

C U R R I C U L U M V I T A E

SKROCE KRISTINA



PERSONAL DETAILS

Address

Telephone

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CURRENT POSITION

- Coordinator of CentroMaratona – Department of Neuroscience, Biomedicine and Movement Science, University of Verona: Scientific projects and functional evaluation in acute response and training in endurance activities
- Performance Coach of Team Novo Nordisk Pro Cycling
- Performance director of Croatian National Triathlon team (Senior & Junior male and female)
- Coordinator of CUS Verona Triathlon
- Teaching assistant in “Exercise and Training Programs” – Master’s degree in Sports Science and Physical Performance Department of Neuroscience, Biomedicine and Movement Science, University of Verona (Prof. Federico Schena)
- Teaching assistant in “Exercise and Training Programs” – Master's degree in Preventive and Adapted Exercise Science, Department of Neuroscience, Biomedicine and Movement Science, University of Verona (Prof. Federico Schena)
- Teaching assistant in “Training Methodology” – Bachelor’s degree in Sport and Exercise Science Department of Neuroscience, Biomedicine and Movement Science, University of Verona (Prof. Federico Schena)

<p>EDUCATION</p>	<p>Oct 2014 - Mar 2017: Master's Degree in Science of Sport and physical performance, Department of Neuroscience, Biomedicine and Movement Science, University of Verona, Italy. Thesis: " A longitudinal study in a Professional cycling team of Type 1 diabetic athletes; structural and functional changes and training load during the competitive season "</p> <p>Oct 2011- Oct 2014: Bachelor's degree In Sport and Exercise Science, Department of Neuroscience, Biomedicine and Movement Science, University of Verona, Italy. Thesis: "Previsione della performance di una mezza maratona con test da campo su 2000m e 10 000m."</p> <p>Sep 2008- Jun 2011: High school graduation: Scientific Gymnasium "Juraj Barakovic" Zadar, Croatia</p>
<p>SCIENTIFIC AFFILIATIONS</p>	<p>Department of Neuroscience, Biomedicine and Movement Science, University of Verona, Verona, Italy</p>
<p>AREAS OF RESEARCH</p>	<ul style="list-style-type: none"> -Exercise physiology -Endurance training effects -Testing and evaluation protocols
<p>PREVIOUS WORKING EXPERIENCE</p>	<p>2013-2017: -Strength & Conditioning Coach at Bentegodi Athletics Team</p> <p>2015-2017: -Strength & Conditioning Coach at Bentegodi Swimming Team</p> <p>2015-2018: -Head Coach of Woman Triathlon Italia</p>

<p>PUBLICATIONS</p>	<ul style="list-style-type: none"> • International Journals with Impact factor <p>Festa L, Tarperi C, Skroce K, Boccia G, Lippi G, La Torre A, Schena F. Effects of Flywheel Strength Training on the Running Economy of Recreational Endurance Runners. J Strength Cond Res. 2019 Mar;33(3):684-690</p> <ul style="list-style-type: none"> • International Journals with Impact factor: under revision: <p>Festa L, Tarperi C, Skroce K, La Torre A, Schena F (2019). Effects of Different Training Intensity Distribution in Recreational Runners. – Scandinavian Journal of Medicine and Science in Sports</p> <ul style="list-style-type: none"> • International Journals SCOPUS indexed <p>Piacentini MP, Reda D, Minganti C, Baldassarre R, Tarperi C, Festa L, Skroce K, Schena F & La Torre A (2019). Pacing profiles of master athletes according to their predicted finishing time. Mov Sport Sci/ Sci Mot – accepted 6th June 2019- ahead of print</p>
<p>SCIENTIFIC CONFERENCES (Please specify if presenter or co-author)</p>	<ul style="list-style-type: none"> • Oral presentations: <p>As invited speaker for: Croatian National Federation Education project for coaches:</p> <ol style="list-style-type: none"> 1. Zadar (April 2019): Testing and evaluating a professional triathlete <p>As invited speaker for: Croatian National Federation Education project for coaches:</p> <ol style="list-style-type: none"> 2. Moscenicka Draga (May 2019): Performance model of a triathlete: physiological aspects of modern triathlon <p>As co-author: -Piacentini ME, Molinari L, Annis F, La Torre A, Festa L, Tarperi C, Skroce K, Schena F.: Differences in mood and pacing during an official and simulated half marathon competition. SISMES National Congress 2014</p>

• **Posters presentation**

-Tarperi C, Skroce K, Festa L, Shena F.:

Estimating the best performance in RunForScience half marathon by laboratory and field evaluations. **SISMES National Congress 2014**

-Festa L, Tarperi C, Skroce K, La Torre A, Schena F.:

Effects of combine endurance and eccentric strength training in master endurance runner. **ECSS International Congress 2015**

-McCarthy O, Moser O, Eckstein M, Scott S, Fisher M, Riddell M, Fontana F, Skroce K, Festa L, Hayes C, Lagrou P, Southerland P, Christiansen M, Bode B, Stettler C, Richard M, Bracken R. Time spent in glycaemic ranges and carbohydrate intake during cycling in professional cyclists with type 1 diabetes. **American Diabetes Association Congress, San Francisco 2019**

- Moser O, Eckstein ML, McCarthy O, Scott SN, Riddell M, Fontana F, Skroce K, Christiansen MP, Festa L, Fisher M, Hayes CA, Southerland P, Stettler C, Hendrik P, Lagrou P, W. Bode BW, M. Bracken RM. Greater time spent in hypoglycemia during night compared to day during intensified training in professional cyclists with type 1 diabetes – a prospective observational study. **American Diabetes Association Congress, San Francisco 2019**

- Eckstein ML, Moser O, McCarthy O, Scott SN, Riddell M, Fontana FY, Skroce K, Christiansen MP, Festa L, Fisher M, Hayes CA, Southerland P, Stettler C, Hendrik P, Lagrou P, Bode BW, Bracken R: Sweet performance: associations of maximum physiological performance and diabetes in a group of world class road cyclists with type 1 diabetes. **American Diabetes Association Congress, San Francisco 2019**

	<ul style="list-style-type: none"> • Submitted Oral presentations for future congresses: <p>Tarperi C, <u>Skroce K</u>, Cecchini MP, Azzi A, Schena F, Fiorio M. The effects of smell on running performance, SISMES National Congress 2019</p> <p><u>Gentilin A</u>, Skroce K, Budel L, Schena F and Tarperi C. Prolonged visual reaction time after strenuous endurance exercise: higher increment in male compared to female recreational runners, SISMES National Congress 2019</p> <p><u>Tarperi C</u>, Pasquali F, Skroce K, Schena F. Circadian shift in firefighters, differences on perceived and measured workload, SISMES National Congress 2019</p> <p>Calabria E, Tarperi C, Salvagno G, Skroce K, Gelati M, Lippi G, Schena F. Effects of an half-marathon run on mitochondrial respiration in women platelets, SISMES National Congress 2019</p>		
<p>LANGUAGES (Common European Framework Of Reference For Languages)</p>	<p>Italian</p>	<p>English</p>	<p>Croatian</p>
<p>Reading</p>	<p>Excellent</p>	<p>Excellent</p>	<p>Mother tongue</p>
<p>Writing</p>	<p>Excellent</p>	<p>Excellent</p>	<p>Mother tongue</p>
<p>Speaking</p>	<p>Excellent</p>	<p>Excellent</p>	<p>Mother tongue</p>
<p>COMPUTER</p>	<p>MacBook Pro (Mac OS High Sierra), Lenovo (Windows 10)</p>		
<p>Software</p>	<p>Microsoft, Mac OS, Cosmed Omnia, Magnetic days Gobat, Quark Ergo, Lode Ergometry Manager</p>		
<p>Lab Instruments experience</p>	<p>Cosmed Quark CPET, K5 Cosmed, Physioflow, Metamax 3B Spirometry, EKF Lactate Analyzer, Portapres, NIRS, Dexcom CGM, Kinovea, Magnetic days software, SPSS</p>		
<p>Other Titles</p>	<p>-ITU-International Triathlon Union Certified Professional Triathlon Coach II Level</p> <p>-FITRI-Italian Federation of Triathlon: CONI- Triathlon Coach II Level</p> <p>-UCI-Union Cycliste Internationale: Licensed Professional Coach</p>		