
****Curriculum Vitae Europass****

****Personal Information****

- ****Name and Surname:**** Giovanna Maria Ghiani
- ****Address:****
- ****Phone:****
- ****Email:****
- ****Place of Birth:****
- ****Date of Birth:****

****Desired Occupation / Professional Field****

Research and teaching in the field of physiology and nutrition.

****Work Experience****

- ****June 2023 - Present****
****Fixed-term Researcher Type A****
University of Cagliari - Department of Medical Sciences and Public Health.
- ****2017 - 2022****
****Subject Expert in Physiology****
Faculty of Medicine and Surgery.
- ****Academic Year 2015/2016****
****Educational Tutor****
Specialization School in Nutrition Science, Faculty of Medicine and Surgery.
- ****Academic Year 2012/13****
****Educational Tutor****
Specialization School in Nutrition Science, Faculty of Medicine and Surgery.
- ****2009/10****
****Tutor****
Applied Dietary Sciences in the Specialization School in Nutrition Science, Faculty of Medicine and Surgery.
- ****2008/09****
****Instructor for theoretical-practical lessons on "Structuring a Diet" and "Evaluating a Diet"****
Autonomous Region of Sardinia.

****Education and Training****

- ****October 27, 1994****

****Degree in Pharmacy****, 100/110
University of Cagliari.

- ****December 21, 2007****

****Specialization Diploma in Nutrition Science****, 50/50 with honors
University of Cagliari.

- ****May 18, 2015****

****PhD in Biology and Biochemistry of Man and Environment****
University of Cagliari, XXVII cycle, field: Bioenergetics of human movement.

****Teaching Activities****

- ****Academic Year 2024/25****

Physical exercise applied to musculoskeletal pathologies (MEDF/01)
Methods and teaching of motor activities (MEDF/01)

- ****Academic Year 2023/24****

Physical exercise applied to cardiovascular and respiratory diseases (MEDF/01)
Methods and teaching of motor activities (MEDF/01)

- ****Academic Year 2022/23****

Contract Professor of Human Physiology, Professional Education (BIO/09).

- ****Academic Year 2021/2022****

Tutor of Physiology, Medicine and Surgery (BIO/09).

- ****Academic Year 2020/21****

Tutor of Physiology, Medicine and Surgery (BIO/09).

- ****Academic Year 2018/19****

Contract Professor of Human Physiology, Motor and Sports Sciences (BIO/09).

- ****Academic Year 2017/18****

Contract Professor of Applied Dietary Sciences, Food Science and Nutrition (MED/49).

****Publications****

1. ****Body Composition and Strength Symmetry of Kettlebell Sport Athletes.****
Biology (Basel), 2023.

2. ****Wild trekking as an opportunity for rapidly improving anthropometrics, cardiorespiratory and muscular performance in active older adults: the Sardinia “Selvaggio Blu” experience.****
Sport Sci Health, 2024.

3. ****Physiological adaptations of active postmenopausal women and matched men to the multi-day Sardinia Selvaggio Blu wild trek: a gender-comparative pilot study.****
Eur J Appl Physiol, 2024.

4. **Hemodynamics and cerebral oxygenation during acute exercise in moderate normobaric hypoxia and with concurrent cognitive task in young healthy males.**
Appl Physiol Nutr Metab, 2024.
5. **Systolic and diastolic function during cycling at the respiratory threshold between elderly and young healthy individuals.**
Scientific Reports, 2022.
6. **Executive Functions and Mood States in Athletes Performing Exercise Under Hypoxia.**
Frontiers in Psychology, 2022.
7. **Body composition changes during the lockdown-restart transition due to the SARS-CoV-2 pandemic in a group of professional football players.**
Journal of Sports Medicine and Physical Fitness, 2022.
8. **Acute Exercise with Moderate Hypoxia Reduces Arterial Oxygen Saturation and Cerebral Oxygenation without Affecting Hemodynamics in Physically Active Males.**
International Journal of Environmental Research and Public Health, 2022.
9. **Cardiovascular Responses to Simultaneous Diving and Muscle Metaboreflex Activation.**
Frontiers in Physiology, 2021.
10. **Case study: Physical capacity and nutritional status before and after climbing two peaks with different altitude (4897-6812 m).**
Journal of Sports Medicine and Physical Fitness, 2021.
11. **Systolic and Diastolic Functions After a Brief Acute Bout of Mild Exercise in Normobaric Hypoxia.**
Frontiers in Physiology, 2021.
12. **Combined mental task and metaboreflex impair cerebral oxygenation in patients with type 2 diabetes mellitus.**
American Journal of Physiology - Regulatory Integrative and Comparative Physiology, 2021.
13. **Muscle Oxygen Delivery in the Forearm and in the Vastus Lateralis Muscles in Response to Resistance Exercise: A Comparison Between Nepalese Porters and Italian Trekkers.**
Frontiers in Physiology, 2020.
14. **A brief bout of exercise in hypoxia reduces ventricular filling rate and stroke volume response during muscle metaboreflex activation.**
European Journal of Applied Physiology, 2020.
15. **Effect of Combined Mental Task and Metaboreflex Activation on Hemodynamics and Cerebral Oxygenation in Patients With Metabolic Syndrome.**
Frontiers in Physiology, 2020.
16. **Percentage of fat mass among tai chi chuan practitioners.**
International Journal of Environmental Research and Public Health, 2020.

17. ****Effects of exercise in normobaric hypoxia on hemodynamics during muscle metaboreflex activation in normoxia.****
European Journal of Applied Physiology, 2019.
18. ****Hemodynamic abnormalities during muscle metaboreflex activation in patients with type 2 diabetes mellitus.****
Journal of Applied Physiology, 2019.
19. ****Case Study: Physical capacity and nutritional status before and after a single-handed yacht race.****
International Journal of Sport Nutrition and Exercise Metabolism, 2018.
20. ****Occurrence of cardiac output decrease (via stroke volume) is more pronounced in women than in men during prolonged dry static apnea.****
Journal of Applied Physiology, 2018.
21. ****Physical capacity and energy expenditure of cavers.****
Frontiers in Physiology, 2017.
22. ****Cardio-metabolic responses during horse riding at three different speeds.****
European Journal of Applied Physiology, 2016.
23. ****Mean blood pressure assessment during post-exercise: Result from two different methods of calculation.****
Journal of Sports Science and Medicine, 2016.
24. ****Training impulses: A method to quantify exercise intensity in postmenopausal obese women.****
Proceedings of the IEEE International Symposium on Medical Measurements and Applications, 2016.
25. ****Diving response after a one-week diet and overnight fasting.****
Journal of the International Society of Sports Nutrition, 2016.
26. ****Body composition changes affect energy cost of running during 12 months of specific diet and training in amateur athletes.****
Applied Physiology, Nutrition and Metabolism, 2015.
27. ****Cardiovascular responses during free-diving in the sea.****
International Journal of Sports Medicine, 2015.
28. ****Heart rate unreliability during interval training recovery in middle distance runners.****
Journal of Sports Science and Medicine, 2015.
29. ****Muscle ischemic preconditioning does not improve performance during self-paced exercise.****
International Journal of Sports Medicine, 2015.
30. ****Evaluation of reliability of field tests to predict performance during Ironman Triathlon.****
Sport Sciences for Health, 2015.
31. ****Analysis of nutritional habits of athletes undergoing fitness assessments at the Laboratory of Sports Physiology.****
[Additional details].

****Conference Presentations****

- ****38th FIMS world congress of sports medicine**
" Multi disciplinary approach (rehabilitation, nutrition, supplementation) after a fracture to the proximal fifth metatarsal bone: a case report of a professional soccer player."
- ****3rd USSIC unique sport science international congress****
"Experimental analysis of nutritional and changes in body composition during 21 marathons in 21 days."
- ****24th Annual Congress of the ECSS, 2019****
"Climbing the Seventh Summit: Nutrition, Body Composition and Physical Capacity of an Italian Mountain Climber."
- ****XI Congress on Asthma and Sport, 2019****
"Nutritional Issues in the Marathon."
- ****23rd Annual Congress of the ECSS, 2018****
"Nutritional strategy in solo sailing, not only calories and nutrients."
- ****X Congress on Asthma and Sport, 2018****
"Food education as a therapeutic tool."

****Additional Relevant Information****

- ****Self-employment contracts with the University of Cagliari**** for research projects related to nutrition and physiology.
- ****Nutritional Manager**** for Cagliari Calcio SPA, Serie A Championship 2023/24.
****Nutritional Manager**** for Cagliari Calcio SPA, Serie A Championship 2024/25.
- ****Regional Contact for Food-Nutritional Matters**** for FIGC Sardinia (2014-2018).

****Authorization for Personal Data Processing****

I authorize the use of my personal data in accordance with EU Regulation 2016/679.