

CURRICULUM VITAE**INFORMAZIONI PERSONALI**

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| Nome | Colosio, Marta |
| Anno di nascita | 1994 |
| Qualifica | PhD |
| Amministrazione | |
| Incarico attuale | Professore a contratto |
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TITOLI DI STUDIO E PROFESSIONALI ED ESPERIENZE LAVORATIVE

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| Titolo di studio (anno di conseguimento; nome e tipo di istituto di istruzione o formazione) | <ul style="list-style-type: none">- PhD in translational medicine, Università' degli studi di Milano- Msc in Scienze tecniche e didattiche dello sport (LM-68), Università' degli studi di Milano- BSc in scienze motorie (L-22), Università' degli studi di Brescia |
| Altri titoli di studio e professionali | <ul style="list-style-type: none">- Maestro di sci (FISI), 2014- Allenatore sci alpino (STF-FISI), 2018- Personal trainer (FIPE), 2018 |
| Esperienze professionali (incarichi ricoperti; data; tipo di azienda o settore; principali mansioni o responsabilità) | <p>ATTIVITA' DI RICERCA</p> <ul style="list-style-type: none">- Research Assistant, Università' degli studi di Pavia, 2020-2024- Research Assistant, Consiglio Nazionale delle Ricerche, 2018-2020 <p>ATTIVITA' DI INSEGNAMENTO</p> |

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| | <ul style="list-style-type: none"> - Endurance Performance and Exercise Physiology Master level I, 14 h, Università degli studi di Pavia, Neuromuscular Physiology and fatigability module (year 24/25) - Physiology practicum, 12 h, Medicine II years Università degli studi di Pavia (year 23/24) - Exercise physiology, 8 h, Sport science II years Università degli studi di Pavia (year 21/22) - Endurance Performance and Exercise Physiology Master level I, 14 h, Università degli studi di Pavia, Neuromuscular Physiology and fatigability module (year 23/24) - Physiology practicum, 12 h, Medicine II year Università degli studi di Pavia (year 22/23) - Physiology practicum, 12 h, Medicine II year, Università degli studi di Pavia (year 21/22) |
| Capacità linguistiche | Italiano madrelingua, Inglese C1 |
| Capacità nell'uso delle tecnologie | Professionale |
| <p style="text-align: center;">Altro (partecipazione a convegni e seminari, pubblicazioni, collaborazione a riviste, ecc., ed ogni altra informazione che il compilante ritiene di dover pubblicare)</p> | <p>PUBLICATIONS:</p> <ul style="list-style-type: none"> - Colosio M, Rasica L, Baldassarre G, Vernillo G, Marzorati M, Porcelli S “Performance fatiguability and recovery after dynamic maximal exercise in elbow flexors versus knee extensors”, American Journal of physiology - regulatory, integrative and comparative physiology, 27/6/2022 DOI: 10.1152/ajpregu.00173.2021 - Colosio M, Brocca L, Gatti M, Crea E, Neri M, Cadile F, Canepari M, Pellegrino MA, Polla B, Porcelli S and Bottinelli R “Structural and functional impairments of skeletal muscle in patients with post-acute sequelae of SARS-COV-2 infection” Journal of Applied Physiology, 7/9/2023 DOI: 10.1152/jappphysiol.00158.2023 (distinction in scholarship in the Journal of Applied Physiology in November 2023) - Colosio M, Pellegrino MA, Porcelli S and Bottinelli R “Reply to Finsterer and Scorza: “Exercise intolerance in post-COVID syndrome cannot only be due to skeletal muscle impairment” Journal of Applied Physiology, 5/12/2023. DOI: 10.1152/jappphysiol.00780.2023 - Colosio M, Botter A. “Exploring Sex Differences in Performance: Expanding the Concept of Force Unsteadiness”, Journal of Applied Physiology DOI: 10.1152/jappphysiol.00224.2024 - Rasica L, Colosio M*, Ferri A, Baldassarre G, Easton C; Burleigh M, Marzorati M, Porcelli S “BEETter AGING: effects of |

dietary nitrate supplementation on muscle contractile properties in young and older adults”, in revision, *Medicine & Science in Sport & Exercise* * Co-first

PROCEEDINGS:

- Colosio M, Lamboglia M, Pastorio E, Gatti M, Vernillo G, Temesi J, Fiorenza M, Bangsbo J, Hostrup M and Porcelli S “Greater intramuscular metabolic perturbations contribute to faster muscle fatigue development in males than females during intermittent isometric exercise” *Physiology* 2024 39:S1; DOI: 10.1152/physiol.2024.39.S1.647

- Colosio M, Brocca L, Gatti M, Cadile F, Canepari M, Pellegrino MA, Polla B, Bottinelli R and Porcelli S “In-vivo And Ex-vivo Physiological Determinants of Muscle Weakness In Long-Term COVID19: A Case Report” *Medicine & Science in Sports & Exercise* 54.9S (2022): 10. DOI: 10.1249/01.mss.0000875180.93418.b5

- Colosio M, Brocca L, Gatti M, Cadile F, Canepari M, Pellegrino MA, Polla B, Bottinelli R and Porcelli S “Structural and functional impairments of the skeletal muscle in patients with post-acute sequelae of SARS-COV2 infection” *Sport Sci Health* 19 (Suppl 1), 1–149 (2023). DOI: 10.1007/s11332-022-01027-7

CONGRESS INVITED SYMPOSIUM:

- Colosio M: “Worsening of neuromuscular function after disuse and beneficial effects of aerobic reconditioning in older people” session 14 at European College Sport Science (ECSS) “Is there power after disuse? Insights into the effects of sedentarism, bed rest, hospitalization and recovery on muscle mass, muscle function, fatigability, and physical performance in older people” Presentation date: 04.07.2024, Glasgow

CONGRESS COMMUNICATION:

- Colosio M, Lamboglia M, Pastorio E, Gatti M, Vernillo G, Temesi J, Fiorenza M, Bangsbo J, Hostrup M and Porcelli S “Sex differences in muscle fatigue development and intramuscular metabolic perturbations during intermittent isometric exercise” oral presentation 28th annual Congress of the European College Sport Science (ECSS) Paris, 4/07/2023

- Colosio M, Brocca L, Gatti M, Cadile F, Canepari M, Pellegrino MA, Polla B, Bottinelli R and Porcelli S “Structural and functional impairments of the skeletal muscle in patients with post-acute sequelae of SARS-COV2 infection” XIII National Congress SISMES 4 October 2022

- Colosio M, Brocca L, Gatti M, Cadile F, Canepari M, Pellegrino MA, Polla B, Bottinelli R and Porcelli S “Mechanistic

bases of exercise intolerance in patients with post-acute sequelae of Covid-19: a translational approach by in-vivo and ex-vivo measurements” oral presentation 27th annual Congress of the European College Sport Science (ECSS) Seville, 1/09/2022

- Colosio M, Brocca L, Gatti M, Cadile F, Canepari M, Pellegrino MA, Polla B, Bottinelli R and Porcelli S “In-vivo And Ex-vivo Physiological Determinants of Muscle Weakness In Long-Term COVID19: A Case Report” clinical case slide presentation, ACSM annual meeting and world congress, San Diego 1/06/2022

- Colosio M, Villanova S, Mazzolari R, Marciano A, Pilotto A, Maffiuletti N A, Vernillo G, Porcelli S “Sex differences in fatigability during an Olympic triathlon” Oral presentation 26th annual Congress of the European College Sport Science (ECSS) Virtual 2021 8/09/2021

- Colosio M, Rasica L, Baldassarre G, Ferri A, Manfredelli G, Easton C, Burleigh M, Marzorati M, Porcelli S “Effects of 7 days of beetroot juice supplementation on muscle contractile properties in elderly and young individuals” Oral presentation 25th annual Congress of the European College Sport Science (ECSS) Virtual 2020

- Colosio M, Rasica L, Baldassarre G, Vernillo G, Marzorati M, Porcelli S “Neuromuscular fatigue in elbow flexors vs. knee extensors after arm-cranking and cycling exercises” Oral presentation 24th annual Congress of the European College Sport Science (ECSS) Prague 04/07/2019

CONGRESS ABSTRACT

- Gatti M, Colosio M, Paddeu S, Marciano A, Sazzi C, Brocca L, Porcelli S, Pellegrino MA, Canepari M, Bottinelli R “Effects of 14 days of steps reduction on neuromuscular function and fatigability in young adults” oral presentation 29th annual Congress of the European College Sport Science (ECSS) Glasgow 4/07/2024

- Gatti M, Colosio M, Sarto F, Pastorio E, Ansaldo M, Pellegrino MA, Franchi MV, Bottinelli R, Narici M, Porcelli S “Sarcopenia exacerbates muscle fatigability during knee-extensor dynamic contractions in old adults” oral presentation 28th annual Congress of the European College Sport Science (ECSS) Paris 6/07/2023

- Pastorio E, Colosio M, Gatti M, Lamboglia M, Vernillo G, Temesi J, Carbonaro M, Botter A, Porcelli S “Sex differences in force steadiness and muscle activation during an intermittent isometric exercise to task failure” oral presentation 28th annual Congress of the European College Sport Science (ECSS) Paris 6/07/2023

- Quagliarotti C, Villanova S, Colosio M., Pastorio E, Pilotto A, Marciano A, Gatti, M, Papetti G, Romagnoli R, Porcelli S, Piacentini M.F. “Sex differences in performance fatigability do not affect the half-marathon pacing strategies or perceived exertion in recreational triathletes” oral presentation 27th annual Congress of the European College Sport Science (ECSS) Seville, 1/9/2022

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| | <ul style="list-style-type: none"> - Gatti M, Colosio M, Brocca L, Cadile F, Canepari M, Pellegrino MA, Polla B, Bottinelli R and Porcelli S “Neuromuscular fatigue and recovery in patients after SARS-CoV2 infection” Poster presentation 27th annual Congress of the European College Sport Science (ECSS) Seville, 1/9/2022 - Villanova S; Colosio M; Pastorio E; Dello Iacono A; Pilotto A; Marciano A; Gatti M; Papetti G; Quagliarotti C, Romagnoli R; Piacentini MF; Porcelli S “Sex differences in fatigability during long-distance triathlon race” oral presentation 27th annual Congress of the European College Sport Science (ECSS) Seville, 1/9/2022 - Neri M, Pilotto AM, Colosio M, Gatti M, Crea E, Brocca L, Pellegrino MA, Bottinelli R and Porcelli S “Differences in muscle oxidative capacity between young and elderly: a comparison between near infrared spectroscopy and high-resolution respirometry.” Poster presentation 27th annual Congress of the European College Sport Science (ECSS) Seville, 1/9/2022 - Pastorio E; Villanova S; Colosio M; Mazzolari R; Pilotto A; Marciano A; Gatti M; Papetti G; Porcelli S. “Performance and fatigability across different triathlon race distances: from sprint to ironman” oral presentation 27th annual Congress of the European College Sport Science (ECSS) Seville, 1/9/2022 - Villanova S., Colosio M., Mazzolari R., Pilotto A., Asta A., Marciano A., Porcelli S. “The effect of eight weeks of concurrent endurance and strength training on the physiological determinants of performance in triathletes and in an Olympic distance race” Oral presentation 12th SISMES Padova 9/10/2021 - Alberti, A., Colombo, A., Colosio, M., Mazzolari, R., Pilotto, A.M., Porcelli, S. “Time-course recovery of central and peripheral physiological adaptations by high-intensity interval training after covid-19”. Oral presentation 26th annual Congress of the European College Sport Science (ECSS) Virtual 2021 - Villanova S., Colosio M., Mazzolari R., Pilotto A., Asta A., Porcelli S. “Eight weeks of strength training improve exercise economy and race performance in olympic triathletes” Oral presentation 26th annual Congress of the European College Sport Science (ECSS) Virtual 2021 - Pilotto AM., Mazzolari R., Colosio M., Grassi B., Porcelli S. “Non-invasive evaluation of the time-course changes in physiological adaptations to low-volume high-intensity interval training” Oral presentation 25th annual Congress of the European College Sport Science (ECSS) Virtual 2020 - Lavarda M., Rasica L., Pilotto A., Colosio M., La Torre A., Porcelli S. “Neuromuscular fatigue in sprint and olympic triathlon” Oral presentation 24th annual Congress of the European College Sport Science (ECSS) Prague 05/07/2019 |
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Luogo e data, Pavia 11/2/2025