



Curriculum Vitae Matteo Vandoni

PERSONAL INFORMATION

Name/Surname **Matteo Vandoni**
E-mail matteo.vandoni@unipv.it
Citizenship Italian
Gender Male

Actual Work Position

Date **From April 2021 till today**

Current work position **Associate Professor - Sport Science**

Main activities and responsibilities

Scientific director of the Laboratory of Adapted Motor Activity.

Research topics: Study of childhood obesity and diabetes exercise - changes in the autonomic nervous system in pediatric and adult subjects - study of the implications of physical exercise on health – study of functional performance in developmental age -

Teaching: Theory, Technique and Didactics of Recreational and Leisure Activities, Theory, Technique and Didactics of Physical Exercise, Motor Activity in Different Conditions and Ages, Motor Activity Adapted to Metabolic Diseases and Kinesiology and Motor Rehabilitation Techniques (Sport Science Bachelor and Master degree of the University of Pavia)

Classes: Group Physical Activity and Adapted Motor Activity (Technique of Psychiatric Rehabilitation bachelor degree)

Past work positions

Date	From April 2018 to March 2021
Work position	Senior Researcher
Main activities and responsibilities	<i>Scientific director</i> of the Laboratory of Adapted Motor Activity.
Nome e indirizzo del datore di lavoro	<p><i>Research topics:</i> Study of childhood obesity and diabetes and on changes in the autonomic nervous system in pediatric and adult subjects - study of the implications of physical exercise on health – Adapted exercise in people with Multiple Sclerosis</p> <p><i>Teaching:</i> Theory, Technique and Didactics of Recreational and Leisure Activities, Theory, Technique and Didactics of Physical Exercise, Motor Activity in Different Conditions and Ages, Motor Activity Adapted to Metabolic Diseases and Kinesiology and Motor Rehabilitation Techniques (Sport Science Bachelor and Master degree of the University of Pavia)</p> <p><i>Classes:</i> Group Physical Activity and Adapted Motor Activity (Technique of Psychiatric Rehabilitation bachelor degree)</p>
Date	From October 2012 to September 2017
Work position	Junior Researcher
Main activities and responsibilities	<i>Research topics:</i> Study of childhood obesity and diabetes exercise - changes in the autonomic nervous system in pediatric and adult subjects - study of the implications of physical exercise on health
Workplace	Department of Public Health, Experimental Medicine and Forensic Science, University of Pavia
Date	From March 2010 to November 2010
Work position	Reserch Visitor
Main activities and responsibilities	Prevention and treatment of adult and children obesity through exercise programs
Workplace	Centre for Obesity Research and Education, Temple University, Philadelphia, Pennsylvnya, USA.
	Mentor: Professor Gary Foster
Last Achieved Titles	
Date	12 th January 2012

Title	PhD program in “Biomedical and methodological aspects of preventive and adapted physical activities”
University	Università degli studi di Roma “Foro Italico”
Date	September 2004
Title	Master Degree in Sport Science
University	Università di Pavia (Facoltà di Medicina e Chirurgia, Ingegneria)

Qualification obtained

Full Professor in Exercise and Sport Science (06/N2 - 17/12/2023)

Publications

Total publication in peer review journals: 80 (Scopus 10-06-2024)

Total citations: 908 (Scopus 10-06-2024)

H-Index: 16 (Scopus 10-06-2024)

ORCID ID: 0000-0002-3405-9364

Editorial Activity

Member of editorial board

Plos One

Peer J

Clinical Diabetes and Healthcare - Diabetes, Lifestyle and Metabolic Syndrome

Guest Editor

International Journal of Environmental Research and Public Health “Obesity, Physical Activity and Exercise in Children and Adolescents”

Nutrients “Physical Activity and Nutrition Survey and Evaluation for Public Health”

Frontiers in Psychology “Physical Exercise Related to Students Academic Performance”

Reviewer for the following scientific journals:

- Scandinavian Journal of Medicine & Science in Sport
- PLOS ONE
- PeerJ
- Journal of Sport Sciences for Health
- Journal of Health Psychology
- Journal of Sports Medicine

Participation as a speaker at scientific conferences in Italy or abroad

Over 50 invited lectures on childhood obesity and diabetes exercise, diabetes and exercise in children and adults, changes in the autonomic nervous system in pediatric and adult subjects, implications of physical exercise on health, functional performance in developmental age.

Direction or participation in activities of a research group characterized by national or international collaborations

- "STUDY OF THE RESPONSE OF THE AUTONOMOUS SYSTEM TO PHYSICAL EXERCISE IN METABOLIC SUBJECTS" in collaboration with the Department of Internal Medicine and Medical Therapy
- "STUDY OF PHYSICAL EXERCISE IN OBESE SUBJECTS" in collaboration with the Department of Internal Medicine and Medical Therapy
- "PHYSICAL EXERCISE IN SUBJECTS WITH TYPE 1 DIABETES" in collaboration with SSD Diabetologia, Monfalcone - Gorizia, Dr. Roberta Assaloni and Spedali Civili hospital of Brescia - Diabetology Unit, Dr. Angela Girelli
- "Food Social Sensor Network (Food NET)" - Project with funding from the Lombardy Region, the European Community, winner of the University-Lombardy Region Projects for the year 2017. CUP: E47F17000020009.
- "Prevention of cardiovascular risk in pediatric age with physical exercise program" - Study with ASST Fatebenefratelli-Sacco Presidium of Vittore Buzzi Children's Hospital - Milan

Formal assignment of teaching or research positions foreign or supranational research institutes

- Research Visitor at the "Center for Obesity Research and Education", Temple University, Philadelphia (USA).

The research activities were carried out in the projects:

"Fit for life" of the Hypertension, Molecular, and Applied Physiology Lab directed by Professor Micheal D. Brown

"Healty project" of the Center for Obesity Reserch and Education directed by Professor Gary Foster
from 25-03-2010 to 25-10-2010

Achievement of prizes and awards for scientific activity, including affiliation to academies of recognized prestige in the field

- Physical activity program manager in the project " TRUSTINAGEING - Smart senior housing to counteract social isolation and for independent, safe, healthy and active aging " financed by the Ministry of Health with decree MDS-DGPROGS-24 - project code T1-CN-03.
- Person in charge for the University of Pavia of the financed project "Fight against Pediatric Obesity: from a predictive tool for type 2 Diabetes and Cardiovascular diseases risk to healthy educational programs – PODIACAR". Call: EU4H-2022-PJ-3 — EU4H-PJG. EU Grants: Application form (EU4H): V2.0 – 01.06.2022
- Member of the Italian Society of Motor Sciences and Sports (SISMES)
- Winner of the "Ivano Becchi" Professionalism Project. Prize (Euro 15,000) disbursed by the Banca del Monte di Lombardia Foundation for stays abroad for young researchers. For the role of Research Visitor at the "Center for Obesity Research and Education", Temple University, Philadelphia (USA)
- Member of the National Society of Strength and Conditioning, (NSCA) from 2013 to 2015
- Member of the American College of Sport and Medicine, (ACSM)

Other Activities

- Activities coordinator for young people and adults with Diabetes at the University Sports Center of Pavia
- Research fellow at the Department of Preventive, Occupational and Community Medicine, University of Pavia - title: "Physical activity and nutrition"
- Teacher at 12 editions of the Ecm residential course "Emotion - Residential training course for the improvement and management of physical activity in type 1 diabetes" organized by the Endocrinology Unit of the Spedali Riuniti of Brescia, San Felice sul Benaco (BS)
- Research fellow at the Department of Preventive, Occupational and Community Medicine, University of Pavia - title "Physical activity and health"
- Responsible for physical activity protocols with young diabetics and obese "We give weight to health" project in collaboration with the Pediatric Endocrinology Unit of the I.R.C.C.S. San Matteo Polyclinic.
- Research fellow at the Department of Public Health and Neuroscience, University of Pavia - title: "Study of childhood obesity and changes in the autonomic nervous system in pediatric subjects"
- Member of the Scientific Technical Committee of the Interdepartmental Research Center of Motor and Sport Activities, University of Pavia, Pavia
- Member of the Technical Scientific Committee of the Interdepartmental Center for Studies and Research on Human Nutrition and Eating Disorders, University of Pavia

Pavia 15th May 2024

In faith

