

CURRICULUM VITAE

Prof. Antonio Paoli MD BSc FECSS, FESNS, FACSM

Professor and Chair
Exercise and Sports Sciences
Department of Biomedical Sciences
University of Padova - Italy

Current Positions

- Professor and Chair of Exercise and Sports Sciences – University of Padova
- Vice Rector for Wellness and Sport, University of Padova
- Dean, Human Movement Sciences, Bachelor of Science Undergraduate Program
- Dean, Preventive and Adapted Physical Activity, Master of science Graduate Program
- Head of the Nutrition & Exercise Physiology Lab
- Professor and Chair of Strength Training and Sport Nutrition at UCAM (San Antonio Catholic University), Murcia – Spain
- Head of Human Health Laboratory - Lobachevsky Nizhny Novgorod State University (Nizhny Novgorod - Russia)

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<http://www.biomed.unipd.it/research/health-sport-and-exercise-sciences/nutrition-and-exercise-physiology-laboratory>

Research interests and career highlights

Antonio Paoli graduated in physical education (ISEF) in 1989, then in 2004 in Medicine (Padova University) and in 2008 he earned the specialization in Sport Medicine (University of Pavia). He became assistant professor of Sport Sciences in 2011 at the Department of Human Anatomy and Physiology, University of Padova (Italy). In 2013 he became associate professor and in 2018 full professor and chair of Exercise and sport Sciences at the Department of Biomedical Sciences, University of Padova . He is Professor and Chair of Strength Training and Sport Nutrition at the University UCAM (Murcia, Spain) and Head of Human Health Laboratory Lobachevsky University - Niznij Novgorod - Russia. From 2018 to 2021 he was appointed president of the Italian Society of Sport and Exercise Science (SISMES) and from 2017 to 2022 president of the European Sport Nutrition Society (ESNS). Since October, 2015, Antonio Paoli is Rector's Delegate for Sport and Wellness of the University of Padova, and from 2021 Vice Rector for Wellness and Sport. , being in charge for managing sport and wellness-health related activities for students, faculties and employees.

He is currently Director of the Nutrition & Exercise Physiology Laboratory of the Department of Biomedical Sciences, University of Padova, Italy, Dean of the Bachelor Degree in Human Movement Science and Dean of the Master Degree in Preventive and Adapted Physical Activity. His laboratory research interests include ketogenic diet and fasting, the interaction of exercise and diet on skeletal muscle metabolism, the molecular bases of exercise training

adaptation and the effects of different methodology of resistance training on health parameters and body composition in young and adults.

Antonio Paoli has published **287** papers in international peer reviewed, indexed journals, with **8362** citations and an **H-Index** of **43** (SCOPUS), **15593** and **61** (Google Scholar) (November 2024).

Career/Employment

1986-1989: University of Bologna – Branched seat of Padova; *Degree:* Bachelor in Physical Education (B.Sc)

1992-2004: University of Padova; *Degree:* Doctor of Medicine (M.D.)

2004-2008: University of Pavia; *Degree:* Specialization in Sports Medicine

Medical Licensure

2004: College of Physicians of Padova

Academic Appointments

2021 – present Vice Rector for Wellness and Sport, University of Padova

2020-present Dean, Preventive and Adapted Physical Activity, Master of science Graduate Program

2018-present Professor and Chair of Exercise and Sports Sciences – University of Padova

2018-present Professor and Chair of Strength Training and Sport Nutrition – San Antonio Catholic University of Murcia (UCAM), Spain

2016 – present BMCS (Brain, Mind, and Computer Sciences) PhD program Board member

2020-present Head of Human Health Laboratory - Lobachevsky Nizhny Novgorod State University (Nizhny Novgorod - Russia)

2017- present Dean, Human Movement Sciences, Bachelor of Science Graduate Program,

2015- 2021: Rector's Delegate for Sport & Wellness - University of Padova

2013 - present: Head of the Nutrition and Exercise Physiology Laboratory - University of Padova

2017-2019: Leading Scientist presso la Lobachevsky Nizhny Novgorod State University (Nizhny Novgorod - Russia)

2013 - 2017: Vice Dean, Human Movement Sciences, Bachelor of Science Undergraduate Program,

2013: Associate Professor of Exercise and Sports Sciences - University of Padova

2011-2012: Assistant Professor of Exercise and Sports Sciences - University of Padova

2007-2011: Adjunct professor of Human Physiology, Human Movement Sciences and Nursing Science Degree Programs, University of Padova

2001-2011: Adjunct Professor of Methodology of Fitness, Human Movement Sciences Degree Program, University of Padova

Editorial Positions:

- Associate Editor (2018 -) *Journal of Human Kinetics*
- Section Editor (2017 -) *European Journal of Translational Myology*
- Associate Editor (2019 -), Editorial Board Member (2009 - 2019) *Aging Clinical and Experimental Research*
- Editorial Board Member (2022 -) *Scientific Reports*
- Editorial Board Member (2020 -) *Nutrients*
- Editorial Board Member (2019 -) *Medicina - Lithuania*
- Editorial Board Member (2019 -) *Frontiers in Physiology*
- Editorial Board Member (2018 -) *Sport Sciences for Health*
- Editorial Board Member (2014 -) *Medicine* (Baltimore)
- Editorial Board Member (2016 -) *Journal of Translational Medicine*

Scientific Societies Affiliation

Past President (from July 2022) of the European Sport Nutrition Society ESNS

President (from 2017 to July 2022) of the European Sport Nutrition Society ESNS

Past President (from January 2022) of the Italian Society for Sport and Physical Activity SISMES

President (from January 2018 to January 2022) of the Italian Society for Sport and Physical Activity SISMES

Member and Fellow of the Italian Society for Sport and Physical Activity SISMES

Member and Fellow (FECSS) of the European College of Sport Sciences ECSS

Member and Fellow (FACSM) of the American College of Sport Medicine

Member of the Physiological Society

Member of the American Society of Physiology

Member of the American Society for Nutrition

Member of the Italian Physiological Society

Member of the National Strength and Conditioning Association

AWARDS

Co-Winner of 2017 year's EJSS Best Paper Award (European Journal of Sport Science) (EJSS)
Time-restricted feeding in young men performing resistance training: A randomized controlled trial.

Grant M. Tinsley, Jeffrey S. Forsche, Natalie K. Butler, **Antonio Paoli**, Annie A. Bane, Paul M. La Bounty, Grant B. Morgan & Peter W. Grandjean EJSS Volume 17, Issue 2 | DOI:
10.1080/17461391.2016.1223173

Winner of the GSSI Award (Gatorade Sport Science Institute) at ECSS 2017 (European College of Sport Sciences)