

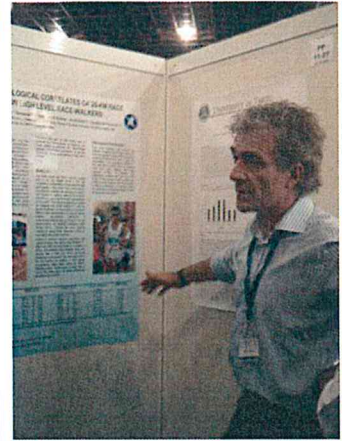
CURRICULUM VITAE

Nome

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Ruolo

Professore Associato confermato
M-EDF/02 :Metodi e Didattiche delle Attività Sportive



Titoli di studio

Diploma ISEF, Istituto Superiore di Educazione Fisica della Lombardia, Milano-1983
Maitrise UFR-STAPS (Sciences et techniques des activités physiques et sportives), Université de Bourgogne, Dijon- France-1993
Abilitazione all'insegnamento nella scuola secondaria superiore, Milano-1987
Docente di ruolo di Educazione Fisica (1987-2002)

Attività didattica e professionale

Professore Associato SSD M-EDF/02 presso la Scuola di Scienze Motorie (2002)
Docente di Teoria e Metodologia dell'Allenamento degli Sport Individuali e Discipline Atletiche
Docente di Metodi di Valutazione delle Capacità Motorie
Docente di Periodizzazione dell'Allenamento degli Sport Individuali
Docente di Principi di Base di Teoria dell'Allenamento
Presidente del Comitato per lo Sport Universitario
Membro del Consiglio della Scuola di Specializzazione in Medicina dello Sport (2004)
Editorial Board della rivista "The Journal of Sports Medicine&Physical Fitness"
Comitato editoriale della rivista "Atleticastudi" della FIDAL
Senior Lecturer IAAF (International Association of Athletics Federations)
Consulente Commissione Tecnica Esperti Preparazione Olimpica CONI
Membro del Comitato Tecnico-Scientifico della FIDAL (2004)
Allenatore personale di Ivano Brugnetti, Campione Olimpico ad Atene 2004, 20 k marcia, Campione Mondiale 50k marcia, Siviglia 1999.

Selezione pubblicazioni

28-"Time-Course Changes of Oxidative Stress Response to High-Intensity Discontinuous Training versus Moderate-Intensity Continuous Training in Masters Runners."- Vezzoli A, Pugliese L, Marzorati M, Serpiello FR, La Torre A, Porcelli S.- PLoS One. 2014 Jan 31;9(1):e87506. doi: 10.1371/journal.pone.0087506. eCollection 2014.

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26-High-Intensity exercise training induces morphological and biochemical changes in skeletal muscle- Toti L., Bartalucci A., Ferrucci M., Fulceri F., Lazzeri G., Lenzi P., Soldani P., Gobbi P., La Torre A., Gesi M -*Biol.Sport* 2013;30:301-309- DOI: 10.5604/20831862

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21-Cardiovascular responses during an indoor race walking competition. Vernillo G, Agnello L, Drake A, Fiorella P, Piacentini MF, La Torre A. *J Sports Med Phys Fitness*. 2012 Dec;52(6):589-95.

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18-High-intensity exercise training produces morphological and biochemical changes in adrenal gland of mice. Bartalucci A, Ferrucci M, Fulceri F, Lazzeri G, Lenzi P, Toti L, Serpiello FR, La Torre A, Gesi M. *Histol Histopathol*. 2012 Jun;27(6):753-69.

17-Effects of cold-water immersion and contrast-water therapy after training in young soccer players. De Nardi M, La Torre A, Barassi A, Ricci C, Banfi G. *J Sports Med Phys Fitness*. 2011 Dec;51(4):609-15.

16-Determinants of performance in 1,500-m runners. Ferri A, Adamo S, La Torre A, Marzorati M, Bishop DJ, Miserocchi G. *Eur J Appl Physiol*. 2012 Aug;112(8):3033-43. doi: 10.1007/s00421-011-2251-2. Epub 2011 Dec 17.

15-An analysis of the rebound of the body in backward human running. Cavagna GA, Legramandi MA, La Torre A. *J Exp Biol.* 2012 Jan 1;215(Pt 1):75-84. doi: 10.1242/jeb.057562.

14-Criterion and longitudinal validity of a fixed-distance incremental running test for the determination of lactate thresholds in field settings. La Torre A, Fiorella P, Santos TM, Faina M, Mauri C, Impellizzeri FM. *J Strength Cond Res.* 2012 Jan;26(1):146-51. doi: 10.1519/JSC.0b013e31821bc313.

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10-Genetic polymorphisms of the enzymes involved in DNA methylation and synthesis in elite athletes. Terruzzi I, Senesi P, Montesano A, La Torre A, Alberti G, Benedini S, Caumo A, Fermo I, Luzi L. *Physiol Genomics.* 2011 Aug 24;43(16):965-73. doi: 10.1152/physiolgenomics.00040.2010. Epub 2011 Jun 14.

9-Running backwards: soft landing-hard takeoff, a less efficient rebound. Cavagna GA, Legramandi MA, La Torre A. *Proc Biol Sci.* 2011 Feb 7;278(1704):339-46. doi: 10.1098/rspb.2010.1212. Epub 2010 Aug 18.

8-Acute effects of static stretching on squat jump performance at different knee starting angles. La Torre A, Castagna C, Gervasoni E, Cè E, Rampichini S, Ferrarin M, Merati G. *J Strength Cond Res.* 2010 Mar;24(3):687-94. doi: 10.1519/JSC.0b013e3181c7b443.

7-The sportsman readjustment after transcontinental flight: a study on marathon runners. Montaruli A, Roveda E, Calogiuri G, La Torre A, Carandente F. *J Sports Med Phys Fitness.* 2009 Dec;49(4):372-81.

6-Free leptin index and thyroid function in male highly trained athletes. Perseghin G, Lattuada G, Ragogna F, Alberti G, La Torre A, Luzi L. *Eur J Endocrinol*. 2009 Dec;161(6):871-6. doi: 10.1530/EJE-09-0569. Epub 2009 Sep 22.

5-Heart rate and blood lactate evaluation in bouldering elite athletes. La Torre A, Crespi D, Serpiello FR, Merati G. *J Sports Med Phys Fitness*. 2009 Mar;49(1):19-24.

4-Left ventricular function and energy metabolism in middle-aged men undergoing long-lasting sustained aerobic oxidative training. Perseghin G, De Cobelli F, Esposito A, Belloni E, Lattuada G, Canu T, Invernizzi PL, Ragogna F, La Torre A, Scifo P, Alberti G, Del Maschio A, Luzi L. *Heart*. 2009 Apr;95(8):630-5. doi: 10.1136/hrt.2008.154716. Epub 2008 Nov 13.

3-Effect of the sporting discipline on the right and left ventricular morphology and function of elite male track runners: a magnetic resonance imaging and phosphorus 31 spectroscopy study. Perseghin G, De Cobelli F, Esposito A, Lattuada G, Terruzzi I, La Torre A, Belloni E, Canu T, Scifo P, Del Maschio A, Luzi L, Alberti G. *Am Heart J*. 2007 Nov;154(5):937-42. Epub 2007 Aug 27.

2-Relationship between push phase and final race time in skeleton performance. Zanoletti C, La Torre A, Merati G, Rampinini E, Impellizzeri FM. *J Strength Cond Res*. 2006 Aug;20(3):579-83.

1-Cardiovascular responses to aerobic step dance sessions with and without appendicular overload. La Torre A, Impellizzeri FM, Rampinini E, Casanova F, Alberti G, Marcora SM. *J Sports Med Phys Fitness*. 2005 Sep;45(3):264-9.