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| MASSIMO NEGRO, BSc, MSc - Curriculum sketch |
| **Career Profile (Education and Employment)** |
| 2000 – 2015  Laboratory 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 2010  Private 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 - present  Farcoderm 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).  Lectures  I 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 | | | | | |