

Curriculum Vitae
Fabio Sarto, Ph.D.

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ORCID: <https://orcid.org/0000-0001-8572-5147>

Date of birth: 19/05/1995

Nationality: Italian

EDUCATION

- 10/2020–12/2023 **Ph.D.** (cum laude) in Biomedical Sciences, University of Padova, Italy
Supervisor: Prof. Marco V. Narici
- 10/2017–10/2019 **M.Sc.** (110/110 cum laude) in Sports Science for Health and Rehabilitation, University of Padova, Italy
- 10/2014–09/2017 **B.Sc.** in Sports Science, University of Padova, Italy

ACADEMIC PROFESSIONAL EXPERIENCE

- 12/2023–Present **Postdoctoral Research Fellow**, University of Padova, Italy
Supervisor: Prof. Marco V. Narici
- 04/2019–09/2020 **Research Assistant**, University of Padova, Italy
Supervisor: Prof. Marco V. Narici

MOBILITY

- 08/2023–09/2023 **Visiting Ph.D. Student**, Science and Research Center Koper, Slovenia
- 02/2018–07/2018 **Visiting M.Sc. Student (Erasmus+)**, KU Leuven, Belgium

SCIENTIFIC PUBLICATIONS

Total publications number (started in 2019): 31

Total citations number (Source Scopus): 529; h-index: 11

Top 5 selected articles:

- 1) **Sarto F.**, Franchi M. V., McPhee J. S. et al. Neuromuscular impairment at different stages of human sarcopenia. *J Cachexia Sarcopenia Muscle*. 2024;15(5):1797-1810
- 2) **Sarto F.**, Stashuk D. W., Franchi M. V. et al. Effects of short-term unloading and active recovery on human motor unit properties, neuromuscular junction transmission and transcriptomic profile. *J Physiol*. 2022; 600(21):4731-4751.
- 3) **Sarto F.**, Bottinelli R, Franchi M V et al. Pathophysiological mechanisms of reduced physical activity: insights from the human step reduction model and animal analogues. *Acta Physiol*. 2023;238(e13986).
- 4) **Sarto, F.**, Spörri, J., Fitze, D. P., Quinlan, J. I., Narici, M. V, & Franchi, M. V. Implementing Ultrasound Imaging for the Assessment of Muscle and Tendon Properties in Elite Sports: Practical Aspects, Methodological Considerations and Future Directions. *Sports Medicine*, 2021_51(6), 1151–1170.

5) Monti E., Tagliaferri S., Zampieri S., **Sarto F.** et al. Effects of a 2-year exercise training on neuromuscular system health in older individuals with low muscle function. *J Cachexia Sarcopenia Muscle*. 2023;14(2):794–804.

MAIN ORAL PRESENTATIONS

Sarto F., Stashuk D.W., Monti E., Zampieri S., Franchi M.V., Valli G., Sirago G., Candia J., Hartnell L.M., Paganini M., McPhee J.S., De Vito G., Ferrucci L., Reggiani C., and Narici M.V., Changes in neuromuscular junction transmission stability, motor unit properties and related gene expression with short-term unloading and retraining, 27th Annual ECSS Congress (30 August – 02 September 2022, Seville, Spain)

Sarto F., Paganini M., Valli G., Sirago G., Moro T., Goldin E., Paoli A., De Vito G., Stashuk D.W., Franchi M.V., Narici M.V., Impaired neuromuscular junction transmission and motor units loss precede sarcopenia and contribute to the loss of muscle function in old age, 28th Annual ECSS Congress (4–7 July 2023, Paris, France)

Sarto F., Franchi M.V., McPhee J.S., Stashuk D.W., Paganini M., Monti E., Rossi M., Sirago G., Zampieri S., Motanova E.S., Valli G., Moro T., Paoli A., Bottinelli R., Pellegrino M.A., De Vito G., Blau H.M., Narici M.V., Motor unit loss and neuromuscular junction degeneration precede clinically diagnosed sarcopenia. *American Physiology Summit 2024* (4 – 7 April 2024, Long Beach, CA, USA) – *Selected as flash talk (4-min presentation)*

Sarto F., Impact of physical inactivity on the neuromuscular system: A journey with few steps but many turns, 29th Annual ECSS Congress (2–5 July 2023, Glasgow, Scotland) – *Invited Lecture as part of an invited symposium session*

MAIN PRIZES & AWARDS

2024: Future Leaders Scheme 2024 – Experimental Physiology

2024: American Physiological Society International Early Career Physiologist Travel Award (1.000 \$), *American Physiology Summit 2024*, Long Beach, 4–7 April 2024

2023: American Physiological Society International Early Career Physiologist Travel Award (1.000 \$), *American Physiology Summit 2023*, Long Beach, 20–24 April 2023

2022: ECSS Young Investigator Award Winner (Equal 5th; 500 €): Oral presentation category, 27th Annual ECSS Congress 2022, Seville, 30 August – 02 September

EDITORIAL & REVIEWING EXPERIENCE

2024–Present **Editorial Board Member** of *BMC Musculoskeletal Disorders*

2021–Present **Peer Reviewer** for 25 peer-reviewed international scientific journals, including *Journal of Physiology*, *European Journal of Applied Physiology*, *Journal of Sports Sciences* (x2)

OTHER PROFESSIONAL EXPERIENCE

23/08/2024–Present **Member of the American Physiological Society Trainee Advisory Committee** (Environmental & Exercise Physiology section): social media sub-committee