



Stefano LAZZER

CURRENT ROLE

- Associate Professor in Exercise and Sport Science, Department of Medicine, University of Udine (Italy)
- Rector's Delegate for Sport, Department of Medicine, University of Udine (Italy)
- Coordinator of the Master's Degree in Sciences and Techniques of Preventive and Adapted Motor Activities, Department of Medicine, University of Udine (Italy)
- Coordinator of the Master's Degree in Sports Science, Department of Medicine, University of Udine (Italy)
- Head of the Mountain Sports Study Center, Department of Medicine, University of Udine (Italy)

PERSONAL INFORMATION

Department of Medicine
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EDUCATION AND TRAINING

August 29, 2018

Achieved qualification as Full Professor for the sector 06/N2 Physical Exercise and Sport Sciences.

From 1 April 2015

Level II Professor for the sector 06/N2 Physical Exercise and Sport Sciences, s.s.d. M-EDF/01 (Methods and teaching of motor activities) at the Department of Medicine, University of Udine.

March 2015 - September 2009

University Researcher, s.s.d. M-EDF/01 (Methods and teaching of motor activities) at the Department of Medical and Biological Sciences, University of Udine

December 2008 - January 2006

PhD in "Biomedical and Biotechnological Sciences", at the Department of Medical and Biological Sciences of the University of Udine. Subject of the thesis: "Physical activity, body composition and obesity in youth". Thesis directed by Prof. Pietro E. di Prampero.

October 2003 - November 2000

PhD in "Nutrition and Food Science", specialty "Human Physiology", at the Faculty of Medicine of the Clermont-Ferrand I University, France. Subject of the thesis: "Longitudinal variations of the energy metabolism of obese adolescents during and after a period of energy restriction". Thesis directed by Prof. Yves Boirie and Dr. Michel Vermorel.

October 2000 - October 1999

Master in "Sport and performance", at the Faculty of Medicine of the Clermont-Ferrand I University, France. Subject of the thesis: "Development of methods for measuring body composition and energy expenditure in obese adolescents". Thesis directed by Prof. Jean Coudert and Dr. Michel Vermorel.

September 1998 - September 1997

Master's Degree in Sports Management at the "Unité de Formation et de Recherche en Sciences et Techniques des Activités Physiques et Sportives" of the Joseph Fourier University of Grenoble, France.

February 1996 - September 1992

Diploma in Physical Education at the Istituto Superiore di Educazione Fisica of Bologna (Padua branch), University of Bologna. Thesis subject: "Biomechanical analysis of swimming". Thesis directed by Dr. Daniele Bordin.

SKILLS AND LANGUAGES SPOKEN

Native language	Italian
spoken and written	French
spoken and written	English

- Informatics: Word, Excel, Access, PowerPoint, EndNote, Statistica, Corel, Photo-paint.
- Creation of databases on Access.
- Statistical analysis: ANOVA and ANCOVA with multiple factors, multiple regressions.
- Use of the Internet, Medline, ScienceDirect.

RESEARCH TOPICS

General fields of interest:

Exercise physiology, environmental physiology, bioenergetics and biomechanics.

Specific topics:

- Obesity and influence of physical activity on body composition, physical abilities and energy expenditure;
- Aging and promotion of physical activity programs aimed at improving the quality of life;
- Effects of physical inactivity on energy metabolism in young and old subjects.
- Energetics and mechanics of human locomotion, exercise and performance;
- Effects of simulated microgravity and bed rest on oxidative energy metabolism in young and elderly subjects.

RESEARCH ACTIVITY

2022-2024 Participates as Scientific Director of the "Pause di Salute" project, aimed at promoting physical activity in the first and second grade of secondary education schools in Friuli Venezia Giulia.

2022-2023 Participates as Scientific Director of the project "Move for health", aimed at promoting physical activity in the elderly population with the aid of modern technologies.

2022-2023 Participates as Scientific Director of the project "Sport as an educational and preventive activity" in collaboration with CONI FVG, aimed at promoting physical activity in kindergartens of the Friuli Venezia Giulia Region.

2019-2023 Participates as Scientific Director of the project "PROFITNESS - Promotion, prescription and administration of physical exercise as a tool for the prevention and therapy of chronic diseases" in collaboration with the University Health Authority of Friuli Centrale - Prevention Department of Gemona del Friuli – S.O.C. Hygiene and Public Health, aimed at promoting physical activity in subjects with stable chronic pathologies (obese, solid organ transplant recipients, diabetics...).

2021-2023 Participates as Scientific Director of the "Move for health" project in collaboration with the municipality of Udine (Italy), aimed at promoting physical activity for the elderly.

2019-2022 Participates as Scientific Director of the Interreg Italy-Austria project 2014-2020: CLLD-Strategie HeurOpen "MOVINSI! Los geht's" (ITAT 4104), aimed at promoting physical activity in elderly individuals.

2019-2022 Participates as Scientific Partner of the Interreg Italy-Austria 2014-2020 project: CLLD-Strategie HeurOpen "CROSS TRAIL" (ITAT 4105), aimed at (i) developing and mapping a network of trails for trail running, and (ii) offering logistic, medical and cultural support to these athletes.

2020-2021 Participates as Scientific Director of the project "Let's move" in collaboration with the municipality of Udine (Italy), aimed at promoting physical activity for the elderly

2019-2020 Participates as Scientific Director of the project "Promotion of physical activity" in collaboration with the Healthcare System n. 3 Alto Friuli - Collinare - Medio Friuli", aimed at promoting physical activity for the hospital staff.

2014-2019 Participates as Scientific Director of the project "MOVIMENTO in 3S - promotion of health in schools through sport" promoted by the Friuli Venezia Giulia region and CONI-FVG. The objectives of the project are to: 1) support the teachers of the Primary Schools of the Friuli Venezia Giulia Region with Experts (Graduated in Sports Science or ISEF Diploma); 2) evaluate the prevalence of underweight, normal weight, overweight and obese students; 3) evaluate the physical abilities of the students; 4) evaluate the effects of the promoted physical activity

on the anthropometric characteristics and physical capacities of the students. The project involved around 350 sport scientist graduates, 2,000 classes and 40,000 students from the primary schools of FVG.

2013-2015 Participates as Scientific Director of a Research Unit in the collection and analysis of data relating to the project "Identification of genetic markers associated with physical activity", aimed at investigating the genetic markers associated with ultraendurance physical activity. In collaboration with prof. Gasparini P. of the University of Trieste.

2013-2015 Participates as Scientific Director in the collection and analysis of data on the occasion of the project "Energetics and mechanics of running in ultraendurance athletes" aimed at studying the effects of strength and power training on the main biomechanical and motor control factors that influence the energy cost of running in ultraendurance athletes.

June 2012 / 2013 / 2014 Participates as Scientific Director in the collection and analysis of data on the occasion of the project "Energetics and Mechanics of Running: from 0 to 3000m" (E.M.C.0-3000), aimed at studying the main biomechanical, energy and blood factors which influence the performance of athletes engaged in an ultramarathon with a vertical drop of 3000 m (Etna Supermarathon).

2012-2014 Participates as Scientific Partner in the collection and analysis of data on the occasion of the Research Project "Planetary Habitat Simulation - PlanHab", aimed at analyzing the effects of hypoxia and bed rest on the adaptation of the cardiovascular transport system of the oxygen in healthy adults.

2011-2014 Participates as Scientific Director of a Research Unit in the collection and analysis of data on the occasion of the Interreg project "Physical activity and nutrition for quality ageing" (acronym: PANGeA). The study included a 15-day bed rest organized by the University of the Littoral, Koper Scientific Research Center at the Valdoltra hospital, Slovenia. During this study, the effects of disuse and related functional recovery on the adaptation of the cardiovascular oxygen transport system were studied; of changes in the energy cost of walking in relation to biomechanics and muscle activation in elderly subjects.

The project also envisaged a screening of 1200 subjects aged 60-80 (of which 150 in Udine) in order to understand their state of physical and mental fitness and therefore propose targeted initiatives for the promotion of healthy lifestyles.

2008-2014 Participates as Scientific Director in the collection and analysis of data on the occasion of the "Scuola In-Forma" project aimed at promoting motor activity, correct eating habits and monitoring the population of primary school children in the Municipalities of San Vito al Tagliamento (PN) and Gemona del Friuli (UD).

May 2010 Participates as Scientific Director of a Research Unit in the collection and analysis of data on the occasion of the "Body-builder" project organized by the University of the Littoral, Koper Scientific Research Center at the Valdoltra hospital, Slovenia. During this project, the consequences of hypertrophy on muscle architecture, tendon stiffness and oxidative functions of skeletal muscle in vivo and on muscle fibers were studied.

June 2010 / 2011 Participates as Scientific Director in the collection and analysis of data on the occasion of the "Magraid" project aimed at studying the factors limiting performance in ultra-endurance competitions. During this study, the main biomechanical factors influencing the energy cost of running in ultra-endurance athletes were studied.

July August 2006 / 2007 / 2008 Participates as scientific partner in the collection and analysis of data on the occasion of three "bed rest" studies lasting 35 days each, which were organized by the University of the Primorska, Scientific Research Center of Koper at the hospital of Valdoltra, Slovenia. During these studies, the effects of bed rest on the factors limiting the maximum consumption of oxygen and the explosive power of the lower limbs were analysed.

Since August 2005 He participated as a Consultant at the Auxo-Endocrinological Research Laboratory of Piancavallo (VB) of the Italian Auxological Institute, collecting and analysing data during research projects aimed at analyzing the effect of the type of exercise and training intensity on the oxidation of energy substrates and body composition change in obese adolescents and adults.

July 2005 -- January 2005 Researcher at the Human Nutrition Laboratory of the National Institute of Agronomic Research of Clermont-Ferrand (France). During this period, he is Coordinator of a research project aimed at analyzing the effects of a food supplement rich in fibers (Nutriose FB, Roquette company, Lille, France) during and after a multidisciplinary weight reduction treatment in obese adolescents

December 2004 - February 2000

He participates as a PhD and post-doctoral student at the Human Nutrition Laboratory of the National Institute of Agronomic Research of Clermont-Ferrand (France) in the collection and analysis of data in a research project aimed at analyzing the influence of training and physical activity on body composition, physical capacity, energy expenditure and dietary behavior of obese adolescents during weight reduction treatment.

September 1999 - October 1998

Participates as a student in research activities at the Sports Physiology Laboratory, Faculty of Medicine, University of Padua (Head: Prof. D. Bordin), which were focused on the effects of physical activity and eating habits on the body composition of children and sporting and non-sporting adolescents.

ACADEMIC ACTIVITIES

Since 2023 Coordinator of the Master's Degree Program in Preventive and Adapted Exercise Science and Techniques at the University of Udine.

Since 2017 Delegate of the Rector for Sport at the University of Udine.

Since 2016 Coordinator of the Master's Degree Program in Sport Science at the University of Udine.

2015-2023 Coordinator of the Bachelor degree program in Sport Science program at the University of Udine.

2012-2023 Member of the Board of Lecturers of the Doctoral School in Biomedical and Biotechnological Sciences at the Department of Medical Area, University of Udine.

Since 2010 Member of the Teaching Committees for the Bachelor degree program in Sport Science and Master degree program in Sport Science at the University of Udine.

2009-2023 Member of the Center for Orientation and Tutoring for the Bachelor degree program in Motor Sciences and Master degree program in Sport Science of the University of Udine.

2009-2023 Erasmus delegate for the Bachelor of Science in Physical Education and Master of Science in Sport Science course of the University of Udine.

2016-2017 Delegate for teaching for the Department of Medical Area of the University of Udine.

2016-2017 Delegate for the integration of students with disabilities for the Department of Medical Area of the University of Udine.

2014-2015 Coordinator of the Active Formative Apprenticeship (TFA) for the competition classes A029 (Physical Education in Secondary Education Institutes and Schools) and A030 (Physical Education in Secondary Education Institutes and Schools)

2013-2014 Coordinator of the Percorsi Abilitanti Speciali (PAS) for the competition classes A029 (Physical education in institutes and schools of secondary education II degree) and A030 (Physical education in institutes and schools of secondary education II degree).

2012-2014 Member of the Departmental Council at the Department of Medical and Biological Sciences, University of Udine.

2010-2015 Coordinator of teaching activities of the Bachelor of Science in Physical Education and the Master of Science in Sport Science at the University of Udine.

TEACHING ACTIVITIES

Since y.s. 2004/2005 he has been a professor of Physiology, Sport Physiology and Theory and Methodology of Sports Training in the Sport Sciences degree - University of Udine.

RESEARCH AWARDS

- December 2003: Research Prize "Alimentation et Santé 2003" of the Danone Institute. Awarded by the Danone Institute.
- November 2001: Clinical Research Award 2001. Awarded by the French Association for the Study and Research of Obesity and the Roche Institute of Obesity.
- October 2000: Research award "Guigoz Nutrition". Awarded by the Guigoz Company.

EDITORIAL ACTIVITY OF REVIEWER

- European Journal of Applied Physiology.

- International Journal of Sports Medicine.
- International Journal of Sport Nutrition & Exercise Metabolism.
- Collegium Antropologicum.
- Annales Kinesiologiae.

MAIN FUNDING OBTAINED

Obtained funds for more than 20 projects totaling about € 1.4 million from 2004 to 2023.

SUPERVISOR AND EXTERNAL EXAMINER OF PHD THESES and DEGREE THESIS

7 times Supervisor. PhD THESIS in Biomedical and Biotechnological Sciences, University of Udine.

6 times External Reviewer for the following PhD Thesis:

- Sciences de la vie et de la santé, Université Clermont Auvergne, Clermont-Ferrand, France.
- Sciences de la vie et de la santé, Université d'Evry Val d'Essonne, France.
- Neuroscience, Psychology and Psychiatry, University of Verona, Italy.
- Physical Exercise and Human Movement, University of Verona, Italy.
- Science et techniques des activités physiques et sportives, Université Blaise Pascal, Clermont-Ferrand, France.
- Science, Ingénierie et Santé, Université Jean Monnet, Saint-Étienne, France.

79 times supervisor or co-supervisor of Graduation THESIS

LIST OF SCIENTIFIC PUBLICATIONS

ARTICLES IN INTERNATIONAL SCIENTIFIC JOURNALS SURVEYED AND PEER-REVIEWED

H-index : 29; Citations: 2049 (Source Scopus, February 2023)

He appears in 104 publications <https://www.scopus.com/authid/detail.uri?authorId=16063951900>

PUBLICATIONS IN JOURNALS WITHOUT EDITORIAL BOARD

- S. Lazzer, L. Muraro, E. Rejc, G. Antonutto. Evaluation of the maximum explosive power of the lower limbs of volleyball athletes. (New athletics from Friuli. 2008 Nov ;213:17-22)
- E. Rejc, R. Benis, S. Lazzer, R. Pozzo, S. Micoli, G. Antonutto. Muscle explosive training with the use of overloads in team sports: a critical analysis. (School of Sport. 2009 Apr ;8161-66)
- Rejc E. , Botter A. , Floreani M. , Ganzini A. , Lazzer S. , Antonutto G. Effects of underweight plyometric training on maximum explosive lower limb power in professional rugby players (Science & Sport. 2013, Jan; 1:88-95)

BOOK CHAPTERS

- A. Sartorio, S. Lazzer, C. Busti, R. Galli. The importance of physical activity in the treatment of childhood obesity. Practical advice from doctors for parents. (Publiexpo s.r.l. – Zibibo S.G., Milan, 2007)
- A. Sartorio, S. Lazzer, C. Busti, R. Galli. The importance of movement for the health of the child. Medical advice to prevent childhood obesity with proper physical activity. (Publiexpo s.r.l. – Zibibo S.G., Milan, 2007)
- S. Lazzer, M. Vermorel. Metabolic and mechanical cost of sedentary and physical activities in obese children and adolescents. In: The European Childhood Obesity Group Free Obesity eBook (<http://ebook.ecog-obesity.eu/chapters/>, 2014)

INVITATIONS TO SEMINARS AND CONFERENCES: 17

COMMUNICATIONS AT CONGRESSES AND POSTERS: 71

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Udine, 04/04/2023