



UNIVERSITÀ  
DEGLI STUDI  
DELL'AQUILA



DISCAB  
Dipartimento di Scienze  
Cliniche Applicate  
e Biotecnologiche

## CURRICULUM VITAE

<b>PERSONAL INFORMATION</b>	Name and Surname: Lorenzo Pugliese Department: Department of Applied Clinical Sciences and Biotechnologies Address (work): Via Vetoio City: Coppito (AQ) postal code: 67100 Nation: Italy E-mail address (work): <a href="mailto:lorenzo.pugliese@univaq.it">lorenzo.pugliese@univaq.it</a>
<b>CURRENT POSITION</b>	Assistant Professor – Senior Researcher (RTDB)
<b>EDUCATION OTHER QUALIFICATIONS</b>	Ph.D. in Sport Sciences (XXVII cycle), Doctoral School in Morphological, Physiological and Sport Sciences; Department of Biomedical Sciences for Health, University of Milan. Scientific sector M-EDF/02  Master's Degree in Science, Technique and Teaching of Sport, Faculty of Sports Sciences, University of Milan  Bachelor's Degree in Sports Sciences, Faculty of Sports Sciences, University of Milan
<b>ACADEMIC APPOINTMENTS</b>	Adjunct Professor, Degree Course in Sports Science, Department of Public Health, Experimental Medicine and Forensics, University of Pavia (from academic year 2017/2018 to 2023/2024)



<p>TEACHING EXPERIENCE</p>	<p>Professor of the course "Training Programming and Periodization in Team Sports" (6 CFU), Master's degree Course in Sports Sciences, Department of Applied Clinical Sciences and Biotechnologies (2023/2024)</p> <p>Professor for the course "Sports Activities" (6 CFU) – degree program in Sports Science – at the Department of Public Health, Experimental and Forensic Medicine – University of Pavia, for the academic years 2017/2018; 2018/2019.</p> <p>Professor in "theory and methodology of training" (6 CFU) – degree program in sports science – at the Department of Public Health, Experimental and Forensic Medicine – University of Pavia, for the academic years 2020/2021; 2021/2022; 2022/2023.</p> <p>Professor in "personal trainer" (2 CFU) – at the Department of Public Health, Experimental and Forensic Medicine – University of Pavia, the academic years 2019/2020; 2020/2021; 2021/2022; 2022/2023; 2023/2024.</p>
<p>RESEARCH ACTIVITIES</p>	<p>September 2024-now: Scientific collaboration with Badminton World Federation for the project: Evaluation of visual-perceptual abilities and their correlation with performance in badminton among athletes of different competitive levels, disciplines, and genders.</p> <p>January-June 2022: Scientific collaboration with Laboratory of Adapted Motor Activity (LAMA), Department of Public Health, Experimental Medicine and Forensics, University of Pavia</p> <p>September 2021-September 2022: Scientific collaboration with Carnegie School of Sport, Leeds Beckett University; Department of Biomedical Sciences for Health, University of Milan; IRCCS Galeazzi Orthopedic Institute, LaMSS - Laboratory of Movement and Sport Science, Milan; Department of Clinical and Biological Sciences, University of Turin</p> <p>October 2014-October 2015: Research activities with Department of Biomedical Sciences for Health (Prof. Fabio Esposito), University of Milan - Project: Physiological profile and energy expenditure of high level badminton players</p> <p>September 2010-December 2016: Research activities with Institute of Bioimaging and Molecular Physiology (IBFM) of the National Research Council (CNR) on effects of nitrate supplementation on physiological and performance parameters in healthy subjects</p> <p>September 2010-December 2017: Research activities with IBFM-CNR on effects of high-intensity training on physiological and performance parameters in master athletes</p> <p>January 2012-December 2014: Lead researcher in international research group with professors from University of Lausanne, Victoria University</p>



	<p>Melbourne, and University of Milan on "Altitude training for elite endurance athletes"</p> <p>December 2013-June 2014: Collaboration with Dr. Michael G Hughes (Cardiff Metropolitan University) on Badminton World Federation Research Grant studying validity and reliability of test battery for young badminton players</p>
--	--

<p>EDITORIAL BOARD, EDITORIAL ACTIVITIES, SOCIETY MEMBERSHIP</p>	<p>Ordinary Member of the Italian Society of Motor and Sports Sciences (SISMES)</p>
--	---

<p>SCIENTIFIC ACHIEVEMENTS BIBLIOMETRIC INDICATORS</p>	<p><b>Scopus Author ID: 55257790600</b> <a href="http://orcid.org/0000-0003-3861-7156">http://orcid.org/0000-0003-3861-7156</a> (Hirsch (H) Index 10, i10-Hirsch (H) 10, normalized Index: 1, total number of quotes 405, median number of quotes by article 29</p>
--	---

<p>SELECTED PUBLICATIONS</p>	<p>Gatti A, <b>Pugliese L</b>, Carnevale Pellino V, Del Bianco M, Vandoni M, Lovecchio N. (2022). Self-Declared Physical Activity Levels and Self-Reported Physical Fitness in a Sample of Italian Adolescents during the COVID-19 Pandemic. Eur J Investig Health Psychol Educ. 2022 Jun 18;12(6):655-665. <a href="https://doi.org/10.3390/ejihpe12060049">https://doi.org/10.3390/ejihpe12060049</a> PMID: 35735470; PMCID: PMC9221701. <b>IF 2.235 Q3</b></p> <p>Rolli F, Vitale JA, <b>Pugliese L</b>, Boccia G, LA Torre A, Pollitt L. (2022). The impact of foot angle on lower limb muscles activity during the back squat and counter movement jump. J Sports Med Phys Fitness. 2022 Jul;62(7):890-897. <a href="https://doi.org/10.23736/S0022-4707.21.12588-5">https://doi.org/10.23736/S0022-4707.21.12588-5</a> Epub 2021 Sep 9. PMID: 34498821. <b>IF 1.669 Q3</b></p> <p>Rampichini, E. Limonta, <b>L. Pugliese</b>, E. Cè, A. V. Bisconti, A. Gianfelici, A. La Torre, F. Esposito (2018). Heart rate and pulmonary oxygen uptake response in professional badminton players: comparison between on-court game simulation and laboratory exercise testing. EUROPEAN JOURNAL OF APPLIED PHYSIOLOGY, vol. 118, p. 2339-2347, ISSN: 1439-6319, <a href="https://doi.org/10.1007/s00421-018-3960-6">https://doi.org/10.1007/s00421-018-3960-6</a> <b>IF 3.346 Q2</b></p> <p><b>L. Pugliese</b>, S. Porcelli, A. Vezzoli, A. La Torre, F. R. Serpiello, G. Pavei, M. Marzorati (2018). Different training modalities improve energy cost and performance in master runners. FRONTIERS IN PHYSIOLOGY, vol. 9, p. 1-9, ISSN: 1664-042X, <a href="https://doi.org/10.3389/fphys.2018.00021">https://doi.org/10.3389/fphys.2018.00021</a> <b>IF 4.755 Q1</b></p> <p>S. Porcelli, <b>L. Pugliese</b>, E. Rejc, G. Pavei, M. Bonato, M. Montorsi, A. La Torre, L. Rasica, M. Marzorati (2016). Effects of a short-term high-nitrate diet on exercise performance. NUTRIENTS, vol. 8, p. 1-12, ISSN: 2072-6643, <a href="https://doi.org/10.3390/nu8090534">https://doi.org/10.3390/nu8090534</a> <b>IF 6.706 Q1</b></p>
------------------------------	--



**Pugliese L**, Porcelli S, Bonato M, Pavei G, La Torre A, Maggioni MA, Bellistri G, Marzorati M (2015). Effects of Manipulating Volume and Intensity Training in Masters Swimmers. INTERNATIONAL JOURNAL OF SPORTS PHYSIOLOGY AND PERFORMANCE, vol. 10, p. 907-912, ISSN: 1555-0273, <https://doi.org/10.1123/ijspp.2014-0171> **IF 4.211 Q1**

S. Mrakic-Spota, M. Gussoni, S. Porcelli, **L. Pugliese**, G. Pavei, G. Bellistri, M. Montorsi, P. Tacchini, A. Vezzoli (2015). Training effects on ros production determined by electron paramagnetic resonance (Epr) In Master Swimmers. OXIDATIVE MEDICINE AND CELLULAR LONGEVITY, vol. 2015, p. 1-8, ISSN: 1942-0994, <https://doi.org/10.1155/2015/804794> **IF 7.31 Q2**

Porcelli S, Bellistri G, **Pugliese L**, Rasica L, Marzorati M, Pavei G (2015). Commentary on "can elite athletes benefit from dietary nitrate supplementation?". JOURNAL OF APPLIED PHYSIOLOGY, vol. 119, p. 762-763, ISSN: 8750-7587 <https://doi.org/10.1152/jappphysiol.00640.2015> **IF 3.88 Q2**

S. Porcelli, M. Ramaglia, G. Bellistri, G. Pavei, **L. Pugliese**, M. Montorsi, L. Rasica, M. Marzorati (2015). Aerobic fitness affects the exercise performance responses to nitrate supplementation. MEDICINE & SCIENCE IN SPORTS & EXERCISE, vol. 47, p. 1643-1651, ISSN: 0195-9131, <https://doi.org/10.1249/MSS.0000000000000577> **IF 6.289 Q1**

**L. Pugliese**, F.R. Serpiello, G.P. Millet, A. La Torre (2014). Training Diaries during Altitude Training Camp in Two Olympic Champions : an Observational Case Study. JOURNAL OF SPORTS SCIENCE AND MEDICINE, vol. 13, p. 666-672, ISSN: 1303-2968 <https://pubmed.ncbi.nlm.nih.gov/25177197/> **IF 4.017 Q2**

A. Vezzoli, **L. Pugliese**, M. Marzorati, F.R. Serpiello, A. La Torre, S. Porcelli (2014). Time-course changes of oxidative stress response to high-intensity discontinuous training versus moderate-intensity continuous training in masters runners. PLOS ONE, vol. 9, p. 1-9, ISSN: 1932-6203, <https://doi.org/10.1371/journal.pone.0087506> **IF 3.752 Q2**

**L. Pugliese**, A. La Torre, G. Pavei, M. Bonato, S. Porcelli (2012). Cardiovascular and metabolic responses at rest and to exercise during 48h head-out immersion: a case report. SPORT SCIENCES FOR HEALTH, vol. 7, p. 113-118, ISSN:1824-7490, <https://doi.org/10.1007/s11332-012-0120-y>

PLACE AND DATE

L'Aquila, 17/10/2024