

UNIVERSITÀ DEGLI STUDI DI MILANO

Procedura di valutazione per la chiamata a professore di II fascia da ricoprire ai sensi dell'art. 24, comma 6, della Legge n. 240/2010 per il settore concorsuale 06/N2-Scienze dell'esercizio fisico e dello Sport (sette scientifico-disciplinare M-EDF-Metodi e Didattiche delle Attività Sportive) presso il Dipartimento di Scienze Biomediche per la Salute, Codice concorso 4206

**Martina Anna Maggioni**  
**CURRICULUM VITAE**

INFORMAZIONI PERSONALI (NON INSERIRE INDIRIZZO PRIVATO E TELEFONO FISSO O CELLULARE)

COGNOME	MAGGIONI
NOME	MARTINA ANNA
DATA DI NASCITA	13 Ottobre 1971

**INSERIRE IL PROPRIO CURRICULUM**  
**(non eccedente le 30 pagine)**

**EUROPEAN  
CURRICULUM VITAE  
FORMAT**



**PERSONAL INFORMATION**

Name **MARTINA ANNA MAGGIONI**  
Address **ARNDTSTR. 30, 10965 BERLIN, GERMANY**  
Telephone **+49 157 31987757**  
E-mail **martina.maggioni@unimi.it**  
**martina.maggioni@charite.de**

Nationality Italian  
Date of birth 13 OCTOBER 1971

**ACADEMIC POSITION AND  
WORK EXPERIENCE**

2001-04 Inner student (Ph.D. Student Human Physiology, Nutrition and Body Composition) International Centre for the Assessment of Body Composition (I.C.A.N.S.), Department of Food Science and Microbiology, University of Milan.

2004-06 Research Fellow, Centre of Sports Medicine, Don Carlo Gnocchi Foundation, Milan.

2006-10 Researcher, "Institute of Physical Exercise Health and Sports Activity" IEFSAS Faculty of Exercise and Sport Sciences University of Milan.

2010-present Assistant Professor of Physiology, "Department of Biomedical Sciences for Health", Faculty of Medicine, University of Milan.

2012-2018 Guest Researcher, Center for Space Medicine and Extreme Environment Berlin (ZWMB), Department of Physiology, Charité University Medicine, Berlin (GER).

1.11.2018-present Research Associate (Senior), Institute of Physiology, Center for Space Medicine and Extreme Environments Berlin, Charité Universitätsmedizin Berlin (Charité University of Medicine)

**EDUCATION AND TRAINING**

- 1990 Secondary School Diploma-High school specializing in classical studies (Liceo Classico) (56/60)
- 2000 English Certificate of C.E.L.T.-Centre of English Language Teaching, University of Western Australia (U.W.A.) Perth, WA
- 2001 Graduation Exercise Sciences (Human movement) (full marks-110 cum laude) Faculty of Medicine, University of Milan.

- 2004 Ph.D. Human Physiology, Nutrition, and Body Composition. University of Roma 2 "Tor Vergata (Full Marks)
- 2017 German language Certificate T.E.L.C. C1- Hochschule, Berlin Germany
- 2019 Italian Scientific Habilitation (MIUR-Ministry of Education, Universities and Research) as Associate Professor (06/N2) in "Physical Training and Sports Sciences".

## PERSONAL SKILLS AND COMPETENCES

MOTHER TONGUE Italian

### OTHER LANGUAGES

**ENGLISH**

- Reading skills excellent
- Writing skills excellent
- Verbal skills excellent

**GERMAN**

- Reading skills excellent
- Writing skills good
- Verbal skills good

**FRENCH**

- Reading skills good
- Writing skills basic
- Verbal skills basic

## TECHNICAL SKILLS

**1. Athletes and sedentary people of different ages exercise testing procedures, for non-disabled and disabled people, with disability-specific ergometers.**

**Cardiopulmonary test for maximal oxygen consumption:**

- Open-circuit method (Douglas Bags), Breath-by-breath portable metabolimeter (Cosmed K4 b2) and laboratory devices (for example Vmax29 Sormedics /Quark B2 Cosmed).
- Resting and exercise electrocardiogram evaluation

**2. Heart rate and blood pressure variability analysis, baroreflex sensitivity assessment**

- Finometer PRO (non-invasive beat-to-beat blood pressure monitoring) & PORTAPRES/CNAP
- Polar (beat-to-beat heart rate monitoring and recording) & Faros ECG Monitoring System

**3. Electrocortical activity & cognitive function.** Electroencephalography data analysis and eLoreta; Heart-beat evoked potentials assessment. Cognitive tasks assessments.

**4. Body composition assessment techniques:**

- Skinfold thicknesses, Bioimpedance analysis, Dual X-ray Absorptiometry (DXA), BOD

POD-Air Displacement Plethysmograph (ADP), White Light Scanner, Underwater weighting

**5. Nutritional status assessment:**

- 7-days diary. Food frequency questionnaire and Sport-specific diet prescription

**6. Computer/ Programming Skills**

-Operating systems: MacOSx and Windows;

-Statistics software (SPSS, R)

-Software analysis for Heart Rate Variability (Kubios 2.0, Nevrokard 1.5, HRVanalysis)

- MATLAB & R

**TEACHING  
RESPONSIBILITIES**

2006-present Advisor of Thesis and Dissertations in First Cycle – Bachelor's Degree of Exercise Science School and Second Cycle – Master Programs (in both Exercise Sciences for a healthy life and Individual and Team Sports Sciences)

2007-2009 Lecturer on Exercise Sciences for Disabled People Course. (First Cycle – Bachelor's Degree of Exercise Science School), University of Milan.

2008-2012 Lecturer on Exercise Physiology Course (First Cycle – Bachelor's Degree of Exercise Science and Sports School), University of Milan.

2007-2012 Practical. Laboratory Testing Course in Exercise Physiology (First Cycle – Bachelor's Degree of Exercise Science and Sports School)

2010-2012 Human Physiology Course (Faculty of Exercise Science and Sports), University of Milan.

2010-2012 Exercise Physiology for Health Course in Master Program Exercise Sciences for a healthy life, University of Milan.

**2014- present Bioinformatics Master course, Physiology** (Charité University of Medicine):

Lectures (Topics: Chronobiology, Exercise Physiology, Physiology of extreme environments, Body composition - English)

Practical (Topic: Body composition and Biosignal analysis - English)

**2014- present Bioinformatics Bachelor course, Physiology** (Charité University of Medicine): Lectures & Seminars (Topics: Chronobiology, Exercise physiology, Thermoregulation - German)

**2014- present Medical curriculum course, Physiology** (Charité University of Medicine):

Seminars and Practical (Topic: Exercise Physiology – German)

Seminars and Practical (Topic: Energy expenditure and body composition –German)

Seminars (Topic Respiration in extreme environments- German and English)

Lectures, Seminars and Practical (Topic Physiology of extreme environments- German and English)

**RESEARCH FIELDS**

**Body composition.** Study of different techniques to assess body composition in healthy, athletic and pathological subjects (Spinal cord injured and mentally disabled subjects).

**Exercise physiology.** Effects of aerobic exercise on the cardio-respiratory and metabolic profile in healthy, athletic and pathological subjects; the metabolic cost of different locomotion patterns in healthy, athletic subjects and subjects with neuromuscular pathology. Effects of different training methods on performance in various sports.

**Cardiovascular autonomic control and physical performance,** especially in extreme environments. Studies on the heart rate variability as a method to determine training efficacy

and avoid the overtraining condition, and to test the hypothesis of the heart rate variability as a predictor of performance.

**Cardiovascular autonomic control and brain function.** Brain-Heart axis. Study of different Earth Analogues for spaceflight, as Bed rest, head out water immersion.

**Chronobiology:** circadian rhythm assessment in extreme environments, cardiovascular autonomic control and its interplay with core body temperature

## PERSONAL STATEMENT

Martina A. Maggioni has accumulated years of experience in the development of methods of biosignals analysis. Already as a Ph.D. student, she is working in National Research Projects of the Italian Ministry of Health (1. "Study of body composition and its changes in subjects with neuro-motor disabilities" - 1999-2001; 2. "Study of cardiovascular risk factors in selected patient populations, including young people, the elderly, wheelchair users, and athletes" - 2001-2003), she began her experience in this specific field. She reached high expertise in the interpretation of the response of physiological control mechanisms to different conditions, as postural changes, autonomic diseases (especially those secondary to neuro-muscular disorders and spinal cord injury), aging, or living in extreme environments (high altitude studies), with the processing and analysis of biosignals. As a research fellow at Sports Medicine Centre, she developed great experience in exercise physiology and testing, especially by investigating: the effects of aerobic exercise on the cardio-respiratory and metabolic profile in healthy, athletic and pathological subjects; the metabolic cost of locomotion in healthy, athletic and in subjects with neuromuscular pathologies and by performing studies on heart rate variability as a method to determine training efficacy and avoid overtraining. She has long-time experience in rehabilitation programs, in particular regarding elderly and long-term hospitalized individuals. She also has active collaborations in the design, validation, and realization of advanced miniaturized devices for recording physiological variables interfering as less as possible with the subject activities.

As she joined the Centre of Space Medicine in Berlin, with her background in biosignals analysis and assessment of cardiovascular autonomic control, she was co-investigator in several studies (e.g. "Circadian Rhythm", currently on the International Space Station, ESA long-term bed rest). She also participated as a co-worker in collaborative studies with the "Alfred-Wegener-Institute for Polar- and Marine Research", studies designed to monitor physiological adaptations of small crews overwintering for > 12 months in Antarctic Station, which is suitable for space analogs. She also received a grant from DAAD - German Academic Exchange Service- for a project on an analog of microgravity: "Bed rest and head-out water immersion: acute effects on cardiovascular autonomic control and brain function. - The BRICAB study", where are investigated the effects of short-term simulated microgravity, induced by head-out water immersion and head down bed rest on brain function in humans and its underlying neurophysiologic mechanisms, using a model of cardiovascular-cortical integration. Currently, she is involved as co-investigator in SEVEN ongoing Projects, ESA & NASA Sponsored. Finally, she wrote as Principal Investigator a proposal for the ESA announcement of opportunity for human research using Concordia as human exploration analogue (ao-2017-Concordia), entitled: "Evaluation of circadian rhythm alterations by functional biomarkers during winter over at Concordia (CardiCortEx)", which on October 2018 has been selected with high scientific merit from the ESA review board.

## GRANTS

**2013- DAAD** - German Academic Exchange Service - scholarship for the project: "Bed rest and head-out water immersion: acute effects on cardiovascular autonomic control and brain function. - The BRICAB study."

**2013- 2024** Co-Investigator in several sponsored studies:

- European Space Agency (ESA) sponsored **ILSRA Spaceflight Study** (Circadian Rhythms).
- **ESA sponsored Bed Rest Study**, (Long-duration bedrest study at MEDES- Cocktail BR)
- **National Aeronautics and Space Administration (NASA) sponsored** study in the Human Exploration Research Analog (HERA C4).
- **NASA selected Bed Rest Study** (Hyper.Campus).
- Several following campaigns of "**Long-term isolation studies in Antarctica**" (Neumayer Station III).
- Co-Investigator in the project "**Human Sexual Wellbeing and Security in Isolation and Confinement (SWICE)**" AO-2017 selected proposal European Space Agency (ESA)

**2019-2020** **Co-Investigator Fondecyt Project, Chile.** Project Title: **Investigation on the prevalence and blood pressure response in miners exposed to chronic intermittent hypoxia in Chile.**

**2019-2024** **Principal Investigator and study coordinator** in the project "**Evaluation of circadian rhythm alterations by functional biomarkers during winter over at Concordia (CardiCortEx)**," AO-2017 Selected Proposal, European Space Agency (ESA)

**2020-2023** **Co-investigator** in the Research Unit "**Climate Change and Health in Sub-Saharan Africa**" established by the **Deutsche Forschung Gemeinschaft (DFG)**

**PUBLICATIONS  
(ORIGINALS)**

- 1) **Maggioni M**, Bertoli S, Margonato V, Merati G, Veicsteinas A, Testolin G. Body composition assessment in spinal cord injury subjects. *Acta Diabetol* 2003; 40 Suppl 1: S183-S186
- 2) Petroni ML, Bertoli S, **Maggioni M**, Morini P, Battezzati A, Tagliaferri MA, Liuzzi A, Testolin G. Feasibility of air plethysmography (BOD POD) in morbid obesity: a pilot study. *Acta Diabetol* 2003; 40 Suppl 1: S59-62
- 3) Bertoli S, Battezzati A, Merati G, Margonato V, **Maggioni M**, Testolin G, Veicsteinas A. Nutritional status and dietary patterns in disabled people. *Nutr Metab Cardiovasc Dis* 2006 Mar; 16 (2): 100-12
- 4) Avanzini F, Clerici E, **Maggioni M**. Effetto antipertensivo dell'esercizio fisico *Sport&Medicina* (2) Marzo-Aprile 2006
- 5) Merati G, Cè E, **Maggioni M**, Esposito F, La Torre A, Michielon G, Veicsteinas A. Valutazione dell'impegno metabolico e cardiorespiratorio nel calcio per disabili mentali. *Medicina dello sport* 2006 59 (3): 325-334
- 6) La Torre A, Vernillo G, Rodigari A, **Maggioni M**, Merati G. Explosive strength in female 11 -on- 11 versus 7-on-7 soccer players. *Sport Sci Health*. 2007; 2 (4): 80-4
- 7) Cè E, Rampichini S, **Maggioni MA**, Veicsteinas A, Merati G. Effects of passive stretching on post-activation potentiation and fibre conduction velocity of biceps brachii muscle. *Sport Sci Health* 2008; 4(3):43-501
- 8) **Maggioni MA**, Rampichini S, Cè E, Agnello L, Veicsteinas A, Merati G. Cardiac and autonomic adaptations to a wheelchair hockey match in athletes with muscular dystrophy. *Sport Sci Health* 2008; 4(3): 59-63
- 9) Doria C, Veicsteinas A, Limonta E, **Maggioni MA**, Aschieri P, Eusebi F, Fanò G, Pietrangelo T. Energetics of karate (kata and kumite techniques) in top-level athletes. *Eur J Appl Physiol*. 2009; 107 (5): 603-610
- 10) **Maggioni MA**, Cè E., Rampichini S, Ferrario M, Giordano G, Veicsteinas A, Merati G. Electrical stimulation versus kinesiotherapy in improving functional fitness in older women: a randomized controlled trial. *Arch Gerontol Geriatr*. 2010; 50(3): 19-25
- 11) **Maggioni MA**, Veicsteinas A, Rampichini S, Cè E, Nemni R, Riboldazzi G, Merati G. Energy cost of spontaneous walking in Parkinson's disease patients. *Neurol Sci*. 2012 Aug;33(4):779-84.
- 12) **Maggioni MA**, Ferratini M, Pezzano A, Heyman JE, Agnello L, Veicsteinas A, Merati G. Heart adaptations to long-term aerobic training in paraplegic subjects: an echocardiographic study. *Spinal Cord*. 2012 Jul;50(7):538-42.
- 13) **Maggioni MA**, Cè E, Giordano G, Bertoli S, Battezzati A, Veicsteinas A, Merati G. Effects on body composition of different short-term rehabilitation programs in long-stay hospitalized elderly women. *Aging Clin Exp Research* 2012 Dec;24(6):619-26.
- 14) Cè E, Limonta E, **Maggioni MA**, Rampichini S, Veicsteinas A, Esposito F. Stretching and deep and superficial massage do not influence blood lactate levels after heavy-intensity cycle exercise. *J Sports Sci*. 2013;31(8):856-66. [2012 Dec 21. Epub ahead of print]
- 15) Persi A, Maltese PE, Bertelli M, Cecchin S, Ciaghi M, Guarnieri MC, Agnello L, **Maggioni MA**, Merati G, Veicsteinas A. Polymorphisms of alpha-actinin-3 and ciliary neurotrophic factor in national-level Italian athletes. *Panminerva Med*. 2013 Jun; 55(2):217-24.
- 16) Vernillo G, Schena F, Berardelli C, Rosa G, Galvani C, **Maggioni MA**, Agnello L, La Torre A. Anthropometric characteristics of top-class Kenyan marathon runners. *J Sports Med Phys Fitness*. 2013 Aug; 53(4):403-8
- 17) Invernizzi PL, Longo S, Scurati R, **Maggioni MA**, Michielon G, Bosio A. Interpretation and perception of slow, moderate, and fast swimming paces in distance and sprint swimmers. *Percept Mot Skills*. 2014 Jun;118(3):833-49.

- 18) Merati G, Agnello L, Rampichini S, **Maggioni MA**, Scurati R, Veicsteinas A. Cardiovascular adaptation to mudpack therapy in hypertensive subjects treated with different antihypertensive drugs. *Eur Rev Med Pharmacol Sci*. 2014 Sep;18(17):2544-50.
- 19) E. Cè E, **Maggioni MA**, Boniello S, Veicsteins A, Merati G. Anthropometric and physiologic profiles of female professional yoga practitioners and energy expenditure during asanas execution. *J Sports Med Phys Fitness*. 2015 Jan-Feb;55(1-2):51-7.
- 20) Bonato M, **Maggioni MA**, Rossi C, Rampichini S, La Torre A, Merati G. Relationship between anthropometric or functional characteristics and maximal serve velocity in professional tennis players. *J Sports Med Phys Fitness*. 2015 Oct;55(10):1157-65.
- 21) Pugliese L, Porcelli S, Bonato M, Pavei G, La Torre A, **Maggioni MA**, Bellistri G, Marzorati M. Effects of manipulating volume and intensity training in master swimmers. *Int J Sports Physiol Perform*. 2015 Oct;10(7):907-12.
- 22) Merati G, **Maggioni MA**, Invernizzi PL, Ciapparelli C, Agnello L, Veicsteinas A, Castiglioni P. Autonomic modulations of heart rate variability and performances in short-distance elite swimmers. *Eur J Appl Physiol*. 2015 Apr;115(4):825-35.
- 23) Nordine M, **Maggioni MA**, Stahn A, Mendt S, Brauns K, Gunga HC, Habazettl H, Nitsche A, Opatz O. Form influences function: anthropometry and orthostatic stability during sustained acceleration in a short arm human centrifuge. *ACTA ASTRONAUTICA* 2015,115C: 138–146
- 24) Villa F, Magnani A, **Maggioni MA**, Stahn A, Rampichini S, Merati G, Castiglioni P. Wearable Multi-Frequency and Multi-Segment Bioelectrical Impedance Spectroscopy for Unobtrusively Tracking Body Fluid Shifts during Physical Activity in Real-Field Applications: A Preliminary Study. *Sensors (Basel)*. 2016 May 11;16(5).
- 25) Steinach M, Kohlberg E, **Maggioni MA**, Mendt S, Opatz O, Stahn A, Tiedemann J, Gunga HC. Changes of 25-OH-Vitamin D during Overwintering at the German Antarctic Stations Neumayer II and III. *PLoS One*. 2015 Dec 7;10(12):e0144130.
- 26) Steinach M, Kohlberg E, **Maggioni MA**, Mendt S, Opatz O, Stahn A, Gunga HC. Sleep Quality Changes during Overwintering at the German Antarctic Stations Neumayer II and III: The Gender Factor. *PLoS One*. 2016 Feb 26;11(2):e0150099.
- 27) Mendt S, **Maggioni MA**, Nordine M, Steinach M, Opatz O, Belavý D, Felsenberg D, Koch J, Shang P, Gunga HC, Stahn A. Circadian rhythms in bed rest: Monitoring core body temperature via heat-flux approach is superior to skin surface temperature. *Chronobiol Int*. 2017;34(5):666-676.
- 28) Stahn AC, Werner A, Opatz O, **Maggioni MA**, Steinach M, von Ahlefeldt VW, Moore A, Crucian BE, Smith SM, Zwart SR, Schlabs T, Mendt S, Trippel T, Koralewski E, Koch J, Choukèr A, Reitz G, Shang P, Röcker L, Kirsch KA, Gunga HC. Increased core body temperature in astronauts during long-duration space missions. *Scientific Reports* 7, December 2017,
- 29) Rundfeldt LC\* and **Maggioni MA\***, Coker RH, Gunga HC, Riveros-Rivera A, Schalt A, Steinach M. Cardiac Autonomic Modulations and Psychological Correlates in the Yukon Arctic Ultra: The Longest and the Coldest Ultramarathon. *Frontiers in Physiology* 9, February 2018 **\*These Authors contributed equally to the paper**
- 30) Zeynep Masatli Z, Nordine M, **Maggioni MA**, Mendt S, Hilmer B, Brauns K, Anika Werner, Schwarz A, Habazettl H, Gunga H-C, Opatz OS. Gender-Specific Cardiovascular Reactions to +Gz Interval Training on a Short Arm Human Centrifuge. *Front Physiol*. 2018; 9: 1028
- 31) Opatz O, Nordine M, Habazettl H, Ganse B, Petricek J, Dosel P, Stahn A, Steinach M, Gunga H-C, **Maggioni MA**. Limb Skin Temperature as a Tool to Predict Orthostatic Instability. *Front Physiol*. 2018 Sep 5;9:1241.
- 32) **Maggioni MA**, Castiglioni P, Merati G, Brauns K, Gunga H-C, Mendt S, Opatz O, Rundfeldt LC, Steinach M, Werner A, Stahn AC. High-intensity exercise mitigates cardiovascular deconditioning during long-duration bed rest. *Front Physiol*. 2018 Nov 19;9:1553

**CONGRESS &  
INVITED  
LECTURES  
(SELECTION)**

33) **Maggioni MA**, Bonato M, Stahn AC, La Torre A, Agnello L, Vernillo G, Carlo Castagna C, Giampiero Merati G. Effects of ball-drills and repeated sprint ability training in basketball players. *Int J Sports Physiol Perform.* 2019 Jul 1;14(6):757–764.

34) Steinach M, Lichti J, **Maggioni MA**, Föhling M. A fluid shift for endurance exercise. Why hydration matters. *Acta Physiol (Oxf).* 2019 Sep;227(1):e13347.

6<sup>th</sup> International Symposium «In vivo body composition studies» October 3-5, 2002 Villa Mondragone, University of Rome 2 "Tor Vergata" -Italy

11<sup>th</sup> National Congress of So.M.I.Par, in association with European Meeting of I.S.Co.S 2003, Genova

Pre-congress Meeting on Nutrition and American College of Sports Medicine - ACSM- ANNUAL MEETING May 28-31, 2003, San Francisco, California (US)

**Invited Lecturer in Congress and Educational Course Exercise Therapy for Spinal cord injury people:** from research to application in Spinal Unit. Niguarda "Ca' Granda" Hospital, Milano (ITA) 2005.

62<sup>th</sup> SIF (SIF: Italian Physiological Society) National Congress, Sorrento (ITA) 2011

SISMES (SISMES: Italian Society of Sports and Movements Sciences) Congress, Verona (ITA) 2011

American College of Sports Medicine - ACSM- ANNUAL MEETING May 29- June 2, 2012, San Francisco, California (US).

19<sup>th</sup> IAA Symposium Humans in Space –Linking the challenges of space exploration with medicine on Earth July 7-12 2013, Cologne, (GER)

6<sup>th</sup> International Congress of Medicine in Space and Extreme Environments (ICMS) September 16-19 2014, Berlin, (GER)

52. Jahrestagung der Deutsche Gesellschaft fuer Luft-und Raumfahrtmedizin (DGLRM) – 52<sup>th</sup> Annual Meeting of the German Association of Aviation and Space Medicine (DGRLM) – 23-25 October 2014 Heidelberg, (GER)

Nationales Symposium „Forschung unter Weltraumbedingungen“ Landesmuseum Bonn 28 -30 Oktober 2015, Bonn, (GER)

20<sup>th</sup> IAA Human in Space Symposium (HIS) June 29- July 07 2015 Prague, (CZECH REP)

**Invited Lecturer - Physiology Seminars, Faculty of Medicine, Pontificia Universidad Javeriana, Bogotá-Colombia:**

- a) Cardiac autonomic modulation. Heart rate variability in clinic and in research
  - b) Cardiac Autonomic Modulation in Extreme Environments: from Earth to Space
- Bogotá 22-27 November 2017 (COL)

European Space Agency (ESA) AO-2017-Concordia Proposal Workshop Einstein meeting room ESTEC, ESA 19-20 February 2018, Noordwijk, (The Netherlands)

International Society for Gravitational Physiology (ISGP) and European Space Agency (ESA) Life Sciences Meeting 2018 (which combines the 39<sup>th</sup> Annual International Gravitational Physiology Meeting and the ESA Space meets Health initiative), Noordwijk, the Netherland 18-22 June 2018

69<sup>th</sup> International Astronautical Congress, IAC2018, 2- 5 October 2018 Bremen (GER)

AO-2017-Concordia Investigator Working Group Meeting, November 2018 European Space Research and Technology Centre, Noordwijk, The Netherlands

**Invited Lecturer – Physiology course: Heart rate variability in extreme environments, Universidad de Antofagasta, Chile.**

- Lecture, theoretical and practical course,  
Antofagasta, 29-30.08.2019 (CHILE)

**PUBLICATIONS  
(ABSTRACTS &  
CONGRESS  
PROCEEDINGS -  
SELECTION)**

- 1) **Maggioni M**, Bertoli S, Merati G, Veicsteinas A, Testolin G. Body composition assessment in spinal cord injury. 6th International Symposium "In Vivo Body Composition studies". Roma (ITA) 2002– Oral communication
- 2) Cè E, Merati G, **Maggioni M**, Ferratini M, Veicsteinas A. Effects of training on cardiovascular system in spinal cord injured patients: a 10 years longitudinal study. IMSOP Congress, Genova (ITA) 2003 Oral communication
- 3) **Maggioni M**, Merati G, Margonato V, Cè E, Bertoli S. Effects of aerobic training on body composition in male paraplegics. IMSOP Congress, Genova (ITA) 2003. Oral communication
- 4) Veicsteinas A, Margonato V, **Maggioni M**, Bertoli S, Merati G, Testolin G. Effects on body composition, regional and total body composition assessment and aerobic power in spinal cord injured subjects. FASEB Congress, St. Diego (USA) 2003 Poster
- 5) Veicsteinas A, Cè E, Pellegatta D, **Maggioni M**, Merati G. Heart rate adaptations in stress and exercise in wheelchair hockey players with Duchenne muscular dystrophy. FASEB Congress, Washington (USA) 2004 Poster
- 6) Veicsteinas A, Ferratini M, **Maggioni MA**, Merati G. Heart adaptations to long-term aerobic training in paraplegic subjects. FASEB/IUPS Congress, San Diego (USA) 2005. Poster
- 7) Veicsteinas A, **Maggioni MA**, Cè E, Rapuzzi S, Nemni R, Merati G. Bioenergetics and Heart Rate Variability during Locomotion in Patients with Parkinson's Disease. ACSM Annual Meeting, Denver (USA) 2006. Poster
- 8) Boniello S, Cè E, Merati G, **Maggioni MA**, Bertoli S, Veicsteinas A. Body composition and functional profile in elite female professional yoga teachers. European Congress of Sport Sciences, Losanna (SWI) 2006 Poster
- 9) Veicsteinas A, **Maggioni MA**, Redaelli T, Arienti C, Cassinis A, Merati G. Heart Rate Variability in Recent Traumatic Paraplegic Subjects. ACSM Annual Meeting, New Orleans (USA) 2007. Poster
- 10) Merati G, **Maggioni MA**, Cè E, Riboldazzi G, Rampichini S, Veicsteinas A. Energy Cost of Locomotion and Walking Ability at Maximal and Self-Selected Speed in Patients with Parkinson Disease. 12th Annual Congress of the European College of Sports Sciences, ECSS, Jyväskylä (Finland) 2007. Poster
- 11) Veicsteinas A, Maggia M, Solimene U, **Maggioni MA**, Merati G. Cardiovascular and metabolic responses to a single spa treatment with thermal mud-pack therapy. The 61° General Assembly and International Scientific Congress of the World Federation of Hydrotherapy and Climatotherapy, Pechino CINA 2008. Invited oral communication
- 12) Merati G, Agnello L, Rossi G, Meneghello G, **Maggioni MA**, Rampichini S, Veicsteinas A. Evaluation of the training condition in endurance athletes by heart rate variability. SISMES Congress, Siena (ITA) 2008 Invited oral communication
- 13) Merati G, Agnello L, Rossi G, Meneghello G, **Maggioni MA**, Rampichini S, Veicsteinas A. Autonomic adaptation and aerobic performance in endurance athletes analysed by heart rate variability. ACSM Annual Meeting Seattle (USA) 2009 Poster
- 14) **Maggioni MA**, Cè E, Rampichini S, Ferrario M, Giordano G, Merati G, Veicsteinas A. Electrical Stimulation Versus Physiotherapy In Improving Functional Fitness In Older Women: A Randomized Controlled Trial. ACSM Annual Meeting, Seattle (USA) 2009. Oral communication
- 15) Veicsteinas A, **Maggioni MA**, Rampichini S, Merati G. 2 vs 3 Weekly training sessions in young soccer players. Effects on body composition, cardiovascular adaptation to exercise and ECG. ACSM Annual Meeting, Baltimore (USA) 2010. Poster
- 16) Vernillo G, Berardelli C, Agnello L, **Maggioni MA**, La Torre A. Anthropometric characteristics in elite Kenyan marathon runners. 16th Annual Congress of the European College of Sports Sciences, ECSS, Liverpool (UK) 2011. Poster
- 17) **Maggioni MA**, Veicsteinas A, Invernizzi PL, Ciapparelli C, Castiglioni P, Merati G. Effects of autonomic tone on short distance performances in swimmers. 62th SIF National Congress, Sorrento (NA) Italy, 2011. Poster
- 18) **Maggioni MA**, La Torre A, Merati G, Vernillo G, Veicsteinas A, Castagna C. Effect of sprint versus ball-drill training on physical fitness in young basketball players. SISMES Congress, Verona (ITA) 2011. Poster
- 19) Rampichini S, Cè E, **Maggioni MA**, Agnello L, Limonta E, Veicsteinas A., Esposito F. Knee extensor muscle behaviour after fatigue in kata and kumite elite athletes. SISMES Congress, Verona (ITA) 2011 Poster

- 20) **Maggioni MA**, La Torre A, Merati G, Vernillo G, Veicsteinas A, Castagna C. Effect of sprint versus ball-drill training on physical fitness in young basketball players. SISMES Congress, Verona (ITA) 2011 Poster
- 21) Cè E, Limonta E, **Maggioni MA**, Rampichini S, Veicsteinas A, Esposito F. Effect of different recovery modalities on lactic acid removal after a cycle exercise of heavy intensity. SISMES Congress, Verona (ITA) 2011 Poster
- 22) Artuso A, Barbonetti C, **Maggioni MA**, Merati G. Cardiac adaptation to equestrian rehabilitation: a heart rate variability analysis. XIVth International Congress of Therapeutic Riding 2012, Athens (Greece).
- 23) **Maggioni MA**, Veicsteinas A, Invernizzi PL, Ciapparelli C, Castiglioni P, Merati G. Effects of autonomic tone on short versus long distance performances in swimmers. ACSM Annual Meeting, San Francisco (USA) 2012. Poster
- 24) Veicsteinas A, Agnello A, **Maggioni MA**, Rampichini S, Merati G. Acute cardiovascular response to mud-pack treatment in hypertensive subjects under therapy. ACSM Annual Meeting, San Francisco (USA) 2012. Poster
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