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| MASSIMO NEGRO, BSc, MSc - Curriculum sketch |
| **Career Profile (Education and Employment)** |
| 2000 – 2015Laboratory of Pharmacobiochemistry, Department of Biology and Biotechnology - University of Pavia*Position*: External Collaborator*Research interest*: Evaluating the effects of the diet on health and sports performance; studying the efficiency of various dietary supplements in modulating the physiological control systems (nervous, endocrine and immune) in relation to various training regimes and diets; studying the ability of some supplements and sport foods to increase post-exercise muscle recovery; analyzing the changes to body-composition which can be obtained in different groups of subjects (athletes, amateur sports players, youngsters, adults, elderly people) through the modulation of the diet; looking into how diet and physical activity act to slow down aspects of ageing, especially of muscle ageing.2000 – June 2010Private clinical nutrition service: Dietetics for professional athletes, sports and fitness people Advisory service in Nutrition and Dietetics applied to physical exercise for health and disease prevention.June 2010 - presentFarcoderm s.r.l. – via Angelini, 21 – 27028 San Martino Siccomario (PV):*Type of company*: Scientific Research and Assessment Company - Medical Offices *Type of work*: Dietitian and scientific consultant *Main activities and responsibilities*: Nutrition and Dietetics clinical practice, clinical investigations for trials on dietary supplement.2015 - Clinical sports nutrition service: C.R.I.A.M.S. - Sport Medicine Center, University of Pavia, Voghera (PV).LecturesI have a long lasting experience of University teaching (Degree courses, Specialization school, Master degree) and teaching in specialized schools for professional training in nutrition and sports. Main area of teaching: sports nutrition science, body composition assessment in sports nutrition, sports supplements and ergogenics, nutrition strategy for muscle hypertrophy ad fat loss, exercise immunology and supplementation, nutrition for specific sports. I supervised 17 candidates (undergraduate, graduate and post-graduate studies) for thesis dissertation.**Conferences** I have a long lasting experience as a conference speaker on sports nutrition topics.International Conference invited speaker:1. International Society of Sports Nutrition (ISSN), “The 7th Annual Conference and Expo”. Clearwater Beach, FL (USA), June 24-26, 2010
2. Nuce International, “Meeting on Sports Nutrition”. Bologna, September 9, 2014

**Education**1996 – 1999* Medicine and Surgery Faculty – University of Pavia
* Bachelor degree in Nutrition and Dietetics (Registered Dietitian) - grade: 110/110 with honors

1999 - 2005* Medicine and Surgery Faculty – University of Pavia
* Bachelor and Master’s degree in Movement Science - grade: 110/110 with honors

2015 -* PhD student in Biomedical Sciences – University of Pavia
* Research Lab: Sport Medicine Center, University of Pavia, Voghera (PV)
* Scientific Supervisor: Prof. Giuseppe D’Antona
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| Total Publications |  |
| 110 |  |
| Original Journal Articles | Reviews | Book Chapters | Books | Conference associated publications | Sports Nutrition articles on National Sports Medicine Magazine  |
| 2 | 5 | 4 | 1 | 2 edited conf. proceeding | 96 |
| **Selected publications** **Book and book chapters**1. **Negro M**, Conti G, Marzatico F. Nutrizione e Sport - Manuale di dietetica,integrazione e supplementazione. **EdiErmes**, Milano 2007
2. Buonocore D, Rucci S, **Negro M**, Marzatico F. Free Radicals and Human Aging Muscle. In “Systems Biology of Free Radicals and Antioxidants” (Ed: Laher I); chapter: 129, pp.2927-2949, **Springer**, Berlin Heidelberg 2014
3. **Negro M**, Avanzato I, Buonocore D, Marzatico F. Attività motoria e aging. In “Medicina Anti-Aging” (Ed: Galimberti D); chapter 11, pp. xxx – xxx, **Edra Edizioni**, Milan 2015 (in press)

**Scientific Journals** 1. **Negro M**, Giardina S, Marzani B, Marzatico F. Branched-chain amino acidsupplementation does not enhance athletic performance but affects muscle recovery and the immune system. **J Sports Med Phys Fitness** 2008; 48:347-51.
2. Rossi P, Marzani B, Giardina S, **Negro M**, Marzatico F. Human skeletal muscle aging and oxidative system: cellular events. **Current Aging Science** 2008; 1:182-91
3. Buonocore D, Rucci S, Vandoni M, **Negro M**, Marzatico F. Oxidative System in Aged Skeletal Muscle**. MLTJ** 2011; 1 (3) 85-90
4. **Negro M**, Rucci S, Buonocore D, Focarelli A, Marzatico F. Sports Nutrition Science: an essential overview. **Progr Nutr** 2013; 15(1): 3-30
5. Sponsiello N, Rucci S, Bonocore D, Focarelli A, Doria E, **Negro M**, Marzatico F. Experimental evaluation of the hydration status during fitness training. **Med Sport** 2013; 66: 531-43
6. **Negro M**, Vandoni M, Ottobrini S, Codrons E, Correale L, Buonocore D, Marzatico F. [Protein Supplementation with Low Fat Meat after Resistance Training: Effects on Body Composition and Strength](https://www.researchgate.net/publication/264435735_Protein_Supplementation_with_Low_Fat_Meat_after_Resistance_Training_Effects_on_Body_Composition_and_Strength?ev=prf_pub). **Nutrients** 2014; 6(8):3040-3049
7. Buonocore D, **Negro M**, Arcelli E, MarzaticoF. Anti-inflammatory dietary interventions and supplements to improve performance during athletic training. **J Am Coll Nutr** 2015; 34(S1): 62–67

**International edited conference proceedings** 1. Marzatico F, **Negro M**, Feletti F, Cambielli F: Redox modulation of muscle fatigue. **Functional Neurology** 2002**;** 17(1): 47
2. **Negro M**: Dietary Supplements in Sports Nutrition. **Nutrafoods** 2014; 13: 133-134
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