

Carlo CAPELLI, M.D.



Curriculum vitae et studiorum

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1. Personal data

First and family name Carlo CAPELLI

Place and date of birth Milan, February 26th, 1959

Nationality Italian

Civil status Married to Stefania MILESI, MD, anaesthesiologist;
One child, Iacopo, born on July 1st, 1998.

Address (home) Via Sasse 18, 37132, Verona, Italy
tel: 045 973857; +39 347 2385589 (mobile)

2. Present professional position School of Exercise Sciences, University of Verona, Via Felice Casorati, 43, 37131, Verona, tel +39 045 8425140, fax +39 045 8425131, Department of Neurosciences, Biomedicine and Movement.
January 2015 – September 2019: On-leave, full professor of physiology at the Norwegian School of Sport Sciences, Dept of Physical Performances, Oslo, Norvegia. tel +39 045 8425140, fax +39 045 8425131, e-mail: carlo.capelli@univr.it; carlo.capelli@mac.com; e-mail: carlo.capelli@univr.it; carlo.capelli@mac.com.

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http://www.carlocapelli.it/www.carlocapelli.it/Homepage_of_Carlo_Capelli-Homepage_di_Carlo_Capelli.html
ORCID: 0000-0002-3278-1337

Mother tongue Italian

Military service 1985 – 1986: Scouts, Alpine troops, Courmayeur (Aosta), Italy.

Personal interests: Sailing, member of the yachting club “Società Velica di Barcola – Grignano”, Trieste.

3. Education

1978: Classical Liceum Milano, 1978 with 60/60 (highest possible grade).

1980, 1984: Human Physiology Internal Student University of Milan, Istituto di Fisiologia Umana, School of Medicine, University of Milan, Via Mangiagalli 32, 20100 Milano, Prof. Arsenio Veicsteinas.

1982: Internal Student in Clinical Medicine, School of Medicine, University of Milan, Prof. Dario Conte.

1984: University of Milan, School of Medicine and Surgery, Graduated on October 1984 with 110/110 Cum Laude defending the experimental thesis: "Chemoreflexogenic control of ventilation in elite alpine climbers", Tutor Prof. Citterio.

1985: Scholar at the course on "Biomechanics on Motion"; International Center for Mechanical Sciences (Udine, Italy).

1989, Scholar at the course "Mikrotel Seminar", ESA – IRS, March 1989, Frascati, Italy.

1990, Scholar at the residential course "La fatica Muscolare e neuronale. Fattori Biochimici, Metabolici e Neurofisiologici", March 1990, Como, Italy.

1990, Student of the training course for "Labview 2", a software for data acquisition and analysis, May 2 – 4, Padua, Italy;

1991, Student of the International Summer Course of Calorimetry, Spirometry and Biological Energetics, 21 Luglio – 3 Agosto, 1991, Innsbruck, Austria.

1996, Post Graduate School of Sports Medicine, University of Milan discussing the experimental thesis "The energy cost of

swimming over short distance competitions”, Relatore Prof. G. Miserochi.

1998, BLS (Basic Life Support course: final performance 88%, written test: 12 / 12.

1999: Scholar of the “3rd European Practicum on Clinical Exercise Testing” September-October 1999, Ist.o di Scienza dell Sport, Roma, Director: K. Wassermann, President: R. Belardinelli.

Foreign languages

Italian (mother tongue), English (TOEFL 600), Ancient Latin and Greek (orientation on the text)

4. Professional and scientific training

1986 – 1988: sport medicine doctor at “Marathon Sport Medical Center”, Via Creta 56/d, 25125 Brescia, Italy.

October 1984 – March 1985: Member of the University of Geneva (Switzerland) Study Group on Biomechanics and Bioenergetics of Cycling at sea Level, (Milan, Italy), and Altitude (Alto Irpavi, La Paz, Bolivia), working with Prof. Pietro Enrico di Prampero, Geneva, CH.

1985 – 88, official medical doctor of the Italian Sky Federation (team biathlon).

1.12.1988 – 31.8.2000: research – teaching assistant Dipartimento di Scienze e Tecnologie Biomediche, University of Udine

July 1990: Participant to the X Parabolic Flights Campaign of ESA at Bretigny s. Orge, F (Project: Life Science Experiments: P.Is. Prof. D. Linnarsson, Stockholm, Prof. J. Karemaker, Amsterdam and P.E. di Prampero, Udine.

January 1993: Department of Physiology (host Pr. Pendergast) performing experiments on Biomechanics and bioenergetics of swimming in the Environmental Physiology Unit of the State University of New York at Buffalo, USA.

October 1993 – April 1994: appointed Assistant Research Professor at the

Department of Physiology of the State University of New York at Buffalo, USA where he performed experiments on the bioenergetics and on the performance analysis of swimming.

1993 – 1995: co-investigator in Human Physiology experiments to be done during EUROMIR 1994 (EXP 51 – I) and 1995 (EXP PHY – 34 – I) missions at Star City, Moscow.

1995 – 1997: co-investigator of the E407 experiments on the effects of space flight on biomechanics of human muscles selected by NASA to fly on the LMS Shuttle mission STS 78, L. Johnson Space Center, Huston, Texas, USA.

June – August: 1995: co-investigator of a 17 days Bed-Rest Study performed at the Human Reserch Facility Unit of the Ames res. Center, Mountain V., California, USA.

July 2000: Appointed as associate professor in human physiology at the School of Medicine, University of Udine.

2000 – 2006 Associate professor of human physiology at the Department of Biomedical Sciences, School of Medicine, University of Udine, Italy.

2000 – 2006: Director of the post graduate School of Sports Medicine, School of Medicine, University of Udine, Italy.

2001 – 2003. Principal investigator of the study *Cardiovascular consequences of short-term bed rest in humans* organised in the ESA-DLR experimental campaign STBR-IP (Short term bed rest.integrative physiology) at “DLR-Institute of Aerospace Medicine Space Physiology”, Cologne, Germany.

September 2004 – January 2005: Co-investigator of the experimental campaign “*Effects of gravity acceleration on oxygen uptake during exercise in humans*”, PI Dr. G. Ferretti (Ginevra, CH), Co.i Dr. D. Linnarsson, Karolinska Inst. Stoccolma, under the appointment of the European Space Agency.

Member of the National Medical Board of the Italian Sailing Federation (FIV) from 2004 to 2012.

July 2008 – August 2008: Co-investigator of the experimental campaign “*Cardiovascular determinants of maximal oxygen consumption after bed rest: a comparison of upright and supine posture*”, under the appointment of the Italian Space Agency, Ankaran, Slovenia.

April 2010 – September 2010: Co investigator of the experiment *Determinants of bed rest induced deterioration of neural cardiovascular regulation and implication for countermeasures: role of the arterial and cardioventilatory components of the baroreflex, of muscular afferents, and of arterial modifications.*, Toulouse, France, PI. Prof Massimo Pagani, University of Milan, Italy

5. Scientific Activity

Main fields of research

Human locomotion and best performance prediction in humans;
Exercise physiology;
Muscle oxidative metabolism during exercise
Mechanisms of physiological adaptations to microgravity in humans.

Programming languages

Microsoft MS-DOS
Apple Inc MacOS
Labview, National Instr.
BASIC

Softwares

Office Suite (Microsoft Corp)
SYSTAT (Systat Inc)
StatView (SAS Institute Inc)
NIH Image (NIH)
LabView (National Instruments)
Graph III (Cricket Software)
DeltaGraph5 (Pantone)
XLSTAT2009 (addinsoft Corp)
Prism (GraphPad)

Editorial activity

Occasional reviewer of
European Journal of Applied Physiology;
Journal of Applied Physiology;
International Journal of Sports Medicine;

Pflügers Archive (European Journal of Physiology);
Journal of Physiology (London)
Journal of Science and Medicine in Sport
Medicine and Science in Sport and Exercise
British Journal of Sport Medicine
Acta Physiologica
American Journal of Physiology
Scandinavian Journal of Medicine & Science in Sports
International Journal of Sport Physiology and Performance
Respiration Physiology and Neurobiology
Lung
PlosONE
Journal of Biomechanics
Applied Physiology, Nutrition and Metabolism
Settembre 1999: membro del comitato editoriale de *The Journal of Sports Medicine and Physical Fitness*, Roma.
Swedish National Space Board (SNSB)
Swiss National Science Foundation (SNSF)
National Institute for Academic Anaesthesia (NIAA, UK)
February 2015: Member of the advisory board of *Sport Sciences for Health*, Springer

Grants and Scholarships

ASI (Italian Space Agency)– Ricerca Scientifica 2000 I/R/171/1, 25 k€.
Regional research funds FVG 2000 L.R. 3/98, 10 k€.
Italian Space Agency (ASI) – Ricerca Scientifica 2001 I/R/300/02, 50 k€.
ASI-DCMC Contract # PR-DCMC-GO-1B133-003 and PR-DCMC-GO-1B127-003, 85.0 k€.
PRIN (Research Programme of Relevant National Interest) 2007: sub unit project “Effect of heavy exercise training on cardiopulmonary responses, gas exchanges and muscular oxygen extraction in CHF patients during exercise”, 33 k€
2007-2009: PACIS activity in the contest of the project “Disorders of the human movement” financed by the Charity CARIVERONA, 110 k€.
2011, European Space Agency MAP, main Contractor Prof. P. Tesch, Ostersund

University, Sweden, Sub project “Cardiovascular and skeletal muscle responses to chronic concurrent exercise using flywheel technology in old men”, 100 k€.

PRIN 2022: co-investigator in the research Unit UNIVR of the projects “Long-COVID syndrome: pathophysiology of the impaired exercise tolerance” coordinated dal Prof E. Crisafulli, UNIVR, 236 k€.

PRIN-PNRR 2022: o-investigator in the research Unit UNIVR of the projects “Central (cardiorespiratory) and peripheral (muscular) determinants of functional deterioration in COPD: new biomarkers for evaluating disease severity and acute exacerbations?”, ccordinated by Prof B. Grassi, UNIUD.

Scientific Societies

Italian Physiological Society, fom 1994.

American College of Sports Medicine, from 1995.

European College of Sport Science, from 1996.

Istituto Nazionale Biostrutture e Biosistemi, from 1996.

American Association for the Advancement of Science, from 1995

International Human Powered Vehicle Association from 1997

New York Academy of Sciences, from 1999.

American Physiological Society, from 2006.

Italian Institute of Myology, from 2005.

6. Teaching activity

1988 – 1993: Teaching assistant of human physiology.

1993: Teacher at the “9th Lecture Course on Biophysics and Molecular Biology MUSCLE CONTRACTION FROM CROSS BRIDGES TO HUMAN LOCOMOTION”, July 4-10, 1993, Cividale del Friuli (Udine, Italy).

1993 – 1999: Professor of Applied Physiology at the School of Medicine, University of Udine, Italy.

1998 – 2006: Professor of Human Physiology in the University Course per

“Tecnico Sanitario di Laboratorio Biomedico e di Radiologia Medica.

2000-2006: Professor of human physiology in the course “Functional basis of the organism”, School of Medicine, University of Udine, Italy

2006-: Professor of Physiology, School of Exercise and Sport Sciences, University of Verona, Italy

From 2020 – Professor of General Physiology, School of Physiotherapy

- General Physiology, 6 CFU

2015 – 2019: Professor of Physiology, Dept. of Human Performances, Norwegian School of Sport Sciences, Oslo, Norway.

Courses delivered in English:

- IBI245-Biochemistry, 2015-2016, 6 CFU
- IBI213-Physiology, 2016-2017, 6 CFU
- 2BAIBI-Physiology, 2017-2019, 6 CFU
- TPH-Physiology and Biochemistry, 2018-2019, 6 CFU
- Seminars in the Course MA411, 2107-2019, 2 CFU

From 2022: Professor of Physiology and Biophysics I, School of Medicine, University of Verona.

2015 – Course in Teaching Pedagogy (basiskurs I høyskolepedagogikk), NIH, Oslo; Norway

1997 – Tutor in the preparation of the thesis “Un Modello Matematico della Bioenergetica Muscolare”, School of Computer Science, University of Udine, Dr. Daniele Terdina.

1998 – Tutor in the preparation of the thesis “Scambi gassosi ed adeguamenti cardiovascolari all’inizi del lavoro muscolare”, School of Medicine, University of Udine, Dr. S. Zacchini.

1999 – Tutor in the preparation of the thesis “Cinetica degli scambi gassosi all’inizio del lavoro muscolare: confronto di due metodi per la sua determinazione respiro per respiro”, School of Medicine, University of Udine, Dr. A. P. Beltrami.

2000 – Tutor in the preparation of the thesis “Dispendio Energetico e Fonti Energetiche di un Interval Training di Judo”, Post-graduate School of Sports Medicine, University of Udine, Dr Alessandro Colò.

2001 – Tutor in the preparation of the thesis “Profilo Fisiologico ed Antropometrico del Calciatore di Elite”, Post-graduate School of Sports Medicine, University of Udine, Dr. Livia Aita.

2002 – Tutor in the preparation of the thesis “Valutazione predimissioni del paziente con infarto miocardico non complicato”, School of Medicine, University of Udine, Dr. Gaetano Nucifora.

2000 - 2003 – Tutor in the preparation of the PhD thesis “Un Nuovo metodo per la determinazione del Ricambio Gassoso Alveolare Respiro per Respiro”, Dr. Ing. Michela Cautero, PhD Programme in Biomedical and Biotechnological Sciences, Dep.t of Biomedical Sciences, University of Udine, Italy

2003 - Tutor in the preparation of the thesis “Effetto dell’esercizio muscolare sulla cinetica degli scambi respiratori e della gettata cardiaca”, School of Medicine, University of Udine, Dr Paola Baracchini.

2003 Tutor in the preparation of the thesis “Accumulo di lattato nel corso di esercizio sottomassimale: effetti del disallenamento e del bed rest”, Graduation in Motor Science, Riccardo Muzzi.

2003 – Tutor in the preparation of the thesis “Ricostruzione del legamento crociato anteriore nello sportivo: trattamento riabilitativo e criteri gestionali”, Post-graduate School of Sports Medicine, University of Udine, Dr. Paolo Magrin.

2004 - Tutor in the preparation of the thesis “Determinazione del $\dot{V}O_{2max}$ in una popolazione studentesca: confronto tra i dati di laboratorio e dati ottenuti su campo”, Graduation in Motor Science, Dr Francesco Grazzina.

2004 - Tutor in the preparation of the thesis “Bioenergetica dell’esercizio intermittente: possibili applicazioni pratiche”,

Graduation in Motor Science, Dr. Angela Bianchi.

2004 – Tutor in the preparation of the thesis “Il costo energetico del nuoto in atleti di gran fondo d’élite”, Post-graduate School of Sports Medicine, University of Udine, Dr. Alessandro Milan.

2003 – 2005 - Tutor in the preparation of the PhD thesis “Effects of simulated microgravity on human cardiopulmonary system in during exercise” Dr. Enrico Tam, PhD Programme in Biomedical and Biotechnological Sciences, Dept. of Biomedical Sciences, University of Udine, Italy.

2006 – 2009 - Tutor in the preparation of the PhD thesis of Dott Alessandra Adami “Alveolar gas exchange kinetics in humans during moderate and supra-maximal intensity exercise”, PhD Programme in Science of Physical Exercise and Human Movements, Dept. of Neurological and Vision Sciences, University of Verona, Italy.

2006 – 2009 - Tutor in the preparation of the PhD thesis of Dott Luca Plaino “Utilization of GPS systems for estimating energy cost and expenditure during human locomotion”, PhD Programme in Biomedical and Biotechnological Sciences, Dept. of Biomedical Sciences, University of Udine, Italy.

2005 – 2009 - – Tutor in the preparation of the PhD thesis of Dott. Valeria Marconi nel XXIII Cycle of PhD: “Energy cost of locomotion and cardiovascular responses in children with cerebral palsy”, Dottorato in Scienze dell’Esercizio Fisico e del Movimento Umano, Dip.to di Scienze Neurologiche, Neuropsicologiche, Morfologiche e Motorie, Università degli Studi di Verona.

2006 - 2009 – Tutor in the preparation of the PhD thesis of Dott. Davide Conte nel XXIV Cycle of Ph: “MUSCLE MECHANICAL WORK IN WALKER-ASSISTED LOCOMOTION: INSTRUMENTATION AND MODELLING FOR AN INTEGRATED GAIT ANALYSIS

IN CEREBRAL PALSY, Dottorato in Scienze dell'Esercizio Fisico e del Movimento Umano, Dip.to di Scienze Neurologiche, Neuropsicologiche, Morfologiche e Motorie, Università degli Studi di Verona.

2012 - 2015 – Tutor in the preparation of the PhD thesis of Dott. Paolo Bruseghini nel XXVII Ciclo di dottorati nella preparazione della tesi dal titolo "CARDIOVASCULAR AND SKELETAL MUSCLE RESPONSES TO CHRONIC CONCURRENT EXERCISE USING HIT AND FLYWHEEL TECHNOLOGY IN OLDER ADULTS, Dottorato in Scienze dell'Esercizio Fisico e del Movimento Umano, Dip.to di Scienze Neurologiche e Motorie, Università degli Studi di Verona.

2016: Human Physiology, 15 CFU, Norwegian School of Sport Sciences, Undergraduate course; lectures for master Students;

2016 – 2020: Co-supervisor of a PhD project entitled The importance of muscular adaptations for oxygen delivery and oxygen uptake, candidate Øyvind Skattebo, NIH. Oslo

7. Organizing activity

Member of the scientific organizing committee of the "9th Lecture Course on Biophysics and Molecular Biology MUSCLE CONTRACTION FROM CROSS BRIDGES TO HUMAN LOCOMOTION", July 4-10, 1993, Cividale del Friuli (Udine, Italy).

Member of the scientific organizing committee of the Course "Biomeccanica e Bioenergetica della Marcia e della Corsa ne Soggetto Sano e nel Portatore di Protesi d'Anca o Ginocchio", organized by C.I.S.M, Udine, 25 –27 November, 1998.

Member of the scientific organizing committee of the School of Physiology and Biophysics of the Italian Physiological Society "Physiology of Human Locomotion" Rovereto (TN, Italy) September 2001.

Member of the organizing committee of the 2nd Congress on Mountain, Sport & Health, Rovereto (TN), Italy, November 2005.

2006-: Member of the Scientific Board of the Research Center CEBISM, University of Trento, Italy.

Member of the organizing committee of the 3rd Congress on Mountain, Sport & Health, Rovereto (TN), Italy, 12-14 November 2009.

Member of the local organizing committee, 63rd National Congress of the Italian Physiological Society, September 21-23 2013, Verona, Italy.

Member of the organizing committee of the 5th Congress on Mountain, Sport & Health, Rovereto (TN), Italy, December 2013.

Member of the Programme Committee of Biodevices/Biostec 2016, February 21-23 2016, Rome, Italy

Member of the Programme Committee di Biodevices/Biostec 2017, 21-23 February, 2017, Porto, Portugal

Member of the Programme Committee di Biodevices/Biostec 2018, 19 - 21 January, 2018, Madeira, Portugal

Member of the Programme Committee di Biodevices/Biostec 2019, 22 - 24 February, 2019, Prague, Czech Republic

Member of the Programme Committee di Biodevices/Biostec 2020, 24 - 26 February, 2020, Valletta, Malta.

Member of the Programme Committee di icSports 2020, 4 - 6 November, 2020, Setubal, Portugal.

Member of the Scientific Committee "First International University School of Physical Activity and Exercise", Verona, December 9-11, 2021.

Member of the Programme Committee of icSports 2021, 28-29 October, 2021, on line meeting.

Member of the Programme Committee of icSports 2022, 27 - 28 October, 2022, La Valletta, Malta.

President of the Meeting icSports 2023, 16-17 November 2023, Roma, I.

President of the Meeting icSports 2024, 21-22 November 2024, Porto, Portugal

8. Activity in academic board

2000 – 2006: Member of Board for promoting Students International exchanges, School of Medicine, University of Udine. Italy

2000 – 2007: Director of the post graduate school of Sports Medicine, School of Medicine, University of Udine, Italy.

2000 – 2006: Faculty member of the PhD Course in Biomedical Sciences, Department of Biomedical Sciences, University of Udine, Italy.

2000 – 2006: member of the Committee for promoting the sports activities of the University of Udine, Italy.

2006- Faculty member of the PhD course in Sciences of Human Exercise and Movement, University of Verona, Italy.

2008-: Member of the Board of The PhD School in Biomedical Translational Sciences, University of Verona, Italy

2008 - 2013: member of the University Board (Senato Accademico) of the University of Verona , Italy, as representative of the full professors of the School of Sports and exercise Sciences.

2008 – 2013: member of the Permanent Board of Research of the University of Verona, Italy.

2010: Member of the Scientific Board of the Research Center of the University of Verona, CERiSM (Rovereto, TN, Italy), Vice Director of CERiSM.

2013: Coordinator of the PhD Course in Exercise and Movement Sciences, University of Verona

8. LIST OF PUBLICATIONS

H INDEX 27; SUM OF TIMES CITED; 2066; AVERAGE CITATIONS PER ITEM 17.7. FROM WEB OF SCIENCE, ACCESS ON APRIL 25TH 2020

1) JOURNALS WITH EDITORIAL BOARD

1. Negrini D, **Capelli C**, Morini M e Miserocchi G. Gravity dependent distribution of parietal subpleural interstitial pressure. *J. Appl. Physiol.*, 63: 1912 - 1918, 1987. (#citations WOS: 21, IF 2018: 3,256)
2. **Capelli C**, Donatelli C, Moia C, Valzer C., Rosa G. e di Prampero PE. Energy cost and efficiency of sculling a Venitian gondola. *Eur. J. Appl. Physiol.*, 60: 175 - 178, 1990. (#citations WOS: 8, IF 2018: 2,401).
3. Brueckner. JC, Atchou G, **Capelli C**, Duvallet A, Barrault D, Joussein E, Rieu M e di Prampero PE. The energy cost of running increases with the distance covered. *Eur. J. Appl. Physiol.*, 62: 385 - 389, 1991. (#citations WOS: 69, IF 2018: 2,401).
4. **C. Capelli** e P. E. di Prampero. Maximal explosive power and aerobic exercise in humans. *Schweiz. Ztschr. Sportmed.* 39: 103-111, 1991 (#citations WOS: 4).
5. Antonutto G, **Capelli C** e di Prampero P.E. Pedalling in space as a countermeasure to micro - gravity deconditioning. *Microgravity Quart.*, 1: 93 - 101, 1991. (#citations WOS: 17)
6. Zamparo P, **Capelli C** e Antonutto G. Blood Lactate during leg exercise in micro - gravity. *Acta Astronautica* , 27: 61 - 64, 1992. (#citations WOS: 4, IF 2018: 2,227)
7. **Capelli C**, Antonutto G, Zamparo P, Girardis M e di Prampero PE. Effects of prolonged cycloergometric exercise on maximal power and oxygen

- uptake on humans. *Eur. J. Appl. Physiol.* , 66: 189 - 195, 1993. (#citations WOS: 26, IF 2018: 2,401)
8. di Prampero PE, **Capelli C**, Pagliaro P, Antonutto G, Girardis M e Zamparo P. Energetics of best performances in middle distance running. *J. Appl. Physiol.*, 74: 2318 - 2342, 1993. (#citations WOS: 151, IF 2018: 3,256).
 9. **Capelli C**, Rosa G, Butti F, Ferretti G, Veicsteinas A e di Prampero PE. Energy cost and efficiency of riding "Aerodynamic Bicycles". *Eur. J. Appl. Physiol.*, 67: 144 - 149, 1993. (#citations WOS: 62, IF 2018: 2,401).
 10. Antonutto G., Girardis M, Tuniz D, Petri E e **Capelli C**. Assessment of cardiac output from non-invasive determination of arterial pressure profile in subjects at rest. *Eur. J. Appl. Physiol.* , 69: 183 - 188, 1994. (#citations WOS: 12, IF 2018: 2,401).
 11. **Capelli C**, Zamparo P, Cigalotto A, Francescato MP, Soule RG, Termin B, DR Pendergast e di Prampero PE. Bioenergetics and biomechanics of front crawl swimming. *J. Appl. Physiol.*, 78: 674 - 679, 1995. (#citations WOS: 39, IF 2018: 3,256)
 12. Minetti AE, **Capelli C**, Zamparo P. di Prampero PE e Saibene FB. Effects of speed and stride frequency on mechanical power and energy expenditure of walking. *Med. Sci. Sports Exer.*, 27: 1194 - 1202, 1995. (#citations WOS: 93, IF 2018: 4,291)
 13. **Capelli C** e di Prampero PE. Effects of altitude on top speeds during 1 hour unaccompanied cycling. *Eur. J. Appl. Physiol.*, 71: 469 - 471, 1995. (#citations WOS: 13, IF 2018: 2,401)
 14. Antonutto G., **Capelli C**, Girardis M, Zamparo P e di Prampero PE. Effects of micro - gravity on muscular explosive power of the lower limbs in humans. *Acta Astronautica*, 36: 8 - 12, 1995. (#citations WOS: 11, IF 2018: 2,227).

15. Zamparo P, **Capelli C**, Termin B, DR Pendergast e di Prampero PE. Effect of the underwater torque on the energy cost, drag and efficiency of front crawl swimming. *Eur. J. Appl. Physiol.* 73: 195 - 201, 1996. (#citations WOS: 32, IF 2018: 3,256)
16. Zamparo P, Antonutto G, **Capelli C**, Francescato MP, Girardis M, Sangoi R e Soule RG. Effects of body size, body density, sex and growth on the underwater torque. *Scand J Med Sci Sports.*, 6: 273 - 280, 1996. (#citations WOS: 42, IF 2018: 2,410).
17. Zamparo P, Sepulcri L, Antonutto G, Girardis M, **Capelli C** e di Prampero PE. Effects of elastic recoil on maximal explosive power of the lower limbs. *Eur. J. Appl. Physiol.*, 75: 289 - 297, 1997. (#citations WOS: 15, IF 2018: 3,256)
18. Zamparo P, **Capelli C**, Pagliaro P, De Luca G, Pertoldi S, Saccavini M e di Prampero PE. Quantitative evaluation of the Myotatic Reflex in Hemiplegic and Paraplegic patients. *Adv. Clin. Path.*, 1: 49 - 57, 1997.
19. **Capelli C**, Schena F, Zamparo P, Dal Monte A, Faina M e di Prampero PE. Energetics of best performances in track cycling. *Med. Sci. Sports Exer.*, 30: 614 - 624, 1998. (#citations WOS: 52, IF 2018: 4,291)
20. **Capelli C**, Pendergast DR e Termin B. Energetics of swimming at maximal speeds. *Eur. J. Appl. Physiol.*, 78: 385 - 393, 1998. (#citations WOS: 125, IF 2018: 2,401)
21. Antonutto G, **Capelli C**, Girardis M, Zamparo P e di Prampero PE. Effects of micro - gravity on maximal power of the lower limbs during very short efforts in humans. *J. Appl. Physiol*, 86: 85 - 92, 1999. (#citations WOS: 58, IF 2018: 3,256)

22. **Capelli C.** Physiological determinants of best performances in human locomotion. *Eur. J. Appl. Physiol.*, 80: 298 – 307, 1999. (#citations WOS: 29, IF 2018: 2,401)
23. Zamparo P, **Capelli C** e Guerrini G. Energetics of kayaking at sub-maximal and maximal speeds. *Eur. J. Appl. Physiol.*, 80: 542 –548, 1999. (#citations WOS: 41, IF 2018: 2,401)
24. Milesi S, **Capelli, C**, Denoth MD, Hutchinson T e Stüssi E. Effects of 17 days bedrest on the maximal voluntary isometric torque and neuromuscular activation of the plantar and dorsal flexors of the ankle. *Eur. J. Appl. Physiol*, 82: 197 – 205, 2000. (#citations WOS: 10, IF 2018: 2,401)
25. Zamparo P, Antonutto G, **Capelli C** e di Prampero PE. Effects of different after - loads and muscular lengths on maximal explosive power of the lower limbs. *Eur. J. Appl. Physiol*, 82: 381 – 390, 2000. (#citations WOS: 5, IF 2018: 2,401)
26. Zamparo P, **Capelli C**, Cautero M, Di Nino A. Energy cost of front crawl swimming at supra maximal speeds and underwater torque in young swimmers. *Eur. J. Appl. Physiol*, 83: 487-491, 2000. (#citations WOS: 57, IF 2018: 2,401)
27. Zamparo P, **Capelli C** e Cencigh P. Energy cost and mechanical efficiency of riding a four wheels human powered recumbent vehicle. *Eur. J. Appl. Physiol.*, 83: 499-505, 2000. (#citations WOS: 4, IF 2018: 2,401)
28. **Capelli C**, Cautero M e di Prampero PE. New perspectives in breath – by – breath determination of alveolar gas exchanges in humans. *Plfegers Arch.*, 441: 566-577, 2001. (#citations WOS: 39, IF 2018: 2,765)
29. Bertolissi M, Bassi F, Cecotti R, **Capelli C**, Giordano F. Pruritus: a useful sign for predicting the haemodynamic changes that occur following

- administration of vancomycin. *Crit Care*, 6(3):234 – 9, 2002. 8#citations WOS: 5; IF 2018, 6,630)
30. Cautero M, Beltrami AP, **Capelli C** e di Prampero PE. Breath – by – breath alveolar oxygen transfer at the onset of step exercise in humans: methodological implications. *Eur. J. Appl. Physiol.*, 88: 203 –231, 2002. (#citations WOS: 36, IF 2018: 2,401)
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- 74) Tam E, Bruseghini P, Pogliaghi S, **Capelli C**. Can a short-term hiking training speed up V'O₂-on kinetic in healthy sedentary women? Proceedings of the del 63° Congress of the Italian Physiological Society, Verona 21 23 Settembre 2012, P149.
- 75) Calabria E, Pogliaghi S, Mazza ME, Dyark K, Bellotti C, Salvagno G, Mottes M, Guidi G, Bicciato S, Schiaffino S, Schena F, **Capelli C**. Immunosenscence and physical exercise: search for healthy ageing. Proceedings of the del 63° Congress of the Italian Physiological Society,, Verona 21 23 Settembre 2012, P38.
- 76) Pogliaghi S, Molesini M, **Capelli C**. Effect of recovery time, following moderate intensity exercise, on V'O₂-on kinetic in healthy males. Proceedings of the del 63° Congress of the Italian Physiological Society, Verona 21 23 Settembre 2012, P178.

- 77) Bruseghini P, Calabria E, Tam E, Pogliaghi S, **Capelli C**. Effect of high-intensity-interval-training (HIT) on maximal aerobic power and ventilatory threshold in older adults. Proceedings of 64th Congress of the Italian Physiological Society, Portonovo, Ancona 18 - 20 September 2013, P72.
- 78) Tam E, Bruseghini P, Calabria E, Milanese C, Pogliaghi S, Schena F, **Capelli C**. Effects of high-intensity-interval-training (HIT) on cardiovascular fitness and cardiometabolic risk in the elderly. ACSM Annual Meeting, 27 - 31 maggio 2014, Orlando, USA, *Med. Sci. Sports Exerc.* 46 (Suppl 1 5S): S269, 2014.
- 79) Bruseghini P, **Capelli C**, Tam E, Pogliaghi S, Calabria E, Schena F, Annoni I, Galvani C. Physical activity accumulation in bouts and nonbouts and relation to cardiorespiratory fitness in older adults. ACSM Annual Meeting, 27 - 31 maggio 2014, Orlando, USA, *Med. Sci. Sports Exerc.* 46 (Suppl 1 5S): S236, 2014.
- 80) Pogliaghi S, Tam E, **Capelli C**. Effect of incomplete recovery on $\dot{V}O_2$ -kinetics during moderate-intensity exercise transitions in healthy humans. ACSM Annual Meeting, 27 - 31 maggio 2014, Orlando, USA, *Med. Sci. Sports Exerc.* 46 (Suppl 1 5S): S524, 2014.
- 81) Nardello F **Capelli C**, Schena F. Running economy, maximal muscular performance and muscle damage after long distance running. Proceedings of the VI Congress of SISMES, Naples 26-28 September, 2014. *Sport Sci Health* (Suppl 1) S9.
- 82) **Capelli C**, Tam E, $\dot{V}O_2$ kinetics in response to High-Intensity-Training (HIT) and isoinertial resistance training (IRT) in older, healthy men. Proceedings of the 65th Congress of the Italian Physiological Society, Anacapri 28-30 September 2014, P41.
- 83) Bruseghini P, Tam E, calabria E, Pogliaghi S, Rossi A, **Capelli C**. Effects of High Intensity training and isoinertial training on intermuscular adipose

- tissue in older adults. Proceedings of the XX Congress of the European College of Sport Sciences, 24-27 June 2015, Malmö, S, P258 – P259.
- 84) **Capelli C**, Lopez S, Bourgois J, Tam E. Cardiovascular and metabolic responses during On-Water upwind sailing in optimist sailors. Proceedings of the XX Congress of the European College of Sport Sciences, 24-27 June 2015, Malmö, S, P342.
- 85) Zandonai T, Bruseghini P, Tam E, **Capelli C**, Chiamulera C. Peripheral and central effects of smokeless tobacco on exercise endurance in men. Proceedings of the XX Congress of the European College of Sport Sciences, 24-27 June 2015, Malmö, S, P528-P529.
- 86) Galvani C, Alberti M, El Goch M, **Capelli C**, Dalle Grave R. Physical activity associations with physical fitness in anorexia nervosa at baseline and after recovery. CSM Annual Meeting, 276 - 30 maggio 2015, San Diego, USA, Med. Sci. Sports Exerc. 47 (Suppl 1 5S).
- 87) **Capelli C**. Effects of physical training and high altitude exposure on oxidative metabolism and muscle composition in humans. Symposium - 4: Cellular and physiological adaptations to physical training and detraining in hypoxia, Proceedings of the 66th Meeting of the Italian Physiological Society SIF, September 16-18 2015, Genova, Italy, ISBN 9788894010527.
- 88) Calabria E, Dal Sacco L, Schena F, **Capelli C**, Tam E. EFFECT OF BEETROOT JUICE SUPPLEMENTATION ON MITOCHONDRIAL FITNESS IN HEALTHY ELDERLY MEN. Proceedings of the XXI Congress of the European College of Sport Sciences, 6-9 July, Vienna, A, 2017, S389.
- 89) Bruseghini P, Tam E, Calabria E, Pogliaghi S, **Capelli C**. EFFECT OF HIGH INTENSITY TRAINING AND ISOINERTIAL TRAINING ON MUSCLE FUNCTIONS IN OLDER ADULTS. Proceedings of the XXI Congress of the European College of Sport Sciences, 6-9 July, Vienna, A, 2017, S444.

- 90) **Capelli C**, Bruseghini P, Calabria E, Pogliaghi S, Tam E. EFFECT OF AEROBIC AND STRENGTH TRAINING ON GAS EXCHANGE KINETICS DURING MODERATE- AND HEAVY INTENSITY EXERCISE IN ELDERLY. Proceedings of the XXI Congress of the European College of Sport Sciences, 6-9 July, Vienna, A, 2017, S497.
- 91) Dal Sacco L, Calabria E, Spigolon G, Colosio A, **Capelli C**, Tam E. EFFECTS OF NITRATE ON O₂ COST OF EXERCISE IN HEALTHY ELDERLY MEN. Proceedings of the XXI Congress of the European College of Sport Sciences, 6-9 July, Vienna, A, 2017, S584-S585.
- 92) **Capelli C**. Endurance performances in humans. What sets the pace? Proceedings of the Proceedings of the 68th Meeting of the Italian Physiological Society SIF, September 6-8 2017, Pavia, Italy.

9. SEMINARS AND CONFERENCES

- 1) July 1993: "Bioenergetics of best performances in track running" al "*9th Lecture Course on Biophysics and Molecular Biology MUSCLE CONTRACTION FROM CROSS BRIDGES TO HUMAN LOCOMOTION*", July 4-10, 1993, Cividale del Friuli (Udine, Italia).
- 2) January 1994: Department of Physiology of the State University of New York at Buffalo, NY, USA" Invited to deliver the lecture *titolo Energetics of best performance in track cycling*.
- 3) July 1997: "Energetics of best performance in human locomotion" al Symposium "*Maximal performance in Locomotion*", "XXXIII International Congress of Physiological Sciences, 30 Giugno –5 Luglio, 1997, St. Pietroburgo, Russia.
- 4) November 1998: "*Biomeccanica e Bioenergetica della marcia e della corsa nel soggetto sano e nel portatore di protesi d'anca e di ginocchio*", organizzato dal C.I.S.M., Udine, Italia. Invited to deliver the lecture: "Il ricambio gassoso".
- 5) February 1998 e 1999: *Locomozione umana in alta quota* in the residential course *Medicina di Montagna* organized by Università di Padova, Bressanone (Bolzano).
- 6) July 1999: *Physiological basis of aerobic performance, Post-Graduate Satellite Course Laboratory and Field Assessment of Aerobic Performance*, organizzato in occasione del "*Fourth Annual Congress of the European College of Sport Science*, 10 – 14 July, Roma, Italia.
- 7) October 1999: *Energy cost of cycling* al Congresso "*Health Care and Sport Performance in Cycling Towards the "2000"*", Verona October 7th – 8th, 1999.

- 8) September 2000: *Bioenergetic limits of maximal speeds in human locomotion* in occasione della tavola rotonda "*Muscolo e Motilità Cellulare*" organized by V. Lombardi e C. Reggiani in The Fall Meeting of the Italian Physiological Society, September 25 –27 2000, Catania.
- 9) March 2001: *Costo energetico della locomozione umana* at the meeting "L'attività fisica nella prevenzione delle malattie cardiovascolari", 1° Convegno per Nuove proposte di politica sportiva, Verona March 31 2001.
- 10) September 2001: Teacher at the Scuola di Fisiologia e Biofisica 2001 della SIF "*Fisiologia della Locomozione Umana*"; Lectures on: 1) *Potenza e Capacità Lattacida*; 2) *Scambi respiratori respiro – per – respiro: algoritmi a confronto*; 3) *Simposio – Il rendimento della locomozione umana, aspetti energetici*; CeBISM, Rovereto (TN), September 12 – 15 2001.
- 11) September 2001: "*Il costo energetico del nuoto*", *Acquatics 2001*, Roma September 5 – 8 2001.
- 12) October 2001: Teacher at "Corso teorico pratico di interpretazione del test da sforzo cardiopolmonare" "*Il Costo Energetico*"; *La Cinetica del Consumo di Ossigeno e Il Calcolo del Consumo di Ossigeno.*, Organised by P:E. di Prampero. R. Belardinelli. M. Faina, P: Palange, Rome October 26 – 27 2001.
- 13) December 2001: "*Scambi alveolo – capillari nell'uomo*", Cardiological club of the Hospital of Udine, Italy
- 14) September 2002: Basi teoriche della Bioenergetica della locomozione umana, Convegno sulla Biomeccanica e Bioenergetica della Locomozione Umana in Carrozzina: applicazioni allo sportivo disabile, September 14 2002, IMFR, Udine.
- 15) September 2002: Il costo energetico del nuoto, Swimming trainer meeting, Chianciano 27 – 28 September 2002.

- 16) July 2003: Teacher at the World Seminar for Swimming coaches and trainers, FINA and Spain Swimming Ass., Barcellona (Spain), July 16 – 19 2003.
- 17) September 2003: Adattamenti cardio-respiratori all'esercizio muscolare dopo bed-rest: vecchi problemi e nuovi approcci. Atti del X Congresso Nazionale della SIRC, Rome, 24-26 Settembre.
- 18) October 2003: Valutazione del calciatore: test di laboratorio – Aspetti cardiovascolari, Quinto incontro studio "la valutazione del calciatore: un approccio scientifico", Parma, October 6 2003.
- 19) November 2003: Simposyium in occasion of the seventieth birthday of Prof. Paolo Cerretelli, Udine, Invited to deliver the lecture "New acquisitions in the assessment of gas exchanges at alveolar level in humans", Udine, November 27 . 29, 2003.
- 20) December 2003: Finapres-Portapres, Cardiovascular monitoring in critical care medicine, Udine Dicembre 12th , 2003.
- 21) May 2005: *Adattamenti cardiopolmonari all'esercizio dopo bed-rest di corta durata; Sindrome da Allettamento: aspetti fisiopatologici e riabilitativi*; Udine, May 13, 2005.
- 22) May 2005: *The energetics of competitive swimming*. Atti dell'International Symposium in Swimming, INSEP, Parigi 17 – 20 Maggio 2005.
- 23) June 2005: *Energetica del lavoro intermittente*. IX National Meeting of the Medical doctor of basket teams. Monza (MI), June 4-5 2005.
- 24) June 2005: I fattori determinanti la gettata cardiaca, Corso "Valutazione della funzioen cardiaca mediante monitoraggio doppler del flusso in aorta discendente, Udine, June 21 2005.

- 25) July 2005: *Ethics and Sports*. VIII International Intensive Course in Bioethics applied to the Multicultural Aspects of Biomedicine, Praga (CZ), July 11 – 21, 2005.
- 26) November 2005; *Nuove acquisizioni nella determinazione del transfer alveolo-capillare di ossigeno respiro-per-respiro nell'uomo*, Corso di Laurea in SS.MM., Verona.
- 27) July 2006; Breath by breath gas exchange: getting it right, Simposio "Measuring "real" breath-by-breath gas exchange , 11th Annual Congress European College of Sport Science, Losanne (CH), July 5 - 8 2006.
- 28) July 2006: *Ethics and Sports*. X International Intensive Course Bioethics at the Frontiers of Biomedicine, Praga (CZ), July 17 – 28 2006.
- 29) October 2006: Stile di corsa, costo energetico e prestazione sportiva, Convegno "LA PREPARAZIONE PER LA MARATONA A LIVELLO AGONISTICO ED AMATORIALE", VERONA, OCTOBER 14, 2006.
- 30) October 2006: Effetti dell' ipomobilità (bed-rest) sulle risposte cardiovascolari durante esercizio e sulla massima potenza aerobica nell'uomo, Esercizio fisico ed apparato cardiocircolatorio: dalla ricerca di base alla pratica clinica, Cagliari, October 27 – 28, 2006.
- 31) November 2006: Bioenergetica della corsa sulle lunghe distanze. Convegno Attività Fisica in Condizioni Estreme, Cordenons (PN), November 25, 2006.
- 32) April 2007: I limiti delle prestazioni umane nella corsa. Seminari di scienze dell'esercizio, Brescia, April 4, 2007.

- 33) July 2007: Human cardiopulmonary responses to exercise performed in artificial gravity, Fifth IAA Symposium on realistic near-term advanced scientific space missions, Aosta (I), July 2-4 2007.
- 34) September 2008: Artificial gravity as a countermeasure for cardiovascular deconditioning. 59^o Meeting of the Italian Physiological Society SIF, September 17-19 2008, Villasimius (Ca), Italy.
- 35) May 2009: Fattori fisiologici e velocità record nella locomozione umana, IUSM, Roma.
- 36) October 2009. I Fattori determinanti il costo energetico del nuoto. I Congresso Nazionale SISMES, Noto Marina (SR), Italia.
- 37) November 2009. Oxygen deficit and cardiovascular oxygen transport after chronic exposure to hypobaric hypoxia. 3rd MS&H – Special event – Manaslu 2008, 12 - 14 Novembre 2009, Rovereto (TN).
- 29) March 2010. Bioenergetica della locomozione in acqua con imbarcazioni a remi. Sport Remieri: canottaggio, kayak e canoa, Università degli Studi di Padova, Corso di Laurea Interfacoltà in Scienze Motorie.
- 30) September 2010 Symposium on microgravity: Cardiovascular deconditioning and exercise capacity, Proceedings of the Conference SPASS, Lignano Sabbiadoro (UD).
- 31) April 2011. Aprile 2011. Emulazione, competizione e limite. La perfezione agonistica. Infinitamente 2011, Verona, Italy
- 32) May 2013: Effects of bed rest on Maximal O₂ uptake and gas exchange kinetics. Symposium Muscle atrophy, impaired function and metabolism following inactivity (bed rest). 2013 Annual Meeting of the American College of Sport Medicine, May 28 – June 1 Indianapolis, USA

- 33) September 2015: Effects of physical training and high altitude exposure on oxidative metabolism and muscle composition in humans, 66th Meeting of the Italian Physiological Society SIF, September 16-18 2015, Genova, Italy.
- 34) November 2016: Keynote lecture, New Approaches to the Calculation and Analysis of Breath-by-breath Alveolar Gas Exchanges in Humans, icSPORTS 2016 , 4th Congress on Sport Sciences Research and Technology Support, 7th - 9th November 2016, Porto, Portugal.
- 35) 2022, June, LIROMS, Luxemburg, Physiological factors affecting human performances.
- 36) 2022. 7 Maggio, 12° Convegno GIOVANI, SPORT e MONTAGNA "ALLENARSI IN QUOTA: SCIENZA E PRATICA, Limiti fisiologici del training in quota .
- 37) 2023, 7 Dicembre, Verona, Healthy Ageing Center Verona, Convegno Composizione corporea: come e quando valutarle, quali ricadute cliniche nell'anziano? Un Ruolo per la NIRS?

Carlo Capelli

Verona, February 12 2023

