

**PERSONAL INFORMATION** **Matteo Bonato****EDUCATION AND TRAINING**

- November 2020 **Italian National Scientific Qualification (Call D.D. 2175/2018)**  
Competition Sector 05/D1 – Physiology
- May 2019 **Italian National Scientific Qualification (Call D.D. 1532/2016)**  
Competition Sector 06/N2 – Physical Exercise and Sports Sciences
- February 2015 **Doctoral Degree in Sport Science (Ph.D.)**  
Department of Biomedical Sciences for Health, Università degli Studi di Milano.  
*Title: "A pilot study of brisk walking in sedentary cART-treated patients"*
- July 2011 **Master Degree in Sport Science (M.Sc.)**  
Faculty of Sport Science (now School of Sport Science), Università degli Studi di Milano  
*Title: "Fitwalking 4 HIV"*
- October 2009 **Bachelor Degree in Sport Science**  
Faculty of Sport Science (now School of Sport Science), Università degli Studi di Milano  
*Title: "Sviluppo della motricità e delle interazioni sociali attraverso il gioco"*
- July 2006 **High School Scientific Diploma**  
Collegio San Carlo (Milano)

**WORK EXPERIENCE**

- From 1° April 2021 **Research Associate (RTD-B)**  
To now  
Department of Biomedical Sciences for Health, School of Sport Science, Università degli Studi di Milano
- From 1° July 2019 **Research Fellow**  
To 1° April 2021  
IRCCS Istituto Ortopedico Galeazzi
- From 1° July 2015 **Post Doctoral Research Fellow**  
To 30 June 2019  
Department of Biomedical Sciences for Health, Università degli Studi di Milano

**TEACHING ACTIVITY**

- Academic Year **Adjunct Professor (56 hours)**  
2020/2021  
*Institution: School of Sport Science, Università degli Studi di Milano.*  
*Course: Atletica Leggera (Athletics)*  
*Code: Z31-16*

Provide theoretical and practical framework of track & field.

*Level.* Bachelor students.

*Number.* 30 students.

Academic Year  
2019/2020

### Adjunct Professor (56 hours)

*Institution:* School of Sport Science, Università degli Studi di Milano.

*Course:* Atletica Leggera (Athletics)

*Code:* Z31-16

Provide theoretical and practical framework of track & field.

*Level.* Bachelor students.

*Number.* 30 students.

Academic Year  
2018/2019

### Adjunct Professor (30 hours)

*Institution:* School of Sport Science, Università degli Studi di Milano.

*Course:* teoria e metodologia dell'allenamento degli sport individuali e delle discipline atletiche

*Code:* Z31-16

Provide theoretical and methodological framework of endurance training.

*Level.* Master students.

*Number.* 150 students.

## INTEGRATIVE TEACHING ACTIVITY

---

Academic year  
2018/2019

### Teaching assistant (18 hours – first semester)

*Institution.* School of Sport Sciences, Università degli Studi di Milano.

*Course.* teoria e metodologia dell'allenamento degli sport individuali e delle discipline atletiche *Goal.*

Provide theoretical and methodological framework of endurance training.

*Level.* Master students.

*Number.* 150 students.

Academic year  
2017/2018

### Teaching assistant (20 hours – second semester)

*Institution.* School of Sport Sciences, Università degli Studi di Milano.

*Course.* Theory and methodologies for endurance training.

*Goal.* Provide theoretical and methodological framework of endurance training.

*Level.* Master students.

*Number.* 150 students

### Teaching assistant (40 hours – first semester)

*Institution.* School of Sport Sciences, Università degli Studi di Milano.

*Course.* Theory and methodologies for endurance training.

*Goal.* Provide theoretical and methodological framework of endurance training.

*Level.* Master students.

*Number.* 150 students

Academic year  
2016/2017

### Teaching assistant (40 hours – first semester)

*Institution.* School of Sport Sciences, Università degli Studi di Milano.

*Course.* Theory and methodologies for endurance training.

*Goal.* Provide theoretical and methodological framework of endurance training.

*Level.* Master students.

*Number.* 150 students

## OTHER WORK ACTIVITY

---

From 2018

### Lecturer for Run Academy

Federazione Italiana di Atletica Leggera (FIDAL)

From 2015

### Lecturer for Scuola dello Sport CONI

Comitato Olimpico Nazionale Italiano

From 2009 **Track & Field Coach**  
S. G. M. Forza e Coraggio, Milan (Italy)

February 2019 **National Operational Program Expert (30 hours)**  
Istituto Comprensivo Statale Anna Frank – MIUR  
For an active, responsible and aware citizenship – The health formula

From July 2015 **Run Trainer for Adidas**  
To April 2016 Adidas Run Base, Milan (Italy)

From 1° September 2012 **Junion Badminton Strength and Conditioning Coach**  
To 30 June 2014 Italian Badminton Federation

PERSONAL SKILLS

Mother tongue Italian

Other languages

	UNDERSTANDING		SPEAKING		WRITING
	Listening	Reading	Spoken interaction	Spoken production	
English	C1	C1	C1	C1	C1
International English Language Testing System (IELTS), final vote 7					
Spanish	B1	B1	B1	B1	B1
Istituto Cervantes, Nivel Inicial					
French	A1	A1	A1	A1	A1
Studied at the high school					

Digital skills

Information processing	Communication	Content creation	Safety	Problem solving
Proficient user	Proficient User	Proficient user	Proficient user	Proficient user
European Computer Driving Licence (ECDL)				

Driving licence A/B

SCIENTIFIC PUBLICATIONS

Updated to 06/11/2022

N° Publications: 48  
Citations: 724  
h-index: 17

Scopus ID: 55257883100

Orcid ID: <https://orcid.org/0000-0002-5589-7957>

- Filipas L, Bonato M, Maggio A, Gallo G, Codella R. *Effects of plyometric training on different 8-week training intensity distributions in well-trained endurance runners.* Scand J Med Sci Sports. 2022 Nov 3. doi: 10.1111/sms.14257.
- 
- Kubis HP, **Bonato M**, Sartor F. *Editorial: Wellbeing and adherence to physical activity: What are the factors of the wellbeing concept leading to exercise adherence?* Front Sports Act Living. 2022 Oct 4;4:1035259. doi: 10.3389/fspor.2022.1035259.
- Borghì S, **Bonato M**, La Torre A, Banfi G, Vitale JA. *Interrelationship among thigh intermuscular adipose tissue, cross-sectional area, muscle strength, and functional mobility in older subjects.*

Researcher ID: T-6544-2019

- Medicine (Baltimore). 2022 Jul 1;101(26):e29744. doi: 10.1097/MD.00000000000029744.
5. **Bonato M**, Vitale JA, López Sánchez GF, Codella R. *Editorial: Exercise Prescription and Psychological Determinants for Healthy Living*. Front Psychol. 2022 Apr 26;13:851852. doi: 10.3389/fpsyg.2022.851852.
  6. Filipas L, **Bonato M**, Gallo G, Codella R. *Effects of 16 weeks of pyramidal and polarized training intensity distributions in well-trained endurance runners*. Scand J Med Sci Sports. 2021 Nov 18.
  7. **Bonato M**, Galli L, Bossolasco S, Bertocchi C, Balconi G, Borderi M, Viale P, Pavei G, Merati G, La Torre A, Lazzarin A, Banfi G, Cinque P. *Benefits of a 12 week physical activity programme on muscle and bone health in people living with HIV*. J Cachexia Sarcopenia Muscle. 2021 Dec;12(6):1613-1616.
  8. Feletti F, Brymer E, **Bonato M**, Aliverti A. *Injuries and illnesses related to dinghy-sailing on hydrofoiling boats*. BMC Sports Sci Med Rehabil. 2021 Sep 30;13(1):118.
  9. Merati G, **Bonato M**, Agnello L, Grevers D, Gunga HC, Mendt S, Maggioni MA. *Occupational Disorders, Daily Workload, and Fitness Levels Among Fitness and Swimming Instructors*. Front Public Health. 2021 Jun 9;9:666019.
  10. **Bonato M**, DE Capitani MC, Banfi G. *Agility training in volleyball: a systematic review*. J Sports Med Phys Fitness. 2021 Feb 22.
  11. Mastrangelo A, **Bonato M**, Cinque P. *Smell and taste disorders in COVID-19: From pathogenesis to clinical features and outcomes*. Neurosci Lett. 2021 Feb 15;748:135694.
  12. Vitale JA, **Bonato M**, Petrucci L, Zucca G, La Torre A, Banfi G. *Acute Sleep Restriction Affects Sport-Specific But Not Athletic Performance in Junior Tennis Players*. Int J Sports Physiol Perform. 2021 Feb 19:1-6.
  13. Vitale JA, **Bonato M**, Borghi S, Messina C, Albano D, Corbetta S, Sconfienza LM, Banfi G. *Home-Based Resistance Training for Older Subjects during the COVID-19 Outbreak in Italy: Preliminary Results of a Six-Months RCT*. Int J Environ Res Public Health. 2020 Dec 19;17(24):9533.
  14. Feletti F, **Bonato M**. *The Incidence of Pediatric and Adolescent Concussion in Action Sports: A Systematic Review and Meta-Analysis*. Int J Environ Res Public Health. 2020 Nov 24;17(23):8728.
  15. Borghi S, Colombo D, La Torre A, Banfi G, **Bonato M**, Vitale JA. Differences in GPS variables according to playing formations and playing positions in U19 male soccer players [published online ahead of print, 2020 Sep 3]. Res Sports Med. 2020;1-15. doi:10.1080/15438627.2020.1815201
  16. **Bonato M**, La Torre A, Saresella M, Marvetano I, Merati G, Banfi G, Vitale JA. Effect of High-Intensity Interval Training Versus Small-Sided Games Training on Sleep and Salivary Cortisol Level [published online ahead of print, 2020 Sep 1]. Int J Sports Physiol Perform. 2020;1-8. doi:10.1123/ijsp.2019-0498
  17. **Bonato M**, Turrini F, Galli L, Banfi G, Cinque P. *The role of physical activity for the management of sarcopenia in people living with HIV* Int J Environ Res Public Health. 2020;17(4):E1283. Published 2020 Feb 17. doi:10.3390/ijerph17041283.
  18. **Bonato M**, Merati G, La Torre A, Saresella M, Marvetano I, Banfi G, Vitale JA. *Effect of acute sleep hygiene on salivary cortisol level following a late night soccer-specific training session*. J Sports Sci Med. 2020, 19, 235 - 236.
  19. **Bonato M**, Gatti C, Rossi C, Merati G, La Torre A. *Effect of visual training in tennis performance in male junior tennis players. A randomized controlled trial*. J Sports Med Phys Fitness 2020 Mar;60(3):493-499. doi: 10.23736/S0022-4707.19.10218-6.
  20. Vitale JA, La Torre A, Banfi G, **Bonato M**. *Acute sleep hygiene strategy improves objective sleep latency following a late-evening soccer-specific training session: A randomized controlled trial*. J Sports Sci, DOI: 10.1080/02640414.2019.1661938.

21. Albergoni A, Hettinga FJ, La Torre A, **Bonato M**, Sartor F. *The Role of Technology in adherence to physical activity programs in patients with chronic diseases experiencing fatigue: a systematic review*. Sports Med Open. 2019 Sep 12;5(1):41. doi: 10.1186/s40798-019-0214-z.
22. Vitale JA, **Bonato M**, La Torre A, Banfi G. *The role of the molecular clock in promoting skeletal muscle growth and protecting against sarcopenia*. Int. J. Mol. Sci. 2019, 20, 4318; doi:10.3390/ijms20174318.
23. **Bonato M**, Turrini F, DE Zan V, Meloni A, Plebani M, Brambilla E, Giordani A, Vitobello C, Caccia R, Piacentini MF, LA Torre A, Lazzarin A, Merati G, Galli L, Cinque P. *A Mobile Application for Exercise Intervention in People Living with HIV*. Med Sci Sports Exerc. 2020;52(2):425 - 433. doi:10.1249/MSS.0000000000002125
24. Vitale JA, **Bonato M**, La Torre A, Banfi G. *Heart Rate Variability in Sport Performance: Do Time of Day and Chronotype Play A Role?* J Clin Med 2019,8, 723; doi:10.3390/jcm8050723.
25. Maggioni MA, **Bonato M**, Stahn A, La Torre A, Agnello L, Vernillo G, Castagna C, Merati G. *Effect of ball-drills and repeated sprint ability training in basketball players* Int J Sports Physiol Perform. 2019;14(6):757–764. Published 2019 Jul 1. doi:10.1123/ijsp.2018-0433
26. Vitale JA, Banfi G, La Torre A, **Bonato M**. *Effect of habitual late-evening physical task on sleep quality in neither-type soccer players*. Front Physiol. 9:1582.
27. Filipas L, Nerli Ballati E, **Bonato M**, La Torre A, Piacentini MF. *Elite Male and Female 800-m Runners' Display of Different Pacing Strategies During Season-Best Performances*. Int J Sports Physiol Perform. 2018;1-5. doi:10.1123/ijsp.2018-0137
28. **Bonato M**, Meloni A, Merati G, La Torre A, Agnello L, Vernillo G. *Effect of repeated-sprints on the reliability of short-term parasympathetic reactivation*. PLoS One. 2018 Feb 6;13(2):e0192231.
29. Vitale JA, Banfi G, La Torre A, **Bonato M**. *Effects of an 8-weeks body-weight neuromuscular training on dynamic-balance and vertical jump performances in elite junior skiing athletes: a randomized controlled trial*. J Strength Cond Res. 2018 Apr;32(4):911-920.
30. **Bonato M**, Benis R, La Torre A. *Neuromuscular training reduces lower limb injuries in elite female basketball players. A cluster randomized controlled trial*. Scand J Med Sci Sports. 2018 Apr;28(4):1451-1460.
31. Natali S, Ferioli A, La Torre A, **Bonato M**. *Physical and technical demands of elite beach volleyball according to playing position and gender*. J Sports Med Phys Fitness. 2019 Jan;59(1):6-9. doi: 10.23736/S0022-4707.17.07972-5. Epub 2017 Dec 1.
32. Vitale JA, La Torre A, Baldassarre R, Piacentini MF, **Bonato M**. *Ratings of perceived exertion and self-reported mood state in response to high intensity interval training. A crossover study on the effect of chronotype*. Front Psychol. 2017 Jul 18;8:1232.
33. Panasci M, Lepers R, La Torre A, **Bonato M**, Assadi H. *Physiological responses during intermittent running exercise differ between outdoor and treadmill running*. Appl Physiol Nutr Metab. 2017 Sep;42(9):973-977.
34. **Bonato M**, Agnello L, Galasso L, Montaruli A, Roveda E, Merati G, La Torre A, Vitale JA. *Acute modification of cardiac autonomic function of high-intensity interval training in collegiate male soccer players with different chronotype. a cross-over study*. J Sports Sci Med. 2017 Jun 1;16(2):286-294. eCollection 2017 Jun.
35. **Bonato M**, La Torre A, Saresella M, Marventano I, Merati G, Vitale JA. *Salivary cortisol concentration after high-intensity interval exercise: time of day and the chronotype effect*. Chronobiol Int. 2017;34(6):698-707.
36. **Bonato M**, Galli L, Passeri L, Longo V, Pavei G, Bossolasco S, Bertocchi C, Cemuschi M, Balconi G, Merati G, Lazzarin A, La Torre A, Cinque P. *A pilot study of brisk walking in sedentary*

combination Antiretroviral Treatment (cART)-treated patients: benefit on soluble and cell inflammatory markers. BMC Infect Dis. 2017 Jan 11;17(1):61.

37. Vitale JA, **Bonato M**, Galasso L, La Torre A, Merati G, Montaruli A, Roveda E, Carandente F. *Sleep and High Intensity Interval Training (HIIT) performed at different extreme times of the day: the effect of chronotype in soccer players.* Chronobiol Int. 2017;34(2):260-268.
38. Sartor F, **Bonato M**, Papini G, Bosio A, Mohammed RA, Alberto AG, Moore JP, Merati G, La Torre A, Kubis HP. *A 45-second self-test for cardiorespiratory fitness: Part 1 - heart rate-based estimation in healthy individuals.* PLoS One. 2016 Dec 13;11(12):e0168154.
39. Benis R, **Bonato M**, La Torre A. *Elite female basketball players' body-weight neuromuscular training and performance on the Y-balance test.* J Athl Train. 2016 Sep;51(9):688-695. doi: 10.4085/1062-6050-51.12.03
40. Dossena F, Rossi C, Merati G, La Torre A, **Bonato M**. *The role of lower limbs during tennis serve.* J Sports Med Phys Fitness. 2018 Mar;58(3):210-215.
41. Devetag F, Mazzilli M, Benis R, La Torre A, **Bonato M**. *Anterior cruciate ligament injury profile in Italian Serie A1-A2 women's volleyball league.* J Sports Med Phys Fitness. 2018 Jan-Feb;58(1-2):92-97.
42. Benis R, La Torre A, **Bonato M**. *Anterior cruciate ligament injury profile in female elite Italian basketball league.* J Sports Med Phys Fitness. 2018 Mar;58(3):280-286.
43. Porcelli S, Pugliese L, Rejc E, Pavei G, **Bonato M**, Montorsi Michela, La Torre A, Rasica L, Marzorati M. *Effects of a short-term high-nitrate diet on exercise performance.* Nutrients 2016, Aug 31;8(9). pii: E534.
44. Pizzuto F, **Bonato M**, Vernillo G, La Torre A, Piacentini MF. *Are the World Junior Championship finalists for middle and long-distance events currently competing at international level?* Int J Sport Physiol Perf. May 2016 Aug 24:1-19.
45. Pugliese L, Porcelli S, **Bonato M**, Pavei G, La Torre A, Maggioni AM, Bellistri G, Marzorati M. *Effects of manipulating volume and intensity training in master swimmers.* Int J Sport Physiol Perf, 2015, 10, 907-912.
46. **Bonato M**, Maggioni MA, Rossi C, Rampichini S, La Torre A, Merati G. *Relationship between anthropometric or functional characteristics and maximal serve velocity in professional tennis players.* J Sports Med Phys Fitness. 2015; 55: 1157-65.
47. **Bonato M**, Rampichini S, Ferrara M, Benedini S, Sbriccoli P, Merati G, Franchini E, La Torre A. *Aerobic training program for the enhancements of HR and VO2 off-kinetics in elite judo athletes.* J Sports Med Phys Fitness. 2015; 55:1277.
48. Piacentini MF, Comotto S, Guerriero A, **Bonato M**, Vernillo G, La Torre A. *Does the junior IAAF athletic world championship represent a springboard for the success in the throwing events? A retrospective study.* J Sports Med Phys Fitness 2014; 54: 410-6.
49. Pugliese L, La Torre A, Pavei G, **Bonato M**, Porcelli S. *Cardiovascular and metabolic responses at rest and to exercise during 48 hour of head-out immersion: a case report.* Sport Sci Health (2011) 6:51-66

## CONGRESS EXPERIENCE

### Webinar

- Scienze Motorie per l'Italia 2020  
*Title:* The management of physical activity in COVID-19 infected people
- Scienze Motorie per l'Italia 2020  
*Title:* The relationship between sleep and physical activity during the COVID-19 quarantine

### Invited Oral Presentations

- 1° Action Sport & Exercise Medicine Congress (2019)

*Title:* From theory to practice of High Intensity Interval Training

- Geriatric HIV medicine summit, future challenges in the HIV management of elderly (febbraio 2018)  
*Titolo:* The SmartApp Study
- Science Social and Sport for HIV and Coinfections. Nuovi paradigmi della prevenzione e gestione delle comorbidità (settembre 2017).  
*Titolo:* Applicazione di un protocollo di training aerobico in HIV.

#### Keynote Presentations

- **Bonato M**, Turrini F, Meloni A, Plebani M, Brambilla E, Piacentini MF, La Torre A, Merati G, Galli L, Cinque P. Exercising with the support of the SmartApp: results on physical fitness, metabolic profile and psychological parameters. *Sport Sci Health* (2019) 15 (Suppl 1):S1–S117.
- **Bonato M**, La Torre A, Baldassarre R, Piacentini MF, Vitale JA. Profile of Mood States and psychological responses to High Intensity Interval Exercise. A crossover study on the effect of chronotype. *Sport Sci Health* (2017) 13 (Suppl 1):S1–S102.
- **Bonato M**, Agnello L, Pavei G, Bossolasco S, Galli L, Balcono G, Lazzarin A, La Torre A, Cinque P, Merati G. Heart rate variability and its adaptation to postural changes in HIV cART-treated patients. *Sport Sci Health* (2015) 11 (Suppl 1): S1-S102.

#### Oral Presentations

- **Bonato M**, Turrini F, De Zan V, Meloni A, Caccia R, Plebani M, Brambilla E, Giordani A, Vitobello C, Piacentini MF, La Torre A, Galli L, Cinque P. Exercising with the support of the SmartApp: results on physical fitness, metabolic profile and psychological parameters. 11° Italian conference on AIDS and Antiviral Research. Milan, 2019.
- **Bonato M**, Turrini F, Vitobello C, Giordani G, Meloni A, Galli L, La Torre A, Merati G, Cinque P. The use of a mobile application to support physical activity and lifestyle changes in persons living with HIV: the smartapp study. *Sport Sci Health* (2018) 14 (Suppl 1):S1–S99.
- **Bonato M**, Turrini F., Vitobello C., Giordani A., Passeri L., Meloni A., Galli L., La Torre A., Merati G., Pavei G., Cinque P. The use of a mobile application to support physical activity and lifestyle changes in persons living with hiv: the smartapp study. 23rd Annual Congress of the EUROPEAN COLLEGE OF SPORT SCIENCE 4th - 7th July 2017, Dublin – Ireland. ISBN 978-3-9818414-1-1
- **Bonato M**, De Zan V, Galli L, La Torre A, Merati G, Pavei G, Cinque P. The use of a mobile application to support physical activity and lifestyle changes in persons living with HIV. Baseline preliminary results of the SMARTAPP study. *Sport Sci Health* (2017) 13 (Suppl 1):S1–S102.
- **Bonato M**, Rossi C, Merati G, La Torre A. Relationships between antropometric or functional characteristics and maximal serve speed in professional tennis players. 22nd Annual Congress of the EUROPEAN COLLEGE OF SPORT SCIENCE 5th - 8th July 2017, MetropolisRuhr – Germany. ISBN 978-3-9818414-0-4
- **Bonato M**, Vitale J, Agnello L, Merati G, La Torre A. Effects of high intensity interval training protocol on autonomic function performed at different times of the day. A randomized crossover study. *SportSci Health* (2016) 12 (Suppl 1): S1-S91.
- **Bonato M**, Longo V, Bossolasco S, Pavei G, Merati G, La Torre A, Cinque P. Benefits of briskwalking on soluble and cell markers of inflammation in HIV-infected persons receiving anti HIV drugs: a pilot study. *Sport Sci Health*. Volume 10, Supplement 1, Semptember 2014.
- **Bonato M**, Longo V, Bossolasco S, Pavei G, Galli L, Merati G, La Torre A, Cinque P. A Pilot study of moderate physical activity in HIV-infected persons receiving anti-HIV dugs: benefits on soluble and cell markers of inflammation. Book of Abstracts of the 19th Annual Congress of the European College of Sport Science – 2nd - 5th July 2014, Amsterdam – The Netherlands. ISBN 978-94-622-8477-7.
- **Bonato M**, Longo V, Pavei G, Bossolasco S, Balconi. G, Rubinacci A, Testa M, Bertocchi C, Galvano E, Lazzarin A, Merati G, La Torre A, Cinque P. A 12-week program of moderate intensity

exercise reduces plasma myostatin in HIV-infected subjects. *Sport Sci Health* (2013) 9 (Suppl 1): S1-S94.

- **Bonato M**, Bossolasco S, Galli L, Mandola S, Pavei G, Testa M, Bertocchi C, Galvano E, Balconi G, Lazzarin A, Merati G, La Torre A, Cinque P. Brisk walking increase bone mineral density in cART-patients. European College of Sport Sciences, 27-29 June 2013, Barcelona (Spa).
- **Bonato M**, Bossolasco S, Galli L, Pavei G, Testa M, Bertocchi C, Galvano E, Balconi G, Lazzarin A, Giampiero M, La Torre A, Cinque P. Brisk walking as moderate aerobic exercises, increases bone density in cART-treated persons. 6° workshop nazionale CISA (2012).
- **Bonato M**, Bossolasco S, Galli S, Pavei G, Merati G, La Torre A, Cinque P. Increases of bone density in cART-treated persons after 12 weeks of brisk walking. *Sport Sci Health* (2012) 8 (Suppl 1): S1-S70.

#### Poster Presentations

- **Bonato M**, La Torre A, Saresella M, Marvetano I, Merati G, Banfi G, Vitale JA. Comparison between high intensity interval training and small sided games training modalities on sleep quality and salivary cortisol concentration. *Sport Sci Health* (2019) 15 (Suppl 1):S1–S117.
- **Bonato M**, Benis R, La Torre A. Anterior cruciate ligament injury profile in female elite Italian basketball league. *SportSci Health* (2016) 12 (Suppl 1): S1-S91.
- **Bonato M**, Pagani C, Piacentini MF, La Torre A. Dropout rate of the finalists of the IAAF world junior Championship: analysis of the middle-long distance events. *Sport Sci Health* (2014) 10 (Suppl 1).
- **Bonato M**, Papini L, La Torre A. Analysis of men world marathon record. *Sport Sci Health* (2014) 10 (Suppl 1).
- **Bonato M**, Rampichini S, Benedini S, Ferrara M, Sbriccoli P, Merati G, La Torre A. High intensity interval training for the enhancement of the aerobic fitness in elite judo athletes. *Sport Sci Health* (2013) 9 (Suppl 1): S1-S94.
- **Bonato M**, Rospo G, Merati G, La Torre A, Agnello L. Autonomic nervous systems changes during 21 half-marathon in 21 days: a case report. *Sport Sci Health* (2013) 9 (Suppl 1): S1-S94.
- **Bonato M**, Bossolasco S, Galli L, Pavei G, Testa M, Bertocchi C, Galvano E, Balconi G, Lazzarin A, Merati G, La Torre A, Cinque P. Moderate aerobic exercise (brisk walking) increases bone density in cART-treated persons. 11th International Congress on Drug Therapy in HIV, 11-15 November 2012, Glasgow (Gbr).
- **Bonato M**, Bossolasco S, Galli L, Pavei G, Testa M, Bertocchi C, Galvano E, Balconi G, Lazzarin A, Merati G, La Torre A, Cinque P. Moderate aerobic exercise (brisk walking) increases bone density in cART-treated persons. *J Int AIDS Soc.* 2012 Nov 11;15(6):18318.
- **Bonato M**, La Torre A, Bossolasco S, Pavei G, Merati G, Galli L, Cinque P. What are the benefits of physical exercise in people living with HIV infection? European College of Sport Sciences Congress, 4th-7th Jul 2012, Bruges (Bel).
- **Bonato M**, Bossolasco S, Galli L, Pavei G, Cernuschi M, Cuomo M, Lazzarin A, Merati G, La Torre A, Cinque P. Moderate aerobic exercise in cART-treated persons improved metabolic markers and increases bone density. 4° Italian conference on AIDS and Retroviruses, 2012, Naples (Italy).
- **Bonato M**, La Torre A, Bossolasco S, Pavei G, Merati G, Galli L, Cinque P. The practice of fitwalking® in people with HIV infection receiving antiretroviral treatment. 3rd National Congress at Scuola Italiana delle Scienze Motorie e Sportive 29th Sept – 1st Oct 2011, Verona (Italy).

#### ONOURS AND AWARDS

##### June 2019



Scholarship reserved for young people under 40 on the occasion of the 11th Italian Conference on AIDS and Antiviral Research, held in Milan (Italy), at the University of Milan, from 5 to 7 June 2019, for the presentation entitled: " Exercising with the support of the SmartApp: results on physical fitness metabolic profile and psychological parameters ".

**September 2017**

Second position at Young Investigator at the IX Annual Congress of Società Italiana delle Scienze Motorie e Sportive (SISMES), held in Brescia (Italy), at the University of Brescia, from 29 September to 1 October 2017.

**July 2017**

Second position at the Young Investigator Award of the German Tennis Federation, at the 22nd Annual Congress of the European College of Sport Science, held in Bochum (Germany), at the Ruhr University of Bochum, from 5 to 8 July 2017.

**Settembre 2016**

Honorable Mention at the European Athletics Innovation Award held in Lausanne on 10 September 2016, promoted by the European Athletics Association, with the following motivation: "In recognition of his valuable contribution to the development of the sport of athletics for the project entitled: A pilot study for the promotion of brisk walking in HIV infected people: health benefits after 12-weeks of training ".

**Novembre 2013**

Honorable mention at the Edoardo Mangiarotti International Award, held in Milan on 25 November 2013, with the following motivation: "Dottorando presso il Dipartimento di Scienze Biomediche per la Salute, ha catalizzato gli sforzi e le esperienze della Scuola di Scienze Motorie, dell'Università degli Studi di Milano, in collaborazione con il Dipartimento di Malattie Infettive dell'Istituto Scientifico San Raffaele, creando un programma di attività fisica per sieropositivi e malati di AIDS. Un progetto che aiuta il fisico degli ammalati a reagire meglio alle cure, e soprattutto, permette loro di socializzare".

**EDITORIAL ACTIVITY**

Topic Editor for International Journal of Environmental Research and Public Health

Review Editor of Quantitative Psychology Measurement – Frontiers in Psychology

Guest Associate Editor of Frontiers in Psychology

Guest Associate Editor of Frontiers in Sports and Active Living

**PEER REVIEW ACTIVITY**

International Journal of Sports Physiology and Performance, Journal of Sports Sciences, International Journal of Sports Science & Coaching, Perceptual Motor Skills, Journal of Infectious Diseases, Chronobiology International, Clinics, PlosOne, Peer J, Nutrients, Biology, Journal of Clinical Medicine, Journal of Personalized Medicine, Journal of Sport Rehabilitation, BioMed Research International, Frontiers in Sports and Active Living, Frontiers in Physiology, Frontiers in Psychology, Sports Biomechanics, Sport Sciences for Health

**SCIENTIFIC MEMBERSHIP**

Member of European College of Sport Sciences (ECSS), since 2012

Member of Società Italiana Scienze Motorie e Sportive (SISMES), since 2011

Member of Italian Conference on AIDS and Antiviral Research (ICAR), since 2012

**COURSES**

- From 2009 Athletic Instructor  
Federazione Italiana Di Atletica Leggera
- May 2018 BLS for Healthcare Providers (American Heart Association)  
Certificate Number: 7ba34173e726
- June 2021 University Teaching: Core Skills (Epigeum)  
Oxford University Press (Certificate Number: Progr0686380093)

## ABROAD EXPERIENCE

- From March to June 2015 Visiting Exercise Physiologist at the University of Maryland Athletics Team, with the aim of working as a physiologist for the exercise, preparing athletes participating in the Maryland State Championships of athletics.

## ANNEXES

- Personal Data** Autorizzo il trattamento dei miei dati personali ai sensi del Decreto Legislativo 30 giugno 2003, n. 196 (Codice in materia di protezione dei dati personali) e sue successive modifiche e integrazioni, nonché del Regolamento UE 679/2016 (Regolamento Generale sulla Protezione dei dati o, più brevemente, RGPD).

Milan, 06/11/2022

*Matteo Bonato*

