

Europass Curriculum Vitae

Personal information

First name / Surname **Maria Rosaria Squeo**
Nationality Italian
Gender female



Occupational field **Medical Doctor, Specialist in Sports Medicine, Doctor in Physical Education**

Work experience

	1 st January 2016-2019
Dates	Federal Doctor FIDAL
Occupation held	
Main activities and responsibilities	Federazione Italiana di Atletica Leggera Via Flaminia Nuova 830, 00191, Rome, Italy
Name and address of employer	
Dates	September 2011 – July 2014
Occupation held	Research and Clinical Fellow to Prof. Antonio Pelliccia
Main activities and responsibilities	Research in Sports Cardiology, Functional assessment and Pre-participation Screening of Paralympic athletes (London 2012).
Name and address of employer	Cardiology Department, Institute of Sports Medicine and Sciences of the Italian National Olympic Committee, CONI. Largo Piero Gabrielli 1, 00197, Rome, Italy
Date	2012
Occupation or position held	Member of the Health Commission of European Youth Paralympic Games Brnò 2012
Main activities and responsibilities	Medical assistance during national team trainings and competitions.
Name and address of employer	Comitato Italiano Paralimpico (CIP) Via Flaminia Nuova, 830,00191, Rome, Italy.
Date	2011
Occupation or position held	Member of the Health Commission of the Italian Rowing Federation (Federazione Italiana Canottaggio, FIC)
Main activities and responsibilities	Medical assistance during national team trainings and national and international competitions.
Name and address of employer	Federazione Italiana Canottaggio, V.le Tiziano, 74, 00196, Rome, Italy.

Volunteering experience

Dates	2015
Occupation or position held	Medical Emergency at the Croce Rossa Italiana (118)
Name and address of employer	Latina, LT (Italy)
Dates	July 2009
Occupation or position held	Member of the Sport and Health Commission of the National Youth Forum, FNG since April 2013; Health expert; Scientific Member for the project "Non mi gioco il cuore", since January 2010
Main activities and responsibilities	Member of the scientific commission for the project "Non mi gioco il cuore - I don't play with my heart" of the Italian Youth Forum, on the prevention of sudden cardiac death during sport activities. Preparation and planning of the scientific program, development strategy, evaluation and monitoring..
Name and address of employer	Forum Nazionale dei Giovani, FNG via Novara 41, 00198 Rome (Italy)

Education and training

Dates	30 June 2009 – 29 June 2014
Title of qualification awarded	Specialist in Sports Medicine
Principal subjects	Sports Medicine, Cardiology, Traumatology, Prevention, Public Health, Exercise Physiology, Physical Activity Promotion, Exercise prescription
Final dissertation title	Cardiovascular evaluation in Paralympic athletes
Name and type of organisation providing education and training	Sports Medicine Specialization School, Sapienza Università di Roma (University) Piazzale Aldo Moro, 00100 Rome (Italy)
Level in national or international classification	ISCED 6
Dates	15 -17 March 2013
Main activities and responsibilities	Wheelchair fencing Classifier
Dates	05 March 2009
Title of qualification awarded	Enrolment in the Medical Doctors Register Albo Professionale Medici – Chirurghi della Provincia di Bari, number 13824
Dates	01 October 2002 - 18 July 2008
Title of qualification awarded	Medical Doctor
Principal subjects	Internal Medicine, Sports Medicine, Cardiology, Exercise Physiology.
Grade	Summa cum Laude
Final dissertation title	" Growth hormone response to high intensity upper body exercise"
Name and type of organisation providing education and training	Sapienza Università di Roma (University) Piazzale Aldo Moro, 00100 Rome (Italy)
Level in national or international classification	ISCED 5B
Dates	01 September 1998 – 30th June 2002
Title of qualification awarded	Doctor in Physical Education
Grade	Summa cum Laude

Final dissertation title
Name and type of organisation
providing education and training

The vitamin supplementation in elite athletes
Istituto di Scienze Motorie(IUSM)
Piazza de Bosis 15, 00195 Roma (Italia)

Publications and Scientific Production

- Bernardi M., Radicioni A., Fattorini L., Bernardi E., Ballesio M., Faiola F., Squeo MR, Egidi F, Lenzi A. Growth hormone response to high intensity upper body exercise
Med. Sci. Sports Exerc. 40(5)S469, 2477. ISSN: 0195-9131 2008
- Bernardi M., Carucci S., F. Faiola, F. Egidi, S. Loschi, MR Squeo, PE Adami. Physical fitness evaluation in paralympic winter athletes: insight for training prescription in ice sledge hockey. Puerto Rico Sport Medicine from exercise for health to sports performance. XXXI FIMS Sports Medicine World Congress. May, 19-22, 2010.
- Bernardi, Marco; Squeo, Maria Rosaria; Radicioni, Antonio; Fattorini, Luigi; Bernardi, Elisabetta; Faiola, Fabio; Egidi, Federico; Lenzi, Andrea, Insulin-Like Growth Factor-I levels and short term high intensity upper body exercise. Puerto Rico Sport Medicine from exercise for health to sports performance. XXXI FIMS Sports Medicine World Congress. May, 19-22, 2010.
- M Bernardi. P.E. Adami, F. Egidi, S. Carucci, M.R. Squeo, E. Guerra, F. Faiola, F.M Quattrini. Autonomic Dysreflexia and Atrial Fibrillation: Sports Eligibility In an Incomplete Tetraplegic Paralympic Athlete? Puerto Rico Sport Medicine from exercise for health to sports performance. XXXI FIMS Sports Medicine World Congress. May, 19-22, 2010.
- Bernardi M., Carucci S., Adami P., Squeo M., Loschi S., Egidi F., Marini C., Guerra E.: Physical Fitness Evaluation in Winter Sitting Paralympic Athletes. 15th Annual Congress of the European College of Sport Medicine (ECSS). Antalya, Turkey 23-26 of June 2010. Book of Abstract (ISBN 978-605-61427-0-3) p.540.
- Carucci S., Fattorini L., Squeo M.R., Lanzano R., Montanile F., De Matti A.J., Rodio A., Bernardi M. (2010) Effects on aerobic fitness of an upper limb high intensity interval training. Acta Physiologica, Vol. 200, S681, P108, 186. I.F.=2,81. Varese, 15-17 Settembre 2010.
- Marco Bernardi, Silvia Carucci, Luigi Fattorini, Maria Rosaria Squeo, Riccardo Lanzano, Paolo Emilio Adami, Yagesh Bhambhani. Upper Body High Intensity Short Term Interval Training: Effects on Aerobic and Anaerobic Fitness. 58th Annual Meeting of the American College of Sports Medicine. May 31 – June 4, 2011 Denver Colorado, USA Med Sci Sports Exerc. 2011; 43(5) May S390, 2165. I.F.= 4,106.
- Marco Bernardi, Paolo Emilio Adami, Maria Rosaria Squeo, Silvia Carucci, Emanuele Guerra, Antonio Spataro, Alessandro Biffi, Carlo Tranquilli, Antonio Pelliccia (2012). Atherosclerotic cardiovascular risk and aerobic fitness in paralympic athletes with locomotor impairments. 3rd World Congress on Exercise is Medicine May 29–June2, 2012 San Francisco California, USA Med Sci Sports Exerc. 44(5) S364, 2119. I.F.= 4.431.
- Squeo M.R. A. D'Alessio, P.E. Adami, R. Lanzano, F. Parisi M. Bernardi Aerobic fitness prediction in athletes with a locomotor impairment. XXIII World Congress of Sport Medicine. Sport Medicine, the challenge for global health: quo vadis? Rome, September 27-30, 2012.
- P.E. Adami, A. D'Alessio, M.R. Squeo, R. Lanzano, G. D'Ettore, M. Bernardi Cardiovascular protection induced by daily physical activity in HIV+ subjects. XXIII World Congress of Sport Medicine. Sport Medicine, the challenge for global health: quo vadis? Rome, September 27-30, 2012.
- M. Bernardi, M. R. Squeo, P. E. Adami, R. Lanzano, L. Fattorini. Upper body high intensity interval training: effects on different components of physical fitness. IV Congresso Annuale della Società Italiana di Scienze dello sport e dell'Esercizio. Palermo 5-7 Ottobre 2012. Sports Sciences for Health Vol. 8, S1, p. 51-52 - October 2012.
- Marco Bernardi, Paolo Emilio Adami, Maria Rosaria Squeo, Loretta Corsi, Riccardo Lanzano, Fabiana Parisi, Antonio Spataro, Alessandro Biffi, Carlo Tranquilli, Antonio Pelliccia. Cardiovascular risk and aerobic fitness in Paralympic Athletes with Locomotor Impairments 19th International Symposium of Adapted Physical Activity. Bridging the Gaps. 19-23 July 2013, Istanbul, Turkey. Book of Abstract
- Eliana Tranchita, Carlo Minganti, Laura Musumeci, Maria Rosaria Squeo, Attlio Parisi. "Inspiratory Muscle Training in young basketball players: preliminary evaluation". Medicina dello Sport 2014 (accettato dal Comitato di Lettura e pubblicato nel prossimo numero della Rivista Medicina dello Sport)
- Filippo M. Quattrini, Antonio Pelliccia, Riccardo Assorgi, Fernando Di Paolo, Maria Rosaria Squeo, Franco Culasso, Vincenzo Castelli, Mark S Link, Barry J Maron. Benign Clinical Significance of J-wave Pattern (Early Repolarization) in Highly- Trained Athletes accettato dalla rivista "Heart Rhythm Society"

- Patacchioli FR, Ghiciuc CM, Bernardi M, Dima-Cozma LC, Fattorini L, Squeo MR, Galoppi P, Brunelli R, Ferrante F, Pasquali V, Perrone G. Salivary α -amylase and cortisol after exercise in menopause: influence of long-term HRT. Climacteric. 2015 Jan 20:1-20. [Epub ahead of print]
- Caselli S, Montesanti D, Autore C, Di Paolo FM, Pisicchio C, Squeo MR, Musumeci B, Spataro A, Pandian NG, Pelliccia A. J Am Soc Echocardiogr. 2015 Feb;28(2):245-5 Patterns of left ventricular longitudinal strain and strain rate in olympic athletes. J Am Soc Echocardiogr. 2015 Feb;28(2):245-. Epub 2014 Nov 20
- Adami PE, Delussu AS, Rodio A, Squeo MR, Corsi L, Quattrini FM, Fattorini L, Bernardi M. Upper limb aerobic training improves aerobic fitness and all-out performance of America's Cup grinders. Eur J Sport Sci. 2014 Oct 30:1-7. Epub ahead of print
- B.Di Giacinto M.R. Squeo, MR. Santini M, Parisi, A. Spataro A. Biff Ai. Istituto di Medicina e Scienza dello Sport, CONI, Rome, ITALY, World Society of Arrhythmias, Istituto Universitario Scienze Motorie, Rome, ITALY. THE FIDE PROJECT (FITNESS IN IMPLANTABLE DEVICES) XVI International Symposium on progress in clinical pacing Rome, Italy-December 2-5, 2014 Ergife Palace Hotel

Personal skills and competences

Mother tongue(s)

Italian

Other language(s)

Self-assessment

European level (*)

English

Understanding		Speaking		Writing
Listening	Reading	Spoken interaction	Spoken production	
B1	B1	B1	B1	B1

(*) [Common European Framework of Reference \(CEF\) level](#)

Social skills and competences

Communication skills (leading of meetings, speaking with media, etc).
Social and active citizenship competences. Advocacy, ability of critical thinking.
Strong capacity for problem solving. Keen attitude towards team work

Organisational skills and competences

Strategy and project development, project management, team-leading and active participation in several teams and working groups. Keen attitude to events organization and management.

Computer skills and competences

- Excellent knowledge of different operating systems (Windows and Mac OS).
- Excellent command of Microsoft Office tools (Word, Excel, Power Point), iWorks (Papers, Numbers, Keynote) and Prezi.
- Excellent knowledge of the internet and social media.
- Excellent knowledge of Wordpress.
- Good knowledge of database tools (Access, File Maker Pro).
- Good knowledge of graphic design applications (Adobe Photoshop, Illustrator).
- Good knowledge of video editing software (iMovie).

Artistic skills and competences

Music competences (guitar, clarinet, percussions, bodhran).
Acting capacities (drama theatre, cinema, TV, commercials).

Other skills and competences

Sport skills: beach volley, volley, swimming

Driving licence(s)

A, B

Rome, 20/06/2019