

CURRICULUM VITAE

personal information	
Name	Filippo Tocco
Position	Associate Professor
	MD, PhD
PROFILE	
<i>Brief description</i>	Degree in Medicine, Specialization in Sports Medicine, PhD in Bioenergetics of Human Movement, he was a researcher for the University of Cagliari from 2010 to 2016 and then Associate Professor in Methods and Teaching of Motor and Sport Activities until now. He teaches in the Faculty of Medicine and Surgery of the University of Cagliari and in the Degree Courses of Sports Sciences
WORK EXPERIENCE	
<i>(2011 - 2018)</i>	Researcher, <i>University of Cagliari, Italy</i>
<i>(2018 - 2025)</i>	Associate Professor, <i>University of Cagliari, Italy</i>
<i>(2020-2025)</i>	<i>Director of School of Sports Medicine University of Cagliari, Italy</i>
EDUCATION	
<i>(1989 - 1997)</i>	Degree in Medicine and Surgery, <i>University of Cagliari, Italy</i>
<i>(1997 - 2001)</i>	Specialization in Sport Medicine, <i>University of Cagliari, Italy</i>
<i>(2008 - 2011)</i>	<i>Ph.D. Bioenergetics of human locomotion, University of Cagliari, Italy</i>
SKILLS	
	<ul style="list-style-type: none"> • Athletes' Functional Evaluation • Communication • Leadership

LANGUAGES	
	Italiano (Excellent)
	English (B2)
ACADEMIC ACTIVITY	
	<i>Main Conferences, Workshops and Seminars</i>
(2013) Barcelona, Spain	Speaker at the conference "18 th Congress of European College of Sport Medicine " with the presentation entitled " Hemodynamic changes during deep diving by means of a portable device "
(2014) Amsterdam, Holland	Speaker at the conference "19 th Congress of European College of Sport Medicine " with the presentation entitled " Body composition changes and energy cost of running in amateur athletes "
(2015) Malmo, Sweden	Speaker at the conference "20 th Congress of European College of Sport Medicine" with the presentation entitled " Importance of anthropometric, haemodynamic and respiratory parameters to determine performance during breath-hold diving "
(2016) Vienna, Austria	Speaker at the conference "21 st Congress of European College of Sport Medicine " with the presentation entitled " Diving and metaboreflexes "
(2022-2023-2024) Cagliari, Italy	Coordinator and chairman at the conference "1 st , 2 nd , 3 rd , Unica Sport Science International Conference (USSIC)
	Direction or participation in the activities of a research group at national or international level
(2020 - 2022) Cagliari	Participant, Robotic-Rehabilitative training of the upper limb for subjects with Traumatic Brain Injury, F.d.S. 2020
(2018-2020) Cagliari	Participant, Effects of acute hypoxia on cardiovascular regulation and cognitive functions in athletes, F.d.S. 2018
(2011- 2013) Cagliari	Participant, Attività fisica adattata nella Sclerosi Multipla in Sardegna, Contributo RAS, Legge 7 Agosto 2007 n. 7, Tender n. 13
(2011 - 2013) Cagliari-Sassari	Role Valorizzazione dei prodotti della filiera agro-alimentare della Sardegna ai fini di una loro più elevata penetrazione nel mercato dei prodotti nutraceutici - TIPOLOGIA: Contributo RAS, Ass. Agricoltura, Legge 17 Novembre 2010 n. 15, art. 16
(2008-2010) Cagliari	Participant, Dispositivo robotico biomeccanico per il recupero della funzionalità cardiovascolare nei paraplegici, PRIN
	<i>Participation in committees of scientific journals</i>
(2016 - 2017)	Editor "Springer Plus"
	<i>Teaching assignments at Phd Research Schools</i>

(From - to)	
PUBLICATIONS	<p>Massidda M., Flore L., Cugia P., Piras F., Scorcu M., Kikuchi N., Cięższyk P., Maciejewska-Skrendo A., Tocco F., Calò C.M. Association Between Total Genotype Score and Muscle Injuries in Top-Level Football Players: a Pilot Study (2024), 10 (1), art. no. 22</p> <p>Tocco F., Massidda M., Ghiani G., Palmas M., Ruggiu M., Velluzzi F., Solinas R., Masala A., Fois A., Melis L., Bertetto A.M., Hector A., Cerina Dell'Osa A., Cappagli C., Melis S., Loi V., Marcello R., Concu A. AND CARDIOMETABOLIC CHANGES IN A SKILLED KAYAKER AFTER 41 DAYS OF CRUISING AROUND THE ISLAND OF SARDINIA: A CASE STUDY (PART 1). (2024), 25 (2), pp. 113 - 119</p> <p>Tocco F., Solinas R., Velluzzi F., Massidda M., Mattana D.V., Fois A., Melis L., Bertetto A.M., Bonisoli E., Venturini S., Bianco P., Dell'Osa A.H., Pereira A.F., Melis S., Cerina A., Loviselli L., Marcello R., Concu A. A MECHATRONIC TOOL FOR REVEALING INVERSE RELATIONSHIPS AMONG HEART'S STROKE VOLUME AND HEAD'S LINEAR ACCELERATION INDUCED BY MOORED BOATS ROLLING IN ELDERLY SAILORS WITH UNCHANGED BODY SIZES: A NON-DRUG ANTI-HYPERTENSIVE ADVANTAGE? (2024), 25 (1), pp. 133 - 142</p> <p>Bertetto A.M., Fois A., Tocco F., Velluzzi F., Deledda A., Farris F., Vacca D., Picci G., Dell'osa A.H., Marcello R., Melis S., Concu A. ELECTRICAL BIOIMPEDANCE AND MECHANICAL PENETROMETRY TESTS FOR REMOTELY DETECTING THE TISSUE DAMAGE DUE TO MIS-MANAGEMENT OF THE COLD CHAIN IN OBLONG RED CHICORY (2024), 25 (2), pp. 95 - 112</p> <p>Tocco F., Mattana D.V., Solinas R., Velluzzi F., Usai P., Fois A., Melis L., Bianco P., Serra C., Bertetto A.M., Dell'osa A.H., Pereira A.F., Cerina A., Loviselli L., Marcello R., Melis S., Concu A. CARDIOMETABOLIC BENEFITS FROM A COASTAL SAILING IN A RADICAL CYSTECTOMY PATIENT REMOTELY CONTROLLED BY AN INTERNET OF THING MECHATRONIC TOOL: A CASE STUDY (2023), 24 (2), pp. 39 - 62</p> <p>Murru E., Manca C., Carta G., Ruggiu M., Solinas R., Montisci R., Hodson L., Dearlove D., Mollica M.P., Tocco F., Banni S. Indirect Calorimetry-Based Novel Approach for Evaluating Metabolic Flexibility and Its Association with Circulating Metabolic Markers in Middle-Aged Subjects (2024), 16 (4), art. no. 525</p> <p>Concu A., Melis S., Marcello R., Dell'Osa A.H., Fois A., De Pau A., Tocco F., Mattana D., Usai P., Serra C., Manuello Bertetto A. Cardiodynamic adjustments in skilled civil aircraft pilots while unexpected emergency conditions appeared during a simulated flight within a homemade Airbus A300 cockpit</p>

	<p>(2024), 2716 (1), art. no. 012081</p> <p>Massidda M., Flore L., Scorcu M., Monteleone G., Tiloca A., Salvi M., Tocco F., Calò C.M. Collagen Gene Variants and Anterior Cruciate Ligament Rupture in Italian Athletes: A Preliminary Report (2023), 14 (7), art. no. 1418</p> <p>Manuello Bertetto A., Fois A., Tocco F., Velluzzi F., Farris F., Vacca D., Picci G., Marcello R., Pinna R., Concu A. PEACHES ELECTRICAL BIOIMPEDANCE ASSESSMENT TO CONTROL FREEZE INDUCED TEXTURE CHANGES: A EASY AND NOT EXPENSIVE METHOD TO DISCOVER FRUITS UNDECLARED COLD TREATMENTS (2023), 24 (2), pp. 77 - 84</p> <p>Maciejewska-Skrendo, A., Massidda, M., Tocco, F., Leźnicka, K. The Influence of the Differentiation of Genes Encoding Peroxisome Proliferator-Activated Receptors and Their Coactivators on Nutrient and Energy Metabolism (2022) <i>Nutrients</i>, 14 (24), art. no. 5378,</p> <p>Campagna, M., Lecca, L.I., Velluzzi, F., Serra, C., Bianco, P., Bertetto, A.M., Dell'osa, A.H., Fanni, B., De Pau, A., Fois, A., Melis, L., Kalb, A., Marcello, R., Melis, S., Concu, A., Tocco, F. A MECHATRONIC SIMULATOR OF AN AIRCRAFT COCKPIT TO STUDY, BY A VIRTUAL FLIGHT TEST, CARDIOVASCULAR FITNESS IN AIRLINE PILOTS BANNED TO FLY SINCE COVID-19 LOCKDOWN (2022) <i>International Journal of Mechanics and Control</i>, 23 (2), pp. 85-99.</p> <p>Dell'osa, A.H., Fois, A., Concu, A., Loviselli, L., Bertetto, A.M., Tocco, F., Kalb, A., Corsale, V., Deledda, A., Velluzzi, F. ELECTRICAL IMPEDANCE SPECTROSCOPY AS A FRIENDLY AND NON-INVASIVE METHOD TO REMOTELY CONTROL BODY MASS IN HOME CARE PATIENTS WITH OBESITY (2022) <i>International Journal of Mechanics and Control</i>, 23 (1), pp. 115-120.</p> <p>Todde, F., Carcangiu, A., Pusceddu, N., Di Giacomo, A., Tocco, F. The effects of two different 8-week stretching protocols on postural stability in amateur sportsmen (2022) <i>Sport Sciences for Health</i>, 18 (2), pp. 545-549.</p> <p>Velluzzi, F., Corsale, V., Tocco, F., Dell'osa, A.H., Fois, A., Capone, A., Marongiu, G., Melis, L., Serra, C., Manuello Bertetto, A., Concu, A. Assessing simulated arm lymphoedema by a prototype of bioimpedance spectroscopy device. Possible implication of its use in the follow up of patients who underwent extensive breast cancer surgery (2021) <i>International Journal of Mechanics and Control</i>, 22 (2), pp. 127-135.</p> <p>Massidda, M., Flore, L., Kikuchi, N., Scorcu, M., Piras, F., Cugia, P., Ciężarczyk, P., Tocco, F., Calò, C.M. Influence of the MCT1-T1470A polymorphism (rs1049434) on repeated sprint ability and blood lactate accumulation in elite football players: a pilot study (2021) <i>European Journal of Applied Physiology</i>, 121 (12), pp. 3399-3408.</p>
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	<p>Di Giacomo, A., Ghiani, G.M., Todde, F., Tocco, F. 57327442000;55764195300;55607035400;7801421309; Cardiovascular Responses to Simultaneous Diving and Muscle Metaboreflex Activation(2021) <i>Frontiers in Physiology</i>, 12, art. no. 730983,</p> <p>Fois, A., Tocco, F., Dell'Osa, A., Melis, L., Bertelli, U., Concu, A., Manuello Bertetto, A., Serra, C. Innovative smart face mask to protect workers from COVID-19 infection(2021) 2021 IEEE International Symposium on Medical Measurements and Applications, MeMeA 2021 - Conference Proceedings, art. no. 9478739,</p> <p>Velluzzi, F., Fois, A., Dell'osa, A.H., Tocco, F., Bertetto, A.M., Serra, C., Melis, L., Bertelli, U., Concu, A.Mechatronic face mask anti covid-19 to remotely record cardiorespiratory variables in farm's workers engaged in jobs at high risk of infection(2021) <i>International Journal of Mechanics and Control</i>, 22 (1), pp. 61-76.</p> <p>Dell'Osa, A.H., Battacone, G., Pulina, G., Fois, A., Tocco, F., Loviselli, A., Concu, A., Velluzzi, F. Electrical impedance to easily discover undeclared freeze-thaw cycles in slaughtered bovine meat (2021) <i>Journal of Electrical Bioimpedance</i>, 12 (1), pp. 3-10.</p> <p>Ghiani, G., Magnani, S., Doneddu, A., Sainas, G., Pinna, V., Caboi, M., Palazzolo, G., Tocco, F., Crisafulli, A. Case Study: Physical capacity and nutritional status before and after a single-handed yacht race(2018) <i>International Journal of Sport Nutrition and Exercise Metabolism</i>, 28 (5), pp. 558-563.</p> <p>Magnani, S., Roberto, S., Sainas, G., Milia, R., Palazzolo, G., Cugusi, L., Pinna, V., Doneddu, A., Kakhak, S.A.H., Tocco, F., Mercuro, G., Crisafulli, A.Metaboreflex-mediated hemodynamic abnormalities in individuals with coronary artery disease without overt signs or symptoms of heart failure(2018) <i>American Journal of Physiology - Heart and Circulatory Physiology</i>, 314 (3), pp. H452-H463.</p> <p>Magnani, S., Mulliri, G., Sainas, G., Ghiani, G., Pinna, V., Sanna, I., Crisafulli, A., Tocco, F. Occurrence of cardiac output decrease (via stroke volume) is more pronounced in women than in men during prolonged dry static apnea(2018) <i>Journal of Applied Physiology</i>, 124 (2), pp. 349-355.</p> <p>Pinna, V., Magnani, S., Sainas, G., Ghiani, G., Vanni, S., Olla, S., Marini, E., Curreli, N., Cabras, S., Farinatti, P., Antoni, G., Tocco, F., Rinaldi, A.C., Crisafulli, A. Physical capacity and energy expenditure of cavers (2017) <i>Frontiers in Physiology</i>, 8 (DEC), art. no. 1067, .</p> <p>Magnani, S., Olla, S., Pau, M., Palazzolo, G., Tocco, F., Doneddu, A., Marcelli, M., Loi, A., Corona, F., Corona, F., Coghe, G., Marrosu, M.G., Concu, A., Cocco, E., Marongiu, E., Crisafulli, A.Effects of six months training on physical capacity and metaboreflex activity in patients with multiple sclerosis(2016) <i>Frontiers in Physiology</i>, 7 (NOV), art. no. 531, .</p> <p>Sainas, G., Melis, S., Corona, F., Loi, A., Ghiani, G.,</p>
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- Sainas, G., Milia, R., Palazzolo, G., Ibba, G., Marongiu, E., Roberto, S., Pinna, V., Ghiani, G., Tocco, F., Crisafulli, A. Mean blood pressure assessment during post-exercise: Result from two different methods of calculation (2016) *Journal of Sports Science and Medicine*, 15 (3), pp. 424-433.
- Velluzzi, F., Tocco, F., Deledda, A., Lai, D., Loviselli, A., Milia, R., Concu, D., Ghiani, G., Concu, A. Training impulses: A method to quantify exercise intensity in postmenopausal obese women(2016) 2016 IEEE International Symposium on Medical Measurements and Applications, MeMeA 2016 - Proceedings, art. no. 7533784,
- Ghiani, G., Marongiu, E., Olla, S., Pinna, M., Pusceddu, M., Palazzolo, G., Sanna, I., Roberto, S., Crisafulli, A., Tocco, F. Diving response after a one-week diet and overnight fasting(2016) *Journal of the International Society of Sports Nutrition*, 13 (1), art. no. 23
- Todde, F., Melis, F., Mura, R., Pau, M., Fois, F., Magnani, S., Ibba, G., Crisafulli, A., Tocco, F. A 12-Week Vigorous Exercise Protocol in a Healthy Group of Persons over 65: Study of Physical Function by means of the Senior Fitness Test(2016) *BioMed Research International*, 2016, art. no. 7639842, .
- Marongiu, E., Olla, S., Magnani, S., Palazzolo, G., Sanna, I., Tocco, F., Marcelli, M., Loi, A., Corona, F., Mulliri, G., Concu, A., Crisafulli, A. Metaboreflex activity in multiple sclerosis patients(2015) *European Journal of Applied Physiology*, 115 (12), pp. 2481-2490.
- Ghiani, G., Marongiu, E., Melis, F., Angioni, G., Sanna, I., Loi, A., Pusceddu, M., Pinna, V., Crisafulli, A., Tocco, F. Body composition changes affect energy cost of running during 12 months of specific diet and training in amateur athletes(2015) *Applied Physiology, Nutrition and Metabolism*, 40 (9), pp. 938-944.
- Marongiu, E., Crisafulli, A., Ghiani, G., Olla, S., Roberto, S., Pinna, M., Pusceddu, M., Palazzolo, G., Sanna, I., Concu, A., Tocco, F. Cardiovascular responses during free-diving in the sea(2015) *International Journal of Sports Medicine*, 36 (4), pp. 297-301.
- Tocco, F., Crisafulli, A., Milia, R., Marongiu, E., Mura, R., Roberto, S., Todde, F., Concu, D., Melis, S., Velluzzi, F., Loviselli, A., Concu, A., Melis, F. Nervous facilitation in cardiodynamic response of exercising athletes to superimposed mental tasks: Implications in depressive disorder(2015) *Clinical Practice and Epidemiology in Mental Health*, 11 (1), pp. 166-173.
- Tocco, F., Sanna, I., Mulliri, G., Magnani, S., Todde, F., Mura, R., Ghiani, G., Concu, A., Melis, F., Crisafulli, A. Heart rate unreliability during interval training recovery in middle distance runners(2015) *Journal of Sports Science and Medicine*, 14 (2), pp. 466-472.

Tocco, F., Marongiu, E., Ghiani, G., Sanna, I., Palazzolo, G., Olla, S., Pusceddu, M., Sanna, P., Corona, F., Concu, A., Crisafulli, A. Muscle ischemic preconditioning does not improve performance during self-paced exercise (2015) *International Journal of Sports Medicine*, 36 (1), pp. 9-15.

Pinna, M., Roberto, S., Milia, R., Marongiu, E., Olla, S., Loi, A., Migliaccio, G.M., Padulo, J., Orlandi, C., Tocco, F., Concu, A., Crisafulli, A. Effect of beetroot juice supplementation on aerobic response during swimming (2014) *Nutrients*, 6 (2), pp. 605-615.

Milia, R., Roberto, S., Marongiu, E., Olla, S., Sanna, I., Angius, L., Bassareo, P., Pinna, M., Tocco, F., Concu, A., Crisafulli, A. Improvement in hemodynamic responses to metaboreflex activation after one year of training in spinal cord injured humans (2014) *BioMed Research International*, 2014, art. no. 893468

Marongiu, E., Piepoli, M., Milia, R., Angius, L., Pinna, M., Bassareo, P., Roberto, S., Tocco, F., Concu, A., Crisafulli, A. Effects of acute vasodilation on the hemodynamic response to muscle metaboreflex (2013) *American Journal of Physiology - Heart and Circulatory Physiology*, 305 (9), pp. H1387-H1396.

Angius, L., Cominu, M., Filippi, M., Piredda, C., Migliaccio, G.M., Pinna, M., Milia, R., Tocco, F., Concu, A., Crisafulli, A. Measurement of pulmonary gas exchange variables and lactic anaerobic capacity during field testing in elite indoor football players (2013) *Journal of Sports Medicine and Physical Fitness*, 53 (5), pp. 461-469.

Marongiu, E., Crisafulli, A., Pinna, M., Ghiani, G., Degortes, N., Concu, A., Tocco, F. Evaluation of reliability of field tests to predict performance during Ironman Triathlon (2013) *Sport Sciences for Health*, 9 (2), pp. 65-71.

Angius, L., Olla, S., Piras, F., Mura, R., Ibba, G., Todde, F., Cominu, M., Pinna, M., Tocco, F., Concu, A., Crisafulli, A. Indexes of physical capacity and repeated sprint ability of young soccer players (2013) *Sport Sciences for Health*, 9 (1), pp. 1-6.

Crisafulli, A., Tocco, F., Milia, R., Angius, L., Pinna, M., Olla, S., Roberto, S., Marongiu, E., Porcu, M., Concu, A. Progressive improvement in hemodynamic response to muscle metaboreflex in heart transplant recipients (2013) *Journal of Applied Physiology*, 114 (3), pp. 421-427.

Tocco, F., Marongiu, E., Pinna, M., Roberto, S., Pusceddu, M., Angius, L., Migliaccio, G., Milia, R., Concu, A., Crisafulli, A. Assessment of circulatory adjustments during underwater apnoea in elite divers by means of a portable device (2013) *Acta Physiologica*, 207 (2), pp. 290-298.

Pinna, M., Milia, R., Roberto, S., Marongiu, E., Olla, S., Loi, A., Ortu, M., Migliaccio, G.M., Tocco, F., Concu, A., Crisafulli, A. Assessment of the specificity of cardiopulmonary response during tethered swimming using a new snorkel device (2013) *Journal of Physiological*

	<p>Sciences, 63 (1), pp. 7-16.</p> <p>Angius, L., Olla, S., Pinna, M., Mura, R., Marongiu, E., Roberto, S., Piras, F., Corona, F., Milia, R., Tocco, F., Concu, A., Crisafulli, A. Aerobic and anaerobic capacity of adult and young professional soccer players (2012) <i>Sport Sciences for Health</i>, 8 (2-3), pp. 95-100.</p> <p>Roberto, S., Marongiu, E., Pinna, M., Angius, L., Olla, S., Bassareo, P., Tocco, F., Concu, A., Milia, R., Crisafulli, A. Altered hemodynamics during muscle metaboreflex in young type 1 diabetes patients (2012) <i>Journal of Applied Physiology</i>, 113 (8), pp. 1323-1331.</p> <p>Tocco, F., Crisafulli, A., Melis, F., Porru, C., Pittau, G., Milia, R., Concu, A. Cardiovascular adjustments in breath-hold diving: Comparison between divers and non-divers in simulated dynamic apnoea (2012) <i>European Journal of Applied Physiology</i>, 112 (2), pp. 543-554.</p> <p>Cappai, I., Pierantozzi, E., Tam, E., Tocco, F., Angius, L., Milia, R., Squatrito, S., Concu, A., Crisafulli, A. Physiological responses and match analysis of muay thai fighting (2012) <i>International Journal of Performance Analysis in Sport</i>, 12 (3), pp. 507-516.</p> <p>Tocco, F., Crisafulli, A., Marongiu, E., Milia, R., Kalb, A., Concu, A. A portable device to assess underwater changes of cardio dynamic variables by impedance cardiography (2012) <i>Journal of Physics: Conference Series</i>, 407 (1), art. no. 012026,</p> <p>Crisafulli, A., Piras, F., Filippi, M., Piredda, C., Chiappori, P., Melis, F., Milia, R., Tocco, F., Concu, A. Role of heart rate and stroke volume during muscle metaboreflex-induced cardiac output increase: Differences between activation during and after exercise (2011) <i>Journal of Physiological Sciences</i>, 61 (5), pp. 385-394.</p> <p>Crisafulli, A., Tangianu, F., Tocco, F., Concu, A., Mameli, O., Mulliri, G., Caria, M. A. Ischemic preconditioning of the muscle improves maximal exercise performance but not maximal oxygen uptake in humans (2011) <i>Journal of Applied Physiology</i>, 111 (2), pp. 530-536.</p> <p>Crisafulli, A., Milia, R., Vitelli, S., Caddeo, M., Tocco, F., Melis, F., Concu, A. Hemodynamic responses to metaboreflex activation: Insights from spinal cord-injured humans (2009) <i>European Journal of Applied Physiology</i>, 106 (4), pp. 525-533.</p> <p>Crisafulli, A., Vitelli, S., Cappai, I., Milia, R., Tocco, F., Melis, F., Concu, A. Physiological responses and energy cost during a simulation of a Muay Thai boxing match (2009) <i>Applied Physiology, Nutrition and Metabolism</i>, 34 (2), pp. 143-150.</p> <p>Crisafulli, A., Milia, R., Lobina, A., Caddeo, M., Tocco, F., Concu, A., Melis, F. Haemodynamic effect of metaboreflex activation in men after running above and below the velocity of the anaerobic threshold (2008) <i>Experimental Physiology</i>, 93 (4), pp. 447-457.</p> <p>Crisafulli, A., Piras, F., Chiappori, P., Vitelli, S.,</p>
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<p>According to law 679/2016 of the Regulation of the European Parliament of 27th April 2016, I hereby express my consent to process and use my data provided in this CV</p>	

Cagliari, 14 May 2025

Filippo Tocco