (2014); 67(4):633-41, <u>ISSN 1827-1863</u>.</p>
• Date	From 2012 to 2014
• Institution	Department of Biomolecular Sciences, section of Sports Sciences and health University of Urbino Italy
• Activity	<p>Project for the PhD from title: "Comparison between dry and water exercise in lactate kinetics" (co-author of a publication in an international journal , PLoS ONE (2017); 12(9):e0184240, <u>DOI:10.1371/journal.pone.0184240</u></p>
• Date	From 2013 to 2014
• Institution	Department of Biomolecular Sciences, section of Sports Sciences and health University of Urbino Italy
• Activity	<p>Collaborator and data collection manager in the scientific research project entitled: Fit4waste collectors' project: "a project for the prevention of accidents at work" (co-author of a contribution to the congress - SISMES - V National Congress, 2014 Abstract book)</p>
• Date	From 2013 to 2014
• Institution	Department of Biomolecular Sciences, section of Sports Sciences and health University of Urbino Italy
• Activity	<p>Collaborator and data collection manager in the scientific research project entitled: Active sitting: Use of Dynamic sitting among corporate employees (co-author of a contribution to the congress - SISMES - V National Congress, 2014, Abstract book)</p>

• Date	From 2014 to 2015
• Institution	Department of Biomolecular Sciences, section of Sports Sciences and health University of Urbino Italy and Marche Region
• Activity	“Study of metabolic and functional changes induced by physical exercise in healthy subjects and subjects suffering from chronic pathologies and primary and secondary cardiovascular prevention” - <i>Frontiers in Physiology</i> (2019); 9:10:554. DOI:10.3389/fphys.2019.00554 e di un -contributo a congresso: <i>SISMES — National Congress, Roma 2016, Abstract book</i>

• Date	From 2015 to 2016
• Institution	Department of Biomolecular Sciences, section of Sports Sciences and health University of Urbino Italy
• Activity	Collaborator and data collection manager for the scientific research project from title: "Monocentric observational study to evaluate the effect of myorelaxant topical pharmacological treatment in contractures and muscle pains (DOMS) in high-level professional cyclists during a stage race" (co-author of an article in an international journal: <i>Medicine</i> (2017); 96(30):e7659. DOI:10.1097/MD.0000000000007659 e di una comunicazione a congresso-XXXV National Congress FMSI, Roma 30 Nov. 2 Dic. 2016)

• Date	From 2015 to 2016
• Institution	Department of Biomolecular Sciences, section of Sports Sciences and health University of Urbino Italy and Italian Athletic Federation FIDAL
• Activity	Responsible for the scientific research project entitled: “Muscular viscoelastic characteristics of athletes participating at European Master Athletics Indoor Championship”: <i>European Journal Applied Physiology</i> (2017); 117(8):1739-1746. DOI 10.1007/s00421-017-3668-z

• Date	From 2017 to 2018
• Institution	Department of Biomolecular Sciences, section of Sports Sciences and health University of Urbino Italy and Medicla Scientific Department of Dipartimento Dompé Pharmaceutical, Milano, Italy.
• Activity	Responsible for data collection and exercise protocols for the scientific research project from title: "Acute and medium- / long-term effects of Friliver Performance branched amino acid supplementation and endurance training on muscle damage and performance" (co-author of 4 contributions to the congress of which 2 communications and an abstract on journal: communication to X National Congress SISMES Messina 2018; communication to the 1st International Meeting ESNS (Spazio Nutrizione, Milan, 2019); contribution ECSS Prague, 2019; contribution 41 ^ ESPEN Krakow, 2019; abstract in journal: <i>Clinical Nutrition</i> 37, 2018 DOI: https://doi.org/10.1016/j.clnu.2018.06.2049

• Date (da – a)	2017
• Institution	Department of Biomolecular Sciences, section of Sports Sciences and health University of Urbino Italy and Regenyal Laboratories Srl S. Benedetto del Tronto (AP)
• Activity	Collaborator for the scientific research project entitled: "Evaluation of the Biomarkers of cartilage and inflammatory degradation in the treatment of joint diseases with hyaluronic acid products". (co-author of an article in an international journal currently under review)

• Date	2018
• Institution	Department of Biomolecular Sciences, section of Sports Sciences and health University of Urbino Italy and Regenyal Laboratories Srl S. Benedetto del Tronto (AP)
• Activity	Collaborator and data collection manager for the scientific research project from title: "Evaluation of pathophysiological parameters in the treatment of tendon problems with multifractionated bioinductive products based on hyaluronic acid" (co-author of a contribution to the X National Congress SISMES Messina 2018 and an article is an international journal currently under review)

• Date	2018
• Institution	Department of Biomolecular Sciences, section of Sports Sciences and health University of Urbino Italy and Department of Mathematic and informatic University of Cagliari. Italy
• Activity	Convention for the implementation of projects and scientific research activities of common interest on the following topics: Software platforms, algorithms and intelligent interfaces to support physical activity for the promotion of active lifestyles; Methodology and programming of training for performance and accident prevention. Co-author of an article in the national journal Scienza e Movimento, N.13 January-March 2018; ISSN 2421-1303

• Date	2019
• Institution	Department of Biomolecular Sciences, section of Sports Sciences and health University of Urbino Italy
• Activity	Collaborator for the scientific research project from title: "Movement and health beyond care. Movis: physical and nutritional activity education path in the follow-up of patients with previous breast cancer "approved by the Ethics Committee for Human Trials (CESU) with Minutes no. 21 of 10 July 2019. (co-author of a contribution to the congress: XI National Congress SISMES Bologna 2019).

AWARDS AWARDED

• Date	2019
• Institution	Scientific Committee of ESNS- European Sport Nutrition Society
• Award	Special Mention For the high scientific and methodological rigor in the presentation of the study from the title "Acute and chronic effects of the supplementation of a supplement based on branched amino acids and alanine during the high Intensity Endurance Cycling Test"
• Institution	Society of Hygiene, Preventive Medicine and Public Health, 20-21 December, Rome, Higher Institute of Health and the Department of Public Health and Infectious Diseases Sapienza University, Rome.
• Award	Physical exercise in Tumour prevention: Experimental evidence and intervention programs "Best job in the area of epidemiology and prevention of chronic diseases"

MEMBER OF SCIENTIFIC SOCIETY AND COMMISSION

• Date	From 2014
• Activity	Member of Italian Society of Sports Sciences (SISMES)

• Date	From 2017
• Activity	Member of European Congress of Sport Society (ECSS)

• Date	2018 -2019
• Activity	Member of European Sport Nutrition Society (ESNS)

• Date	2018 - 2019
• Activity	Member of European Society of Clinical Nutrition and Metabolism (ESPEN)

• Date	From 2018
• Activity	Reviewer of Physiological Reports ISSN:2051-817X; Plos one ISSN:1932-6203; IJERPH ISSN:1660-460; Nutrients ISSN:2072-6643

• Date	2017 - 2018
• Activity	Member of the Scientific Committee for the Summer School: "Research Methodology Applied to Motor and Sport Sciences", University of Urbino Carlo Bo

CONFERENCES SPEAKER

• Date	2012
• Activity	Oral presentation: "Core strength synergy and its influence in non chronic LBP". Presso il IV National Congress SISMES, 5-7 ottobre 2012, Palermo.
• Date	2013
• Activity	Oral presentation: "Active recovery from a maximal exercise bout improves lactate clearance and peak anaerobic performance: preliminary results". Presso il V National Congress SISMES, 27-29 Settembre 2013, Pavia.
• Date	2016
• Activity	Oral presentation: "Muscle tone and viscoelastic characteristics of athletes participating at European Master Athletic Indoor Championship". Presso il VIII National Congress SISMES, 7-9 Ottobre, 2016 Roma.
• Date	2016
• Activity	Oral presentation: "Modification on muscle mechanical parameters during three professional cycling stage races in topic treatment with or without Thiocolchicoside". XXXV National Congress FMSI, 27-29 Marzo 2019, Roma.
• Date	2017
• Activity	Invited speaker: Effects of topical treatment with thiocolchicoside in preventing and reducing the increase in tone, stiffness and muscle pain during stage competitions in elite cyclists. XXVI Conference of the Italian Association of Cycling Doctors A.I.Me.C: "New perspectives of sports medicine applied to cycling" 24-25 November 2017, Grosseto.
• Date	2018
• Activity	Invited speaker: "The importance of sports integration: between scientific validation and myths". National Conference "Nutrition and sport for athlete's health" within Cosmofarma, 20-22 April 2018, Bologna.
• Date	2018
• Activity	Invited speaker: "Correct management of recovery to improve performance: Presentation of clinical study results with Friliver Sport Performance" VII ° NATIONAL TECHNICAL SCIENTIFIC CONFERENCE Italian Federation of Triathlon FITRI, Cesena, 24 November 2018 in collaboration with HQ Technogym
• Date	2019
• Activity	Invited speaker: " Acute and chronic effects of the supplementation of a supplement based on branched amino acids and alanine in the course of High intensity Endurance Cylcing Tests "congress Spazio Nutrizione, ESNS, 23 March 2019, Milan.

TEACHING EXPERIENCE

• Date	From 2011
• Institution	University of Urbino "Carlo Bo" Faculty of Motor Sciences
• Activity	Subject expert and member of the examination committee for teaching: "Methods and techniques of assessment in Sport" (LM68) SSD M-EDF / 02
• Date	From 2011 to 2016
• Institution	University of Urbino "Carlo Bo" Faculty of Motor Sciences
• Activity	Trainer for the module "The evaluation of strength" (L22) SSD M-EDF / 02 - 2 CFU
• Date	From 2011 to 2018
• Institution	University of Urbino "Carlo Bo" Faculty of Motor Sciences
• Activity	Trainer for the "Machine Operation" module (LM68-67) SSD M-EDF / 02 - 2 CFU
• Date	From 2012 to 2019
• Institution	University of Urbino "Carlo Bo" Faculty of Motor Sciences
• Activity	Contract Professor for teaching TECHNICAL AND TEACHING THEORY OF INDIVIDUAL SPORTS: ATHLETICS (L22) SSD-M-EDF / 02 5 CFU .
• Date	From 2016 to 2019
• Institution	University of Urbino "Carlo Bo" Faculty of Motor Sciences
• Activity	Contract Professor for teaching TECHNICAL AND TEACHING THEORY OF TEAM SPORTS: PRINCIPLES OF PHYSICAL-ATHLETIC PREPARATION (L22) SSD-M-EDF / 02 - 2 CFU
• Date	From 2016 al 2019
• Institution	University of Urbino "Carlo Bo" Faculty of Motor Sciences
• Activity	Contract Professor for teaching the ADVANCED COURSE OF METHODS AND TECHNIQUES OF INDIVIDUAL SPORTS: PHYSIOLOGICAL PARAMETERS OF TRAINING IN INDIVIDUAL SPORTS; APPLICATION PROTOCOLS (LM68) SSD - M-EDF / 02 - 4 CFU
• Date	From 2020
• Institution	University of Urbino "Carlo Bo" Faculty of Motor Sciences
• Activity	Professor for teaching the ADVANCED COURSE IN THE METHODS AND TECHNIQUES OF INDIVIDUAL SPORTS https://www.uniurb.it/syllabi/257562

SCIENTIFIC PUBLICATIONS

2010	P. Benelli, M. Gervasi , F. Giacomini, G. Gatta. <i>“Le Risposte metaboliche nelle Activity acquatiche non natatorie”</i> . “La Tecnica del Nuoto” Annuale, Quaderno FIN di approfondimento tecnico –metodologico-scientifico relativo all’allenamento” Febbraio 2010
2012	P. Benelli, M. Gervasi , F. Lucertini <i>“Come migliorare il recupero post-esercizio ad alta intensità”</i> . “La Tecnica del Nuoto” Quaderno FIN di approfondimento tecnico –metodologico-scientifico relativo all’allenamento” Dicembre 2012
2014	M. Gervasi , F. Lucertini, D. Sisti, M.B.L. Rocchi, G. D’Amen, P. Benelli. <i>“Recupero dopo esercizio ad alta intensità confronto tra protocolli a secco e in acqua”</i> Sport&Medicina, rivista di divulgazione Scientifica, Edi.Ermes – Milano, Volume 67 (4): 633-41; Dicembre, 2014, ISSN 0392-9647.
2014	G. Polizzi, M. Giaccone, M. Gervasi , A. D’Amato, A. Palma, C. Bartolucci, A. Federeci, F. Lucertini, <i>“Pilot study on cardiac metabolic responses to moderate-altitude endurance training in middle-distance runners”</i> . Medicina dello Sport, rivista della federazione medico sportive italiana, (2014); 67(4):633-41, ISSN 1827-1863
2017	P. Benelli, A. Coladonato, F. Colasanti, V. Colibazzi, M. Gervasi , F. Giacomini, F. Lucertini, M. Zanazzo. <i>“Activity acquatiche per la prevenzione delle malattie cardiovascolari: analisi della letteratura e proposte operative”</i> . Sport&Medicina rivista di divulgazione Scientifica, Edi Ermes – Milano; (3):28-37, Luglio-Settembre 2017, ISSN 0392-9647.
2017	M. Gervasi , D. Sisti, S. Amatori, M. Andreazza, P. Benelli, P. Sestili, M. B. L. Rocchi · A. R. Calavalle. <i>“Muscular viscoelastic characteristics of athletes participating in the European Master Indoor Athletic Championship”</i> . European Journal Applied Physiology (2017); 117(8):1739-1746. DOI 10.1007/s00421-017-3668-z
2017	M. Gervasi , D. Sisti, P. Benelli, E. Fernández-Peña, C. Calcabrini, M.B.L. Rocchi, L. Lanata, M. Bagnasco, A. Tonti, V. Stocchi, P. Sestili. <i>“The effect of topical Thiocolchicoside in preventing and reducing the increase of muscle tone, stiffness and soreness a real-life study on top road cyclists during stage competition”</i> . Medicine (2017); 96(30):e7659. DOI:10.1097/MD.0000000000007659 .
2017	F. Lucertini, M. Gervasi , G. D’Amen, D. Sisti, M. B. L. Rocchi, V. Stocchi, P. Benelli <i>“Effect of water-based recovery on blood lactate removal after high-intensity exercise”</i> . PLoS ONE (2017); 12(9):e0184240, DOI10.1371/journal.pone.0184240
2018	D. Agostini, S. Zeppa Donati, F. Lucertini, G. Annibalini, M. Gervasi , C. Ferri Marini, G. Piccoli, V. Stocchi, E. Barbieri, P. Sestili. <i>“Muscle and bone health in postmenopausal women: role of protein and vitamin D supplementation combined with exercise training”</i> . Nutrients. (2018); 10(8). pii: E1103. DOI:10.3390/nu10081103 .

2018	M. Gervasi , A. R. Calavalle, S. Amatori, E. Grassi, P. Benelli, P. Sestili, D. Sisti; “ <i>Post-activation potentiation increases recruitment of fast twitch fibers: a potential practical application in runners</i> ”. <i>Journal of Human Kinetics</i> (2018); 65: 69–78 DOI: 10.2478/hukin-2018-0021
2018	M. Gervasi , D. Sisti, E. Fiore, S. Amatori, A. R. Calavalle, F. Mulas, P. Pilloni, S. Carta, M. Cappai “ <i>Programmazione e monitoraggio dell’allenamento attraverso l’utilizzo di “U4FIT”: report di un caso studio</i> ”. <i>Scienza e Movimento</i> , N.13 Gennaio-Marzo 2018; ISSN 2421-1303
2019	D. Sisti, S. Amatori, R. Bensi, M. Vandoni, A. R. Calavalle, M. Gervasi , R. Lauciello, C. Montomoli & M. B.L. Rocchi. “ <i>Baskin – a new basketball-based sport for reverse-integration of athletes with disabilities: an analysis of the relative importance of player roles</i> ”. <i>Sport in Society, Cultures, Commerce, Media, Politics</i> (2019); ISSN: 1743-0437 doi.org/10.1080/17430437.2019.1640212
2019	A. Bertuccioli, M. Rocchi, I. Morganti, G. Vinci, M. Gervasi , S. Amatori, D. Sisti. “ <i>Streptococcus salivarius K12 in pharyngotonsillitis and acute otitis media – a meta-analysis</i> ”. <i>Nutrafoods</i> (2019); 2:80-88. DOI 10.17470/NF-019-0011
2019	G. Annibalini, S. Contarelli, F. Lucertini, M. Guescini, S. Maggio, P. Ceccaroli, M. Gervasi , C. Ferri Marini, F. Fardetti, E. Grassi, V. Stocchi, E. Barbieri, P. Benelli. “ <i>Muscle and Systemic Molecular Responses to a Single Flywheel Based Iso-Inertial Training Session in Resistance-Trained Men</i> ”. <i>Frontiers in Physiology</i> (2019); 9:10:554 DOI: 10.3389/fphys.2019.00554 .
2019	E. Barbieri, P. Sestili, G. Annibalini, L. Vallorani, M. Gervasi , V. Natalucci, S. Contarelli, D. Ligi, L. Croce, V. Stocchi, and I. Capparucci. “ <i>Efficacy of a Treatment for Gonarthrosis Based on the Sequential Intra-Articular Injection of Linear and Cross-Linked Hyaluronic Acids</i> ”. <i>Muscle and Tendons Journal</i> . DOI: 10.32098/mltj.04.2019.17
2020	M. Gervasi , D. Sisti, S. Amatori, S. Donati Zeppa, G. Annibalini, G. Piccoli, L. Vallorani, P. Benelli, M. B. L. Rocchi, E. Barbieri, A. R. Calavalle, D. Agostini, C. Fimognari, V. Stocchi, P. Sestili. “ <i>Effects of a commercially available branched-chain amino acid-alanine-carbohydrate-based sports supplement on perceived exertion and performance in high intensity endurance cycling tests</i> ”. <i>Journal of the International Society of Sports Nutrition</i> . “ <i>J Int Soc Sports Nutr</i> . 2020 Jan 20;17(1):6. DOI: 10.1186/s12970-020-0337-0 .
2020	S Donati Zeppa, D Agostini, M Gervasi , G Annibalini, S Amatori, F Ferrini, ... Mutual Interactions among Exercise, Sport Supplements and Microbiota. <i>Nutrients</i> 12 (1), 17
2020	S Donati Zeppa, D Sisti, S Amatori, M Gervasi , D Agostini, G Piccoli, ... High-intensity Interval Training Promotes the Shift to a Health-Supporting Dietary Pattern in Young Adults <i>Nutrients</i> 12 (3), 843
2020	G Baldelli, M De Santi, M Gervasi , G Annibalini, D Sisti, P Højman, ... The effects of human sera conditioned by high-intensity exercise sessions and training on the tumorigenic potential of cancer cells <i>Clinical & Translational Oncology: Official Publication of the Federation of ...</i>
2020	S Amatori, D Sisti, F Perroni, S Impey, M Lantignotti, M Gervasi , ... Which are the Nutritional Supplements Used by Beach-Volleyball Athletes? A Cross-Sectional Study at the Italian National Championship. <i>Sports</i> 8 (3), 31

2020	S Amatori, S Donati Zeppa, A Preti, M Gervasi , E Gobbi, F Ferrini, ... Dietary Habits and Psychological States during COVID-19 Home Isolation in Italian College Students: The Role of Physical Exercise. <i>Nutrients</i> 12 (12), 3660
2020	R Emili, V Natalucci, CF Marini, F Lucertini, L Vallorani, G Annibalini, M Gervasi ... Beneficial effects of exercise in oncology-MoviS: 'Movement and Health Beyond Care' <i>Annals of Oncology</i> 31, S335-S336
2020	S Amatori, E Gobbi, G Moriondo, M Gervasi, D Sisti, MBL Rocchi, ... Effects of a Tennis Match on Perceived Fatigue, Jump and Sprint Performances on Recreational Players <i>The Open Sports Sciences Journal</i> 13 (1)
2020	M Gervasi , E Gobbi, V Natalucci, S Amatori, F Perroni Descriptive kinematic analysis of the potentially tragic accident at the 2020 Austrian MotoGP Grand Prix using low-cost instruments: a brief report. <i>International journal of environmental research and public health</i> 17 (21), 7989
2021	M Gervasi , E Barbieri, I Capparucci, G Annibalini, D Sisti, S Amatori, V Carrabs, G Valli, S Donati Zeppa, M B L Rocchi, V Stocchi, P Sestili. Treatment of Achilles Tendinopathy in Recreational Runners with Peritendinous Hyaluronic Acid Injections: A Viscoelastometric, Functional, and Biochemical Pilot Study. March 2021 <i>Journal of Clinical Medicine</i> 10(7):1397 DOI: 10.3390/jcm10071397
2021	G Baldelli, M De Santi, M Gervasi , G Annibalini, D Sisti, P Højman, ... Correction to: The effects of human sera conditioned by high-intensity exercise sessions and training on the tumorigenic potential of cancer cells (<i>Clinical and Translational Oncology</i> , (2021), 23, 1, (22-34), 10.1007/s12094-020-02388-6)
2021	S Donati Zeppa, S Amatori, D Sisti, M Gervasi , D Agostini, G Piccoli, V Pazienza, P Gobbi, M B L Rocchi, P Sestili, V Stocchi. Nine weeks of high-intensity indoor cycling training induced changes in the microbiota composition in non-athlete healthy male college students. December 2021 <i>Journal of the International Society of Sports Nutrition</i> 18(1) DOI: 10.1186/s12970-021-00471-z

ABSTRACT

2011	<p>M. Gervasi, P. Benelli, D. Sisti, F. Lucertini, G. Mennelli. "Acute changes in jump-test scores after a submaximal aerobic exercise bout" <i>Journal of Sport Medicine and Physical Fitness</i>, ISSN 1827-1928 Volume 51 – Suppl. 1 To N. 3 – September 2011</p>
2011	<p>G. Mennelli, M. Gervasi, D. Sisti, A.R. Calavalle, R. Venerandi, M. Marcolini, P. Benelli. "Match analysis in elite basketball". <i>Journal of Sport Medicine and Physical Fitness</i>, ISSN 1827-1928 Volume 51 – Suppl. 1 To N. 3 – September 2011</p>
2011	<p>A. R. Calavalle, D. Sisti, G. Giacomelli, M. Gervasi, M. Rocchi "Postural Trials in rhythmic gymnastics: a new approach revealed expertise in a simple postural steadiness". <i>Journal of Sport Medicine and Physical Fitness</i>, ISSN 1827-1928 Volume 51 – Suppl. 1 To N. 3 – September 2011</p>
2012	<p>A. R. Calavalle, D. Sisti, G. Andolina, M. Gervasi, C. Spineto, M. Rocchi, V. Stocchi "Core strength synergy and it is influences in non chronic LBP". <i>Spost Science for Health</i>, October 2012, Volume 8, Issue 1 Supplement, PP 1 ISSN: 1824 - SISMES IV National Congress Palermo 2012</p>
2012	<p>G. Mennelli, P. Benelli, D. Sisti, M. Gervasi, F. Lucertini, M. Marcolini, R. Venerandi "Match analysis and possible implications on injuries in basketball". <i>XXXII World Congress of Sports Medicine: Sport medicine the Challenge for Global Health: QUO VADIS?</i>. Rome 27-30 September 2012, Abstract book.</p>
2012	<p>P. Benelli, F. Colasanti, A. Cuesta, M. Ditroilo, M. Gervasi, F. Lucertini "Underwater walking on non-motorized treadmill as a fitness tool' for both healthy and frailty subjects". <i>XXXII World Congress of Sports Medicine: Sport medicine the Challenge for Global Health: QUO VADIS?</i>. Rome 27-30 September 2012, Abstract book.</p>
2013	<p>M. Zanazzo, F. De Ruvo, F. Lucertini, M. Gervasi, A. Cuesta Vargas, P. Benelli. "Effectiveness of aquatic therapy in post-surgery rehabilitation" <i>Fizyoterapu Rheabilitasyon Turkish Journal of Physiotherapy Rehabilitation Cilt/ Volume 24 Sayi/ No 2 August 2013 ISSN: 1300-8757 1st European Conference on Evidence based aquatic therapy (ECEBAT)</i></p>
2013	<p>P. Benelli, F. Giacomini, F. Colasanti. A. Cuesta Vargas, M. Ditroilo, M. Gervasi, F. Lucertini. "Physiological responses to pedalling on water bike at different immersion heights" <i>Fizyoterapu Rheabilitasyon Turkish Journal of Physiotherapy Rehabilitation Cilt/ Volume 24 Sayi/ No 2 August 2013 ISSN: 1300-8757 1st European Conference on Evidence based aquatic therapy (ECEBAT)</i></p>
2013	<p>M. Gervasi, A. R. Calavalle, D. Sisti, M. Rocchi, "Core stability and low back pain in young healthy adults". <i>Sport Sciences for Health</i>, September 2013, Volume 9, Supplement 1:S1-S94, 132; ISSN: 1825-1234 - SISMES — V National Congress, Pavia 2013, Abstract book.</p>
2013	<p>P. Benelli, F. Lucertini, M. Gervasi. "Active recovery from a maximal exercise bout improves lactate clearance and peak anaerobic performance: preliminary results". <i>Sport Sciences for Health</i>, September 2013, Volume 9, Supplement 1:S1-S94, 132; ISSN: 1825-1234 - SISMES — V National Congress, Pavia 2013, Abstract book.</p>

2014	M. Gervasi , A. R. Calavalle, D. Sisti, V. Bottos, M. B. L. Rocchi. "Fit4Waste collectors project: wellness at workplace: phase 1". Sport Sciences for Health, September 2014, Volume 10, Issue 1 Supplement, pp 1-89; ISSN: 1825-1234 - SISMES — V National Congress, Napoli 2014
2014	M. Gervasi , A. R. Calavalle, D. Sisti, S. Senni, M.B.L. Rocchi, S. Zanuso. "Active sitting: use of dynamic sitting among corporate employees – a Survey". Sport Sciences for Health, September 2014, Volume 10, Issue 1 Supplement, pp 1-89; ISSN: 1825-1234 - SISMES — V National Congress, Napoli 2014
2015	M. Gervasi , A.R. Calavalle, D. Sisti, F. Campisi, M. Sborgia, F. Sappa, M.B.L. Rocchi. "Assessment tests to predict work injuries in waste collector workers". VII National Congress, Padova, 2-4 Ottobre 2015, Abstract book.
2015	M. Gervasi , C. Ferri Marini, P. Benelli, E. Barbieri, G. Castrignano', E. Grassi, A. Federici, V. Shoaei, L. Zoffoli, F. Lucertini. "Comparison of the energy cost of an isoinertial vs. a standard 4x3x10 squat routine". VII National Congress, Padova, 2-4 Ottobre 2015, Abstract book.
2016	M. Gervasi , D. Sisti, S. Amatori, M. Andreazza, P. Benelli, M.L.B. Rocchi, A. R. Calavalle. "Muscle tone and viscoelastic characteristics of athletes participating at European Master Athletics Indoor Championship 2016". Sport Sciences for Health,, October 2016, ISSN: 1825-1234 - SISMES — National Congress, Roma 2016.
2016	P. Rongoni, D. Sisti, M. Gervasi , M. B. L. Rocchi, A.R. Calavalle. "Predictors of training load in professional soccer players". Sport Sciences for Health,, October 2016, ISSN: 1825-1234 - SISMES — National Congress, Roma 2016.
2016	L. Di Noto, M. Gervasi , S. Amatori, G. D'amen, A.R. Calavalle. "Differences in torque parameters on pefromling in cyclist and other sports athletes", Sport Science for Health, 2017; 13 (Suppl 1): S17. DOI 10.1007/s11332-017-0384-3,, October 2016, ISSN: 1825-1234 - SISMES — National Congress, Roma 2016.
2016	S. Contarelli, G. Annibalini, F. Lucertini, M. Guescini, M. Gervasi , C. Ferri Marini, P. Benelli, E. Grassi, V. Natalucci, A. Compagnucci, E. Barbieri, V. Stocchi. "Circulating and early muscle adaptive responses to an acute flywheel isoinertial exercise". Sport Sciences for Health, October 2016, ISSN: 1825-1234 - SISMES — National Congress, Roma 2016,
2016	M. Gervasi , P. Benelli, E. Fernandez-Pena, P. Sestili. Modification on muscle mechanical parameters during three professional cycling stage races in topic treatment with or without thiocolchicoside". XXXV National Congress FMSI, Roma 30 Nov- 2 Dic. 2016. Abstract book.
2017	M. Gervasi , D. Sisti, S. Amatori, P. Sestili, M.B.L. Rocchi, A.R. Calavalle. "Indoor cycling activity induced modification in muscular viscoelastic characteristics in healthy adults". Sport Sciences for Health, September 2017, ISSN: 1825-1234 - SISMES — National Congress, Brescia 2017, Abstract book.

2018	M. Gervasi , D. Sisti, S. Amatori, A.R. Calavalle, M.B.L. Rocchi, L. Lanata, M. Bagnasco; M. Allegretti and P. Sestili. "Effect of a carbohydrate/branched chain aminoacids/alanine sport nutritional supplement (Friliver Performance) on perceived exertion in a 9-weeks high intensity interval training sessions". September 2018 Clinical Nutrition 37:S299 DOI:10.1016/J.CLNU.2018.06.2049
2018	D. Sisti, S. Amatori, R. Bensi, A.R. Calavalle, M. Gervasi , R. Lauciello, M.B.L. Rocchi. "Baskin – A basketball-based sport for disabled athletes: a role weight's analysis". Sport Sci Health, 2018; 14 (Suppl 1): S1–S99
2018	Calavalle AR, Sisti D, Gervasi M , Amatori S, Sestili P, Rocchi MBL. Postural sway alterations linked to a high intensity interval training session. Sport Sci Health, 2018; 14 (Suppl 1): S1–S99
2018	M. Gervasi , D. Sisti, S. Amatori, A.R. Calavalle; M.B.L. Rocchi; L. Lanata; M. Bagnasco; M. Allegretti and P. Sestili. "Acute and chronic effect of a carbohydrate/branched chain aminoacids /alanine sports supplement (Friliver Performance) intake on perceived exertion during high intensity interval training sessions". X National Congress SISMES Messina 2018. Abstract book.
2018	D. Sisti, S. Amatori, R. Bensi, A.R. Calavalle, M. Gervasi , R. Lauciello, M.B.L. Rocchi. "Baskin – A basketball-based sport for disabled athletes: a role weight's analysis". Sport Science for Health, 2018; 14 (Suppl 1): S1–S99
2018	A.R. Calavalle, D. Sisti, M. Gervasi , S. Amatori, P. Sestili, M.B.L. Rocchi. "Postural sway alterations linked to a high intensity interval training session". Sport Science for Health, 2018; 14 (Suppl 1): S1–S99
2019	M. Gervasi , G. Baldelli, G. Annibalini, G. Brandi, P. Sestili, E. Barbieri, M. De Santi. "Inhibition of prostate cancer cell proliferation and tumorigenesis by serum obtained after HIIT. XI National Congress SISMES Bologna 2019.
2019	M. Gervasi , S. Amatori, D. Sisti, M. Piparo, G. Cisternino, S. Donati Zeppa, G. Brandi, P. Sestili. "Increase in stiffness patellar tendon after two different distance cycling races". XI National Congress SISMES Bologna 2019
2019	S. Donati Zeppa, M. Gervasi , D. Agostini, D. Sisti, S. Amatori, G. Piccoli, P. Sestili, M. Guescini, V. Stocchi. "Effects of endurance training protocol and Friliver® Performance supplementation on gut microbiota phyla". XI National Congress SISMES Bologna 2019
2019	S. Donati Zeppa, D. Sisti, S. Amatori, D. Agostini, G. Piccoli, V. Stocchi, P. Sestili, M.B.L. Rocchi, M. Gervasi . "Effects of an endurance training protocol on spontaneously adopted-nutritional habits in healthy sedentary subjects" XI National Congress SISMES Bologna 2019

According to law 679/2016 of the Regulation of the European Parliament of 27th April 2016, I hereby express my consent to process and use my data provided in this CV.

Firma

Urbino,
26/05/2022