

PERSONAL INFORMATION

Aldo Savoldelli

 38, Ghirardelli, 24023 Clusone (BG) (Italy)

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 aldo.savoldelli@gmail.com

WORK EXPERIENCE

01/03/2009–Present

Research assistant

CeRiSM - research center Mountain, Sport and Health. University of Verona, Rovereto (Italy)

- PhD Student
- involved in different projects aiming to test Athletes, Healthy people and Sport goods
- in charge to share news on Facebook page

2013–Present

Co-worker

Italian Cycling Federation - Regional team, Trento

- involved in the training process of young athletes at the velodrome
- involved in the learning process of future technicians

09/2012–06/2013

Strenght and Conditioning coach - Under 15 team

Aquila Basket Trento

EDUCATION AND TRAINING

2014–Present

Phd Student

University of Verona, Verona (Italy)

04/2016–10/2016

Learning period abroad

University of Calgary, Human Performance Lab, Neuromuscular Fatigue Lab, Calgary (Canada)

2009–2012

Master Degree, Sport Sciences

University of Verona, Verona (Italy)

2005–2008

Bachelor Degree, Sport Sciences

University of Verona, Verona (Italy)

PERSONAL SKILLS

Mother tongue(s)

Italian

Other language(s)

	UNDERSTANDING		SPEAKING		WRITING
	Listening	Reading	Spoken interaction	Spoken production	
English	B1	B1	B1	B1	B1

Levels: A1 and A2: Basic user - B1 and B2: Independent user - C1 and C2: Proficient user
 Common European Framework of Reference for Languages

Communication skills Good communication skills improved thanks to the continuous relationship with people in different fields.

Organisational / managerial skills I'm used to work in a team.

Driving licence B

ADDITIONAL INFORMATION

- Publications**
- An Extreme Mountain Ultra-Marathon Decreases the Cost of Uphill Walking and Running
Vernillo G., **Savoldelli A.**, Skafidas S., Zignoli A., La Torre A., Pellegrini B., Giardini G., Trabucchi P., Millet G.P., Schena F.
Front Physiol., 2016 Nov 8 ;7 :530. doi: 10.3389/fphys.2016.00530.
- Oxygen consumption and muscle fatigue induced by whole-body electromyostimulation compared to equal-duration body weight circuit training
Boccia G., Fornasiero A., **Savoldelli A.**, Bortolan L., Rainoldi A., Schena F., Pellegrini B.
Sport Sciences for Health. 2016 Dec 1 [in press]
- Mechanical energy patterns in nordic walking: comparisons with conventional walking.
Pellegrini B., Peyré-Tartaruga L.A., Zoppiroli C., Bortolan L., **Savoldelli A.**, Minetti A.E., Schena F.
Gait Posture. 2017 Jan;51:234-238. doi: 10.1016/j.gaitpost.2016.10.010.
- Changes in upper and lower body muscle involvement at increasing double poling velocities: an ecological study.
Zoppiroli C., Pellegrini B., Modena R., **Savoldelli A.**, Bortolan L., Schena F.
Scand J Med Sci Sports. 2016 Oct 10. doi: 10.1111/sms.12783. [Epub ahead of print]
- Injury incidence during a continuous single-stage trail running
Vernillo G., **Savoldelli A.**, La Torre A., Skafidas S., Bortolan L., Schena F.
International journal of sports medicine, 37(7), 565-569. doi: 10.1055/s-0035-1569347.
- Energy cost and kinematics of level, uphill and downhill running: changes with fatigue after a mountain ultramarathon
Vernillo G., **Savoldelli A.**, Zignoli A., Skafidas S., Fornasiero A., La Torre A., Bortolan L., Pellegrini B., Schena F.
J Sports Sci. 2015;33(19):1998-2005.
- Acute Exercise Increases Sex Differences in Amateur Athletes' Risk Taking
Pighin S., Salvadori L., Bonini N., Andreozzi L., **Savoldelli A.**, Schena F.
Int J Sports Med. 2015 Sep;36(10):858-63.
- Evaluation of the SenseWear Mini Armband to assess energy expenditure during pole walking.
Vernillo G., **Savoldelli A.**, Pellegrini B., Schena F.
Int J Sport Nutr Exerc Metab. 2014 Oct;24(5):565-9.
- Validity of the Sensewear Armband™ to assess energy expenditure in graded walking
Vernillo G., **Savoldelli A.**, Pellegrini B., Schena F.,
J Phys Act Health. 2015 Feb;12(2):178-83
- Influence of the world's most challenging mountain ultra-marathon on the energetic cost and running mechanics
Vernillo G., **Savoldelli A.**, Zignoli A., Trabucchi P., Pellegrini B., Millet G., Schena F.
Eur J Appl Physiol. 2014 May;114(5):929-39
- Second ventilatory Threshold from heart-rate variability: valid when the upper body is involved?
Mourot L., Fabre N., **Savoldelli A.**, Schena F.

Int J Sports Physiol Perform. 2014 Jul;9(4):695-701

Effect of new type of compression garments on submaximal and maximal cycling performance in the heat (32°C)

Brighenti A., Bortolan L., **Savoldelli A.**, Modena R., Pellegrini B., Schena F.

Sport Sciences for Health,2013;9(3):127-131 , pp. 127-131 Epub 2013 Oct 12