

Massimo SACCHETTI – Breve Curriculum Vitae

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Studi

Dottorato di Ricerca in “*Molecular Biology and Physiology*” - Università di Copenaghen- (2005)

Laurea in *Scienze Motorie e Sportive* - Istituto Universitario di Scienze Motorie di Roma (2001)

Master of Science in *Human Physiology*, Università di Copenaghen - (1999)

Diploma di Educazione Fisica - Istituto Superiore di Educazione Fisica di Roma (1993)

Posizioni e responsabilità accademiche presso l'Università di Roma Foro Italico

Dal 01.08.2018- Professore Ordinario, SSD M-EDF/01

01-01-2007-31.07.2018-Professore Associato, SSD M-EDF/01

01.04.2005-31.12.2006 Ricercatore universitario, SSD M-EDF/01

Dal 01.06.2021 – Direttore del Dipartimento di Scienze Motorie Umane e della Salute

Attuali principali incarichi didattici presso l'Università di Roma Foro Italico

Dal 2006: “*Attività Motorie per la Salute e l'Efficienza Fisica*”- Laurea Magistrale in Scienze delle Attività Motorie Preventive e Adattate- Università di Roma “Foro Italico”.

Dal 2011: *Attività Motoria Preventiva e Adattata*” Laurea in Scienze Motorie e Sportive presso Università di Roma “Foro Italico”

Dal 2007- *Biomedical Issues in Health and Exercise- European Master in Health and Physical Activity*

Membro di collegio di dottorato

Dal 2023 (XXXIX ciclo)- Membro del collegio dei docenti del Dottorato di Interesse Nazionale in *Scienze Motorie e Sportive* – sede Università degli Studi di Roma “Foro Italico

Dal 2013 (XXIX ciclo) ad oggi

Membro del collegio dei docenti del corso di Dottorato in *Scienze del Movimento Umano e dello Sport* del Dipartimento di Scienze del Movimento Umano e dello Sport dell'Università degli Studi di Roma “Foro Italico

2008-2012(XXIV-XXVIII ciclo)

Membro del collegio dei docenti del corso di Dottorato in *Scienze dello Sport, dell'Esercizio Fisico e dell'Ergonomia* del Dipartimento di Scienze del Movimento Umano e dello Sport dell'Università degli Studi di Roma “Foro Italico”

2006-2007 (XXII-XXIII ciclo)

Membro del collegio dei docenti del corso di Dottorato in *Scienze dello Sport e Salute* del Dipartimento di Scienze del Movimento Umano e dello Sport dell'Università degli Studi di Roma “Foro Italico”

Esperienze di ricerca all'estero

01.02.2006 - 31.01.2007: *Visiting Researcher* presso il Dipartimento di Fisiologia Applicata dell'Università di Strathclyde, Glasgow, Scozia.

01.02.1999-31.12.2004 *Research Fellow* presso il Copenhagen Muscle Research Centre dell'Università di Copenaghen (dir. Prof. Bengt Saltin)

Principali linee di ricerca

Le principali tematiche di ricerca vertono sui seguenti temi:

Attività fisica e diabete

Esercizio e controllo glicemico postprandiale

Controllo ventilatorio durante l'esercizio

Effetti acuti e cronici di protocolli di esercizio sulla funzione metabolica e neuromuscolare

Effetti di interventi nutrizionali sulla funzione neuromuscolare

Metabolismo muscolare e dell'esercizio

Aspetti fisiologici della prestazione nel ciclismo

Commissione Abilitazione Scientifica Nazionale

Membro della commissione ASN 2021/23 - Settore Concorsuale 06/N2

Pubblicazioni su riviste internazionali

Innocenti L, Romano C, Greco G, Nuccio S, Bellini A, Mari F, Silvestri S, Schena E, Sacchetti M, Massaroni C, Nicolò A. Breathing Monitoring in Soccer: Part I-Validity of Commercial Wearable Sensors. *Sensors* (Basel). 2024 Jul 15;24(14):4571. doi: 10.3390/s24144571.

Haxhi J, Vitale M, Mattia L, Giuliani C, Sacchetti M, Orlando G, Iacobini C, Menini S, Zanuso S, Nicolucci A, Balducci S, Pugliese G. Effect of sustained decreases in sedentary time and increases in physical activity on liver enzymes and indices in type 2 diabetes. *Front Endocrinol* (Lausanne). 2024 May 24;15:1393859. doi: 10.3389/fendo.2024.1393859. PMID: 38854689; PMCID: PMC11157683.

Bellini A, Scotto di Palumbo A, Nicolò A, Bazzucchi I, Sacchetti M. Exercise Prescription for Postprandial Glycemic Management. *Nutrients*. 2024 Apr 14;16(8):1170. doi: 10.3390/nu16081170.

Romano C, Innocenti L, Sacchetti M, Schena E, Nicolò A, Massaroni C. A Signal Quality Index for Improving the Estimation of Breath-by-Breath Respiratory Rate During Sport and Exercise Volume Biosensors (Basel). 23, Issue 24, Pages 31250 – 31258 15 December 2023 ----2-s2.0-85177037657

Orlando G, Pugh J, Faulkner S, Balducci S, Sacchetti M, Pugliese G, Bazzucchi I, Haxhi J, Martinez-Valdes E, Falla D, Manolopoulos K, Nimmo MA. Muscular Adaptations to Concurrent Resistance Training and High-Intensity Interval Training in Adults with Type 2 Diabetes: A Pilot Study. *Int J Environ Res Public Health*. 2023 Sep 12;20(18):6746. doi: 10.3390/ijerph20186746.

Balducci S, Haxhi J, Vitale M, Mattia L, Sacchetti M, Orlando G, Cardelli P, Iacobini C, Bollanti L, Conti F, Zanuso S, Nicolucci A, Pugliese G; Italian Diabetes and Exercise Study 2 (IDES_2) Investigators. Sustained increase in physical fitness independently predicts improvements in cardiometabolic risk profile in type 2 diabetes. *Diabetes Metab Res Rev*. 2023 Sep;39(6):e3671. doi: 10.1002/dmrr.3671.

Grazioli E, Cerulli C, Tranchita E, Moretti E, Mauri C, Broccatelli M, De Bellonia S, Abalasei BA, Dumitru IM, Moraru CE, Iacob RM, Blancafort-Alias S, González AI, Riau AD, Giménez I Sanz A, Ramos GI, Pekel HA, Altunsoy M, Ozkan S, Dikmen AU, Sacchetti M, Parisi A. Dropout and compliance to physical exercise in menopausal osteopenic women: the European "happy bones" project. *Front Sports Act Living*. 2023 Jun 27;5:1221409. doi: 10.3389/fspor.2023.1221409.

Romano C, Nicolò A, Innocenti L, Bravi M, Miccinilli S, Sterzi S, Sacchetti M, Schena E, Massaroni C. Respiratory Rate Estimation during Walking and Running Using Breathing Sounds Recorded with a Microphone. *Biosensors* (Basel). 2023 Jun 8;13(6):637. doi: 10.3390/bios13060637.

Romano C, Nicolò A, Innocenti L, Sacchetti M, Schena E, Massaroni C. Design and Testing of a Smart Facemask for Respiratory Monitoring during Cycling Exercise. *Biosensors* (Basel). 2023 Mar 10;13(3):369. doi: 10.3390/bios13030369.

Nicolò A, Sacchetti M. Differential control of respiratory frequency and tidal volume during exercise. *Eur J Appl Physiol*. 2023 Feb;123(2):215-242. doi: 10.1007/s00421-022-05077-0. Epub 2022 Nov 3.

Nicolò A, Gruet M, Sacchetti M. Editorial: Breathing in sport and exercise: physiology, pathophysiology and applications. *Front Physiol*. 2023 Dec 12;14:1347806. doi: 10.3389/fphys.2023.1347806

Lecce E, Nuccio S, Del Vecchio A, Conti A, Nicolò A, Sacchetti M, Felici F, Bazzucchi I. Sensorimotor integration is affected by acute whole-body vibration: a coherence study. *Front Physiol*. 2023 Sep 12;14:1266085

Bellini A, Nicolò A, Rocchi JE, Bazzucchi I, Sacchetti M. Walking Attenuates Postprandial Glycemic Response: What Else Can We Do without Leaving Home or the Office? *Int J Environ Res Public Health*. 2022 Dec 24;20(1):253. doi: 10.3390/ijerph20010253.

Nicolucci A, Haxhi J, D'Errico V, Sacchetti M, Orlando G, Cardelli P, Vitale M, Bollanti L, Conti F, Zanuso S, Lucisano G, Balducci S, Pugliese G, the Italian Diabetes and Exercise Study 2 (IDES_2) Investigators (2022). Effect of a Behavioural Intervention for Adoption and Maintenance of a Physically Active Lifestyle on Psychological Well-Being and Quality of Life in Patients with Type 2 Diabetes: The IDES_2 Randomized Clinical Trial. *Sports Medicine*, vol. 523, p. 643-654, ISSN: 0112-1642

Balducci S, Haxhi J, Vitale M, Mattia L, Bollanti L, Conti F, Cardelli P, Sacchetti M, Orlando G, Zanuso S, Nicolucci A, Pugliese G; Italian Diabetes, Exercise Study 2 IDES_2 Investigators. Sustained decreases in sedentary time and increases in physical activity are associated with preservation of estimated β -cell function in individuals with type 2 diabetes. *Diabetes Res Clin Pract*. 2022 Nov;193:110140. doi: 10.1016/j.diabres.2022.110140

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Innocenti L, Nicolò A, Massaroni C, Minganti C, Schena E, Sacchetti M. How to Investigate the Effect of Music on Breathing during Exercise: Methodology and Tools. *Sensors (Basel)*. 2022 Mar 18;22(6):2351. doi: 10.3390/s22062351.

Bellini A, Nicolò A, Bazzucchi I, Sacchetti M. The Effects of Postprandial Walking on the Glucose Response after Meals with Different Characteristics. *Nutrients*. 2022 Mar 4;14(5):1080. doi: 10.3390/nu14051080.

Passfield L, Murias JM, Sacchetti M, Nicolò A. Training Load: Differentiating Training Volume and Training Dose. *Int J Sports Physiol Perform*. 2022 Aug 3;17(10):1460-1462. doi: 10.1123/ijsp.2022-0247

Sbrollini A, Catena R, Carbonari F, Bellini A, Sacchetti M, Burattini L, Morettini M (2022). Estimation of Tidal Volume during Exercise Stress Test from Wearable-Device Measures of Heart Rate and Breathing Rate. *Applied Sciences*, vol. 12, ISSN: 2076-3417

Sgrò P, Ceci R, Lista M, Patrizio F, Sabatini S, Felici F, Sacchetti M, Bazzucchi I, Duranti G, Di Luigi L. Quercetin Modulates IGF-I and IGF-II Levels After Eccentric Exercise-Induced Muscle-Damage: A Placebo-Controlled Study. *Front Endocrinol (Lausanne)*. 2021 Nov 3;12:745959. doi: 10.3389/fendo.2021.745959.

Passfield L, Murias JM, Sacchetti M, Nicolò A. Validity of the Training-Load Concept. *Int J Sports Physiol Perform*. 2022 Apr 1;17(4):507-514. doi: 10.1123/ijsp.2021-0536.

Balducci S, Haxhi J, Sacchetti M, Orlando G, Cardelli P, Vitale M, Mattia L, Iacobini C, Bollanti L, Conti F, Zanuso S, Nicolucci A, Pugliese G; Italian Diabetes and Exercise Study 2 (IDES_2) Investigators. Relationships of Changes in Physical Activity and Sedentary Behavior With Changes in Physical Fitness and Cardiometabolic Risk Profile in Individuals With Type 2 Diabetes: The Italian Diabetes and Exercise Study 2 (IDES_2). *Diabetes Care*. 2022 Jan 1;45(1):213-221. doi: 10.2337/dc21-1505.

Nicolucci A, Haxhi J, D'Errico V, Sacchetti M, Orlando G, Cardelli P, Vitale M, Bollanti L, Conti F, Zanuso S, Lucisano G, Balducci S, Pugliese G; Italian Diabetes and Exercise Study 2 (IDES_2) Investigators. Effect of a Behavioural Intervention for Adoption and Maintenance of a Physically Active Lifestyle on Psychological Well-Being and Quality of Life in Patients with Type 2 Diabetes: The IDES_2 Randomized Clinical Trial. *Sports Med*. 2022 Mar;52(3):643-654. doi: 10.1007/s40279-021-01556-0.

Sacchetti M, Haxhi J, Sgrò P, Scotto di Palumbo A, Nicolò A, Bellini A, Bazzucchi I, di Luigi L. Effects of exercise before and/or after a mixed lunch on postprandial metabolic responses in healthy male individuals. *Eur J Nutr*. 2021 Sep;60(6):3437-3447. doi: 10.1007/s00394-021-02512-4.

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Sgrò P, Emerenziani GP, Antinozzi C, Sacchetti M, Di Luigi L. Exercise as a drug for glucose management and prevention in type 2 diabetes mellitus. *Curr Opin Pharmacol*. 2021 Aug;59:95-102. doi: 10.1016/j.coph.2021.05.006.

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Nicolò A, Massaroni C, Schena E, Sacchetti M. The Importance of Respiratory Rate Monitoring: From Healthcare to Sport and Exercise. *Sensors (Basel)*. 2020 Nov 9;20(21):6396. doi: 10.3390/s20216396. PMID: 33182463

Girardi M, Nicolò A, Bazzucchi I, Felici F, Sacchetti M. The effect of pedalling cadence on respiratory frequency: passive vs. active exercise of different intensities. *Eur J Appl Physiol*. 2021 Feb;121(2):583-596. doi: 10.1007/s00421-020-04533-z.

Bazzucchi I, Patrizio F, Ceci R, Duranti G, Sabatini S, Sgrò P, Di Luigi L, Sacchetti M. Quercetin Supplementation Improves Neuromuscular Function Recovery from Muscle Damage. *Nutrients*. 2020 Sep 17;12(9):2850. doi: 10.3390/nu12092850.

Massaroni C, Nicolò A, Schena E, Sacchetti M. Remote Respiratory Monitoring in the Time of COVID-19. *Front Physiol*. 2020 May 29;11:635. doi: 10.3389/fphys.2020.00635.

Nicolò A, Marcora SM, Sacchetti M. Time to reconsider how ventilation is regulated above the respiratory compensation point during incremental exercise. *J Appl Physiol* (1985). 2020 May 1;128(5):1447-1449. doi: 10.1152/jappphysiol.00814.2019.

Massaroni M, Nicolò A, Sacchetti M, Schena E (2020). Contactless Methods For Measuring Respiratory Rate: A Review. *IEEE Sensors Journal*, doi: 10.1109/JSEN.2020.3023486

Orlando G, Sacchetti M, D'Errico V, Haxhi J, Rapisarda G, Pugliese G, Balducci S (2020). Muscle fatigability in patients with type 2 diabetes: relation with long-term complications. *Diabetes/Metabolism Research and Reviews*, *Diabetes Metab Res Rev* ;36(2):e3231.

Nicolò A, Montini M, Girardi M, Felici F, Bazzucchi I, Sacchetti M (2020). Respiratory Frequency as a Marker of Physical Effort During High-Intensity Interval Training in Soccer Players" *International Journal of Sports Physiology and Performance*. 29:1-24. doi: 10.1123/ijsp.2019-0028

Balducci S, D'Errico V, Haxhi J, Sacchetti M, Orlando G, Cardelli P, Vitale M, Bollanti L, Conti F, Zanuso S, Lucisano G, Nicolucci A, Pugliese G, Italian Diabetes and Exercise Study 2 (IDES_2) Investigators (2019). Effect of a Behavioral Intervention Strategy on Sustained Change in Physical Activity and Sedentary Behavior in Patients With Type 2 Diabetes: The IDES_2 Randomized Clinical Trial. *JAMA*, vol. 321, p. 880-890, ISSN: 0098-7484, doi: 10.1001/jama.2019.0922

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Nicolò A, Sacchetti M (2019). A new model of ventilatory control during exercise. *Exp Physiol*. 104(9):1331-1332. doi: 10.1113/EP087937

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Massaroni C, Nicolò A, Lo Presti A, Sacchetti M, Silvestri S, Schena E (2019). Contact-based methods for measuring respiratory rate. *SENSORS*, vol. 19, ISSN: 1424-8220, doi: 10.3390/s19040908

Massaroni C, Nicolò A, Girardi M, La Camera A, Schena E, Sacchetti M, Silvestri S, Taffoni F (2019) Validation of a wearable device and an algorithm for respiratory monitoring during exercise. *IEEE Sensors Journal*, 36(12):4652-4659

Nicolò A, Girardi M, Bazzucchi I, Felici F, Sacchetti M (2018). Respiratory frequency and tidal volume during exercise: differential control and unbalanced interdependence. *Physiol Rep*. 6(21):e13908. doi: 10.14814/phy2.13908.

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Patrizio F, Di Troilo M, Felici F, Duranti G, De Vito G, Sabatini F, Sacchetti M, Bazzucchi I (2018). The acute effect of Quercetin on muscle performance following a single resistance training session. *European Journal of Applied Physiology*, doi: 10.1007/s00421-018-3834-y

Nicolò A, Sacchetti M (2018). The role of central command in resistance-trained induced improved exercise tolerance during high-intensity exercise. *Journal of Applied Physiology*, vol. 124, p. 532-533, ISSN: 8750-7587, doi: 10.1152/jappphysiol.01064.2017

Baldassarre R, Sacchetti M, Patrizio F, Nicolò A, Scotto di Palumbo A, Bonifazi M, Piacentini MF(2018). Carbohydrate Supplementation Does Not Improve 10 km Swimming Intermittent Training. *Sports (Basel)*. 6(4): E147. doi: 10.3390/sports6040147.

Laudani L1, Mira J2, Carlucci F3, Orlando G3, Menotti F3, Sacchetti M3, Giombini A3, Pigozzi F3, Macaluso A (2018). Whole body vibration of different frequencies inhibits H-reflex but does not affect voluntary activation. *Hum Mov Sci* 62:34-40. doi: 10.1016/j.humov.2018.09.002.

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Nicolò A, Girardi M, Sacchetti M (2017). Control of the depth and rate of breathing: metabolic vs. non-metabolic inputs. *Journal of Physiology*, 595: 6363-6364 doi: 10.1113/JP27501

Morettini M, Palumbo C, Sacchetti M, Castiglione F, Mazzà C (2017). A system model of the effects of exercise on plasma Interleukin-6 dynamics in healthy individuals: role of skeletal muscle and adipose tissue. *PlosOne* 12(7):e0181224. doi: 10.1371/journal.pone.0181224

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Scotto di Palumbo A, Guerra E, Orlandi C, Bazzucchi I, Sacchetti M (2017). Effect of combined resistance and endurance exercise training on regional fat loss . *J Sports Med Phys Fitness*. 6:794-801. doi: 10.23736/S0022-4707.16.06358-1.

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Nicolò A, Bazzucchi I, Sacchetti M (2017). Parameters of the 3-Minute All-Out Test: Overestimation of Competitive-Cyclist Time-Trial Performance in the Severe-Intensity Domain. *International Journal of Sports Physiology and Performance* 12(5):655-661. doi: 10.1123/ijsp.2016-0111.

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Nicolò A, Bazzucchi I, Felici F, Patrizio F, Sacchetti M (2015). Mechanical and electromyographic responses during the 3-min all-out test in competitive cyclists. *Journal of Electromyography and Kinesiology* 25(6):907-13. doi: 10.1016/j.jelekin.2015.08.006

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Awards

"Young Investigator Awards" – European College of Sport Science - *"glycerol exchange in human skeletal muscle at rest, during exercise and recovery"*. Annual Congress of the European College of Sport Science, 1999

"Young Investigator Awards" – European College of Sport Science - *"whole body plasma free fatty acid metabolism during knee extensor exercise and recovery"*. Annual Congress of the European College of Sport Science, Jyväskylä, Finland, 2000

Affiliazioni a società scientifiche

Membro fondatore (2007) della Società Italiana di Scienze Motorie e Sportive (SISMES)

Membro dello European College of Sport Science (ECSS)