

Jacopo Antonino Vitale

## CURRICULUM VITAE

### PERSONAL INFORMATION

<b>Surname</b>	Vitale
<b>Name</b>	Jacopo Antonino
<b>Date of birth</b>	11/12/1987

### EDUCATION AND TRAINING

<b>Degree</b>	<b>Course of studies</b>	<b>University</b>	<b>Year of the degree</b>
Bachelor degree	Sport Science (L-22)	University of Milan	2010
Master degree	Sport Science for Health (L-67)	University of Milan	2012
Master	Master Internazionale “Riabilitazione e rieducazione funzionale nello sport”	Edi Academy	2015
Ph.D (XXVIII cycle)	Sport Science	University of Milan	2016

### FOREIGN LANGUAGES

<b>Languages</b>	<b>level of knowledge</b>
English	Excellent

### AWARDS, ACKNOWLEDGEMENTS, SCHOLARSHIPS

<b>Year</b>	<b>Description of award</b>
2012	Erasmus Placement scholarship.
2012	Ph.D scholarship.
2015	Scholarship for the best final thesis of the Master Internazionale 2015 “Riabilitazione e rieducazione funzionale nello sport”.
2016	Best poster award winner. Congress of SISMES 2016, Rome, Italy. Poster titled: “Star Excursion Balance Test performance varies between elite and non-professional female volleyball players: a comparative study”.

## TRAINING OR RESEARCH ACTIVITY

1. Data collecting for the project “Prevention of domestic injuries in elderly people” in collaboration with A.S.L. Milano from 01/02/2009 to 01/07/2009.
2. Data collecting and analysis for bachelor final thesis titled “La potenza lipidica nelle atlete di fondo” with Prof. Enrico Arcelli from 01/10/2009 to 01/03/2010.
3. Erasmus Placement Program at the Finnmark University College (Alta, Norway) from 02/02/2012 to 17/05/2012. Research activity: “the influence of chronotype on sport performance.”
4. Class of “Metodologia statistica per la ricerca in campo biomedico”, Prof.ssa Laura Vizzotto. University of Milan. 2013.
5. Class of “La ricerca citazionale in Web of Science e Scopus”, S.B.A. University of Milan. 2013.
6. Class of “Statistica di base per le Scienze Biomediche”, Prof. Carlo Porta. University of Milan. 2014.
7. Ph.D career from 01/10/2012 to 07/03/2016. Research activity: 1) Chronobiology and sleep behavior in sport; 2) Chronotype, activity circadian rhythm and sport; 3) Cytokine expression in relation to physical activity; 4) Genetic polymorphisms in sport performance; 5) Breast cancer, health and physical activity; 6) Team sport: American football in Italy vs USA; 7) Recovery processes in soccer players to promote health; 8) Dynamic balance (SEBT) and injury prevention in top Italian female athletes.
8. Researcher at IRCCS Ortopedico Galeazzi from 07/2016. Research activity: Chronobiology and biological rhythms (vitamin D) in athletes and patients. Sarcopenia and risk of falls in osteoporotic women. Scientific Coordinator: Prof. Giuseppe Banfi.

## CONGRESSES AND SEMINARS

Date	Title	Place
2012	4th national congress SISMES, Società Italiana Scienze Motorie e Sportive (oral presentation).	Palermo (Italy).
2013	18th annual congress of the European College of Sport Science (oral presentations).	Barcellona (Spain).
2013	5th national congress SISMES, Società Italiana Scienze Motorie e Sportive (2 oral presentations).	Pavia (Italy).
2014	Seminar of Prof. Gunga-Cerretelli-Stahn (Berlino, Milano)	University of Milan.
2014	Lectures by Prof. Randall W. Bryner: The physiological mechanisms controlling macronutrient use during exercise”- 4 giugno 2014 The physiology of the neuroendocrine system: the overall control of metabolic processes during exercise ”- 5 giugno 2014 The Immune System: The physiological effects of acute and chronic exercise and its clinical significance”- 6 giugno 2014	University of Milan.

	The physiological effects of fatty acids on skeletal muscle function; Not all fats are created equal: The Metabolic Syndrome- 9 giugno 2014	
2014	19th annual congress of the European College of Sport Science (oral presentation).	Amsterdam (Netherlands).
2015	69th SIAI Congress. Società Italiana di Anatomia ed Istologia (poster presentation).	Ferrara (Italy).
2015	7th national congress SISMES, Società Italiana Scienze Motorie e Sportive (Oral and poster presentations).	Padova (Italy).
2016	21st annual congress of the European College of Sport Science (poster presentation).	Wien (Austria).
2016	70th SIAI Congress. Società Italiana di Anatomia ed Istologia (poster presentation).	Roma (Italy).
2016	8th national congress SISMES, Società Italiana Scienze Motorie e Sportive (Oral and poster presentations).	Roma (Italy).
2017	9th national congress SISMES, Società Italiana Scienze Motorie e Sportive (Oral and poster presentations).	Brescia (Italy).

## PUBLICATIONS

1. Vitale J.A., Calogiuri G., Weydahl A. "Influence of chronotype on responses to a standardized, self-paced walking task in the morning vs afternoon: a pilot study". <i>Perceptual and Motor Skills</i> 116(3): 1020-8. 2013. IF 0.55.
2. Tringali C., Scala L., Silvestri I., Vitale J.A., Scurati R., Michielon G., Alberti G., Venerando B., "Protective role of 17- $\beta$ -estradiol towards IL-6 leukocyte expression induced by intense training in young female athletes". <i>Journal of Sport Sciences</i> 32(5): 452-61. 2013. IF 2.095
3. Vitale J.A., Alberti G., Carandente F. "Possono i ritmi biologici ed il cronotipo influenzare la risposta all'attività fisica?" <i>Scienza e Sport</i> . Vol. 19. 2013.
4. Vitale J.A., Roveda E., Montaruli A., Galasso L., Weydahl A., Caumo A., Carandente F. "Chronotype influences activity circadian rhythm and sleep: difference in sleep quality between weekdays and weekend". <i>Chronobiology International</i> 32(3): 405-15. Informa Healthcare New York-London. 2014. IF 3.3.
5. Rossi A., Formenti F., Calogiuri G, Vitale J.A., Weydahl A. "The effect of chronotype on psychophysiological responses during aerobic self-paced exercises ". <i>Perceptual and Motor Skills</i> 121(3): 840-55. 2015. IF 0.6.
6. Vitale J.A., Caumo A., Roveda E., Montaruli A., La Torre A., Battaglini C.L., Carandente F. "Physical attributes and NFL combine performance tests between Italian national league and american football players: a comparative study." <i>Journal of Strength and Conditioning</i>

<i>Research</i> (in press) 2016. IF: 2.075.
7. <b>Vitale J.A.</b> , Caumo A., LaTorre A. “Il football americano: il modello fisiologico, le differenze tra ruoli ed il confronto tra Italia e USA.” <i>Scienza e Sport</i> Vol. 30. 2016.
8. Roveda E., <b>Vitale J.A.</b> , Bruno E., Montaruli A., Pasanisi P., Villarini A., Gargano G., Galasso L., Berrino F., Caumo A., Carandente F. “Protective effect of aerobic physical activity on sleep behaviour in breast cancer survivors”. <i>Integrative Cancer Therapies</i> IF: 2.3 Doi: 10.1177/1534735416651719
9. Roveda E., <b>Vitale J.A.</b> , Galasso L., Carandente F. “Riadattamento degli atleti dopo volo transcontinentale”. <i>Sport&amp;Medicina</i> Aprile-Giugno 2016.
10. <b>Vitale J.A.</b> , Montaruli A., Michielon G., Scurati R., Alberti G., Carandente F., Roveda E. “Sleep quality and cytokine expression after an exhaustive exercise: influence of ACE polymorphism I/D”. <i>Sleep and biological rhythm</i> . 2016 IF: 0.58. Doi: 10.1007/s41105-016-0077-3.
11. Bruno E., Roveda E., <b>Vitale J.A.</b> , Montaruli A., Villarini A., Pasanisi P., Cogliati P., Caumo A., Galasso L., Gargano G., Carandente F., Berrino F. “Effect of aerobic exercise intervention on markers of insulin resistance in breast cancer women”. <i>European Journal of Cancer Care</i> 2016. IF: 1.79.
12. <b>Vitale J.A.</b> , Bonato M., Galasso L., La Torre A., Merati G., Montaruli A., Roveda E., Carandente F. “Sleep Quality and High Intensity Interval Training at two different times of day: a crossover study on the influence of chronotype in male collegiate soccer players”. <i>Chronobiology International</i> 2016. IF: 3.54.
13. Roveda E., <b>Vitale J.A.</b> , Montaruli A., Galasso L., Carandente F., Caumo A. Predicting the actigraphy-based acrophase using the Morningness-Eveningness Questionnaire (MEQ) in college students of North Italy. <i>Chronobiology International</i> 34(5):551-562. 2017.
14. Montaruli A., Galasso L., Carandente F., <b>Vitale J.A.</b> , Roveda E., Caumo A. If the Morning-Evening Questionnaire (MEQ) is able to predict the actigraphy-based acrophase, how does its reduced, five-item version (rMEQ) perform? <i>Chronobiology International</i> 34(4):443-444. 2017.
15. Lombardi G., <b>Vitale J.A.</b> , Logoluso S., Logoluso G., Cocco N., Cocco G., Cocco A., Banfi G. Circannual rhythm of plasmatic vitamin D levels and the association with markers of psychophysical stress in a cohort of Italian professional soccer players. <i>Chronobiology International</i> . 34(4):471-479. 2017.
16. Bonato M., La Torre A., Saresella M., Marventano I., Merati G., <b>Vitale J.A.</b> Salivary cortisol concentration after high-intensity interval exercise: Time of day and chronotype effect. <i>Chronobiology International</i> . 2017. [Epub ahead of print].
17. <b>Vitale J.A.</b> , Weydahl A. Chronotype, Physical Activity, and Sport Performance: A Systematic Review. <i>Sports Medicine</i> . 2017. [Epub ahead of print].
18. <b>Vitale J.A.</b> , Bjoerkesett E., Campana A., Panizza G., Weydahl A. Chronotype and response to training during the polar night: a pilot study. <i>International Journal of Circumpolar Health</i> 76.1 2017.
19. Bonato M., Galasso L., Agnello L., Montaruli A., Roveda E., Merati G., La Torre A., <b>Vitale J.A.</b> Acute Modification of Cardiac Autonomic Function of High-Intensity Interval Training in Collegiate Male Soccer Players with Different Chronotype: A Cross- Over Study. <i>Journal of Sports Science &amp; Medicine</i> . 2017. [Epub Ahead of print].
20. Bruno-Brayda M. et al., 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. 2017.
21. <b>Vitale J.A.</b> , La Torre A., Baldassarre R., Piacentini M.F., Bonato M. Ratings of Perceived Exertion and Self-reported Mood State in Response to High Intensity Interval Training. A Crossover Study on the Effect of Chronotype. <i>Frontiers in Psychology</i> . 8:1232. 2017.
22. <b>Vitale J.A.</b> , Bassani T., Galbusera F., Bianchi A., Martinelli N. Injury rates in martial art

athletes: anthropometric parameters and training volume, but not foot morphology indexes, are predictive risk factors for lower limb injuries. *J Sports Med Phys Fitness*. 2017 [Epub ahead of print].

<b>Congress proceedings</b>
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). In <i>Sport Science for Health</i> . Vol.8.
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).
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). In <i>Book of Abstracts of ECSS</i> .
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). In <i>Book of Abstract of ECSS</i> .
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). In <i>SPORT SCIENCES FOR HEALTH</i> vol. 9.
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). In <i>Book of Abstracts of ECSS</i> .
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). In <i>Sport Sciences for Health</i> .
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). In <i>Italian Journal of Anatomy and Embriology</i> .
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). In <i>Book of Abstracts of ECSS</i> .
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). In <i>Book of Abstracts of ECSS</i> .
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). In <i>Sport Sciences for Health</i> .
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). In Sport Sciences for Health.
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). In Book of Abstracts of ECSS.
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). In Book of Abstracts of ECSS.
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). In Book of Abstracts of ECSS.
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). In Italian Journal of Anatomy and Embriology.
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). In Italian Journal of Anatomy and Embriology.
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). In Italian Journal of Anatomy and Embriology.
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). In Italian Journal of Anatomy and Embriology.
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). In Sport Sciences for Health.
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). In Sport Sciences for Health.
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). In Sport Sciences for Health.
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).In Sport Sciences for Health.

## OTHER INFORMATION

<b>Didactic activity</b>
<ol style="list-style-type: none"> <li>1. Tutorship for experimental thesis in Sport Science. 2012-2016. Prof. Franca Carandente. University of Milan.</li> <li>2. Integrative didactic activity in “Anatomia Umana e Morfologia Applicata” of Sport Science. 2012-2016. Prof. Angela Montaruli. University of Milan.</li> </ol>

<ol style="list-style-type: none"> <li>3. Member of the examining board in “Anatomia Umana e Morfologia Applicata” of Sport Science. 2012-2016. Prof. Angela Montaruli. University of Milan.</li> <li>4. Lecture “Football Americano in Italia” for the master degree course in Sport Science. 2013-2016. Prof. Antonio La Torre. University of Milan.</li> <li>5. Lecture “Ritmi circadiani and Sport” for the master degree course in Sport Science. 2013-2016. Prof. Franca Carandente. University of Milan.</li> <li>6. Lecture “Anatomia dell’arto inferiore” for the bachelor degree course in Sport Science. 2014-2016. Prof. Angela Montaruli. University of Milan.</li> <li>7. Lecture “Alimentazione e jet-lag” for the master course in “Nutrizione e Fitness Sportivo”. 2014. Prof. Amelia Fiorilli. University of Milan.</li> <li>8. Lecture “Progettazione e gestione della ricerca applicata allo sport: analisi della letteratura scientifica”. CONI, Scuola dello Sport. Novembre 2016.</li> <li>9. Lecture for FISJ, FIN, and FITRI Federations. 2017.</li> </ol>
<p><b>Reviewer activity</b></p> <ol style="list-style-type: none"> <li>1. Chronobiology International.</li> <li>2. Sports Science for Health.</li> <li>3. Physiology &amp; Behaviour.</li> <li>4. Biology of Sport.</li> <li>5. Journal of Affective Disorders.</li> <li>6. Journal of Biological Research for Nursing.</li> <li>7. European Journal of Cancer Care.</li> </ol>
<p><b>International collaboration</b></p> <ol style="list-style-type: none"> <li>1. Prof. Andi Weydahl. UIT, University of Tromso (campus Alta). Norway.</li> <li>2. Prof. Claudio Luiz Battaglini. University of Chapel Hill (North Carolina). USA.</li> </ol>
<p><b>Other occupation</b></p> <ol style="list-style-type: none"> <li>1. Head Strength and Conditioning Coach of the first team of Rhinos Milan (American football), enrolled in the first Italian division (IFL) of FIDAF (Federazione Italiana di Football Americano).</li> <li>2. Strength and Conditioning Coach of Italian skiers (Categories: Cuccioli U11-U12 and Ragazzi U14).</li> <li>3. Tutorship for master students in Sport Science (500hrs).2014-2017.</li> </ol>

Place and date: Milan, 01/11/2017.

SIGNATURE: Jacopo Antonino Vitale.