

## Academic Publications

### Published on Peer-Reviewed journal

M. Bizzini, F. M. Impellizzeri, J. Dvorak, L. Bortolan, F. Schena, **R. Modena**, A. Junge  
**Physiological and performance responses to the "FIFA 11+" (part 1): is it an appropriate warm-up?**  
Journal of Sport Sciences 2013 Jul 16

A. Brighenti, L. Bortolan, A. Savoldelli, **R. Modena**, B. Pellegrini, F. Schena  
**Effect of new type of compression garments on submaximal and maximal cycling performance in the heat (32°C)**  
Sport Sciences For Health, 2013 Oct 12

M. Fanchini, I. Ferraresi, **R. Modena**, F. Schena, A.J. Coutts, F.M. Impellizzeri  
**Use of CR100 scale for session RPE in soccer and interchangeability with CR10** International Journal of Sports Physiology and Performance 2015 Aug 26

C. Zoppiroli, B. Pellegrini, **R. Modena**, A. Savoldelli, L. Bortolan, F. Schena  
**Changes in upper and lower-body muscle involvement at increasing double poling velocities: an ecological study**  
Scand J Med Sci Sports. 2017 Nov;27(11):1292-1299

A. Fornasiero, A. Savoldelli, **R. Modena**, G. Boccia, B. Pellegrini, F. Schena.  
**Physiological and anthropometric characteristics of top-level youth cross-country cyclists.**  
J Sports Sci. 2018 Apr;36(8):901-906

### Presented at academic conferences

A. Savoldelli, A. Brighenti, L. Bortolan, **R. Modena**, B. Pellegrini, F. Schena  
**High altitude physiological demands: from the laboratory to the extreme vertical trail running.**  
In abstract book of 5<sup>th</sup> International Congress Mountain, Sport & Health, Rovereto (IT), 2013

**R. Modena**, A. Brighenti, A. Savoldelli, B. Pellegrini, F. Schena  
**Influence of skeletal age on anthropometric characteristics and jump performance in young soccer and volleyball players.**  
In abstract book of 5<sup>th</sup> International Congress Mountain, Sport & Health, Rovereto (IT), 2013

A. Brighenti, L. Bortolan, B. Pellegrini, **R. Modena**, A. Savoldelli, F. Schena  
**Physiological and psychophysiological responses during cycling at different intensities in hot environments dressing compression garments.**  
In abstract book of 5<sup>th</sup> International Congress Mountain, Sport & Health, Rovereto (IT), 2013

**R. Modena**, A. Savoldelli, A. Brighenti, B. Pellegrini, F. Schena  
**The Yo-Yo intermittent recovery test level 1 to individualizing intermittent training**  
5<sup>th</sup> Annual Congress SISMES, September 27 - 29, 2013. Pavia. Sport Sciences for Health, n. 9, suppl 1: p S33, 2013

R. Modena, A. Pasini, N. Varesco, F. Schena

**Anthropometric and physiological characteristics in young soccer players in three different levels**

6<sup>th</sup> Annual Congress SISMES, September 26 - 28, 2014. Napoli. Sport Sciences for Health, n. 10, suppl 1: p S62, 2014

M. Fanchini, L. Bortolan, B. Pellegrini, R. Modena, F. Schena

**Internal responsiveness of two methods for assessing maximal strength and peak rate of force development in lead rock climbers**

2<sup>nd</sup> International rock Climbing Research Congress, September 15 – 19, 2014. Pontresina, Switzerland.

M. Fanchini, I. Ferraresi, R. Modena, F. Schena, A.J. Coutts, F.M. Impellizzeri

**The “Centimax” Borg Scale: validity and Interchangeability with CR10<sup>®</sup> for session-RPE in soccer**

8<sup>th</sup> World Congress on Science and Football, May 20-23, 2015, Copenhagen, Denmark

R.Modena, A.Savoldelli, A.Fornasiero, B. Pellegrini, A.Ferrari, E.Locatelli, F.Schena

**Differences between female and male young athletes in performance capacity and body composition: preliminary results from the Talent Development Project “Trentino 2020”**

7<sup>th</sup> Annual Congress SISMES, October 2 - 4, 2015. Padova. Sport Sciences for Health, n. 11, suppl 1: p S7, 2015

R. Modena, A. Fornasiero, A. Savoldelli, B. Pellegrini F. Schena

**Anthropometrical and Physiological characteristics in young cross-country skiers: a longitudinal study**

6<sup>th</sup> International Congress Mountain, Sport & Health, Rovereto (IT), 2015

R. Modena, A. Togni, A. Fornasiero, A. Savoldelli, B. Pellegrini, F. Schena

**External load assessment during small sided games in soccer: influence of pitch size and goalkeeper presence**

21th annual Congress of the European College of Sport Science, July 6-9 2016, Vienna, Austria

M. Fanchini, R. Modena, D. De Grandis, F. Schena

**Effect of the collecting method on session-RPE in youth soccer players**

22th annual Congress of the European College of Sport Science, July 5-8 2017, Essen, Germany

R. Modena, A. Fornasiero, A. Savoldelli, S. Skafidas, B. Pellegrini, F. Impellizzeri, F. Schena

**12 weeks of recreational soccer with different doses, in middle-age sedentary men: effects on matches training load**

9th Annual Congress SISMES, September 29 – October 1, 2017. Brescia, Italy