

Curriculum Vitae
Annamaria Mancini

Academic Position

Academic Recruitment Sector: 06/N2 – Exercise and Sport Sciences

Qualification: Associate Professor in “Methods and teaching of sports activities” (SSD MEDF-01/A)

Institution: University of Naples "Parthenope"

Department: Department of Medical, Human Movement, and Well-being Sciences, Via Medina 40, 80133 Naples

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Education

- **March 2000:** Bachelor's Degree in Biological Sciences, Faculty of Mathematical, Physical, and Natural Sciences, University of Naples "Federico II"
- **July 2001:** Professional Qualification for Biologist
- **November 2004:** Five-year Specialization in Laboratory Medicine: Clinical Biochemistry and Clinical Molecular Biology, School of Clinical Biochemistry, Faculty of Medicine and Surgery, University of Naples "Federico II" –cum laude
- **April 2008:** PhD in Biotechnology, XX Cycle, University of L'Aquila
- **December 2010:** Permanent Researcher at the Department of Human Movement and Well-being Sciences (DiSMeB), University of Naples "Parthenope"
- **January 2020 – Present:** Associate Professor at the Department of Medical, Human Movement, and Well-being Sciences (DiSMMeB), University of Naples "Parthenope"

Research Activities

Over the past ten years, my research has focused on the effects of physical activity and training on the health of both healthy individuals and patients, using a transdisciplinary approach that includes advanced methodologies such as differential Transcriptomics and Proteomics.

My most recent studies have examined the long-term effects of training on the expression profile of muscle-specific molecular markers involved in healthy longevity. Specifically, the findings indicate that lifelong football training increases the expression of key skeletal muscle markers associated with oxidative metabolism, DNA repair pathways, senescence suppression, and exercise-induced protein quality control and autophagy, providing molecular foundations for healthy longevity. Additionally, the research explores exercise-mediated serum/muscle molecular biomarkers, such as c-miRNA, associated with chronic non-communicable diseases. Finally, my recent research has focused on identifying exercise-mediated serum/muscle molecular biomarkers (c-miRNA, metabolites, lipids, proteins) associated with both successful aging and chronic non-communicable diseases, such as cancer. Within the framework of the NutriSportHealthLab Facility, located at CEINGE – Biotechnologie Avanzate Franco Salvatore in Naples, research activities also focus on the comprehensive assessment of physical fitness and sports performance in both athletes and non-athletes. These activities aim to develop personalized exercise and training protocols to promote health, prevent chronic diseases, and optimize athletic performance.

Leadership and Research Group Activities

Direction or Participation in Research Groups with National and International Collaborations

- **Scientific Director (Co-P.I.)** of the international research project "*Football is Medicine*," in collaboration with the Departments of Sports Science and Clinical Biomechanics, SDU Sport and Health Sciences Cluster (SHSC), University of Southern Denmark (Prof. Peter Krustrup) – 11/10/2015 to present.

Leadership of Research Studies Commissioned by Public or Private Institutions

- **Scientific Director (P.I.)** of the research project "*Functional analysis of natural mutants of the human uncoupling protein UCP3 and their relationship with triglyceride accumulation*," funded by the SDN Foundation for Research and Advanced Training in Nuclear Diagnostics – 01/02/2008 to 15/12/2010.
- **Scientific Director (P.I.)** of the research project "*Effectiveness of Small-Sided Games in Football*," funded by the University of Naples "Parthenope" (D.R. 988 of 30/11/2015, CUP I62I15000090005) – 30/11/2015 to 29/11/2017.

- **Scientific Director (P.I.)** of the research project "*Effectiveness of Small-Sided Games in Football Combined with GPS Technology*," funded by the University of Naples "Parthenope" (D.R. 188 of 27/02/2017, CUP I62I15000090005) – 27/02/2017 to 15/04/2019.
- **Scientific Director (P.I.)** of the research project "*Functional Assessment of Individuals in Developmental Age: The EUROFIT Protocol*," funded by the University of Naples "Parthenope" (D.R. 128 of 28/02/2018, CUP I62I15000090005) – 28/02/2018 to 02/03/2020.

Teaching and Academic Roles

Member of the Doctoral Faculty and Teaching Assignments in Accredited PhD Programs

- **Member of the Faculty Board** for the PhD in "*Science and Management for Sport and Human Movement*," University of Naples "Parthenope" – Cycles XXVII-XXVIII (09/11/2011 – 31/10/2015).
- **Member of the Faculty Board** for the PhD in "*Human Movement Sciences*," University of Naples "Parthenope" – Cycle XXIX (23/09/2013 – 31/10/2016).
- **Member of the Faculty Board** for the PhD in "*Human Movement and Sport Sciences*," University of Naples "Parthenope" – Cycles XXXIV-XL (12/03/2018 – present).
- **Member of the Faculty Board** for the PhD in "*Human Movement and Sport Sciences*," University of Naples "Parthenope" – Cycles XXXIV-XL (12/03/2018 – present).
- **Member of the Faculty Board** for the PhD in "*Exercise and Sports Sciences*", University of Catanzaro "Magna Graecia", Cycle XLI (03/2025-present)

Scientific production

The scientific production (<https://www.scopus.com/authid/detail.uri?authorId=7201832719>) is distributed as follows:

- Publications in peer-reviewed indexed journals: 53
- H-index: 19
- Total citations (Scopus): 1,381

Publications (2020-2026)

1. Martone D, Vitucci D, Gillo A, Dei S, Cosco LF, Valerio G, Ghirelli R, Alfieri A, **Mancini A**, Orrù S, Buono P. Classroom Active Breaks Effects on Attention and Concentration Performance Among Adolescents Attending Upper Secondary Schools in Southern Italy. *Sports* (Basel). 2026 Sep 14;14(9):404. doi: 10.3390/sports14090404. PMID: 42784400; PMCID: PMC13611686.
2. **Mancini A**, Greco F, Vitucci D, Quinzi F, Tarsitano MG, Cosco LF, Alfieri A, Martone D, Dei S, Ghirelli R, Gentile L, Scalia G, Buono P, Emerenziani GP. The Effects of Social Dance on Muscular Fitness and Longevity-Related Circulating Biomarkers in the Elderly. *J Funct Morphol Kinesiol*. 2026 Aug 24;11(3):330. doi: 10.3390/jfmk11030330. PMID: 42783624; PMCID: PMC13608601.
3. **Mancini A**, Vitucci D, Orlandella FM, Luciano N, Smaldone G, Ermidis G, Randers MB, Mohr M, Krstrup P, Martone D, Orrù S, Salvatore G, Buono P. Lifelong football training influences miR-1303 serum expression and human breast cancer MCF-7 cells motility: a pilot study. *Front Sports Act Living*. 2026 Jul 14;8:1727357. doi: 10.3389/fspor.2026.1727357. PMID: 42523747; PMCID: PMC13407502.
4. Vitucci D, Dei S, Ghirelli R, Turi A, Martone D, Alfieri A, Orrù S, **Mancini A**, Buono P. Association Between Physical Activity Level, Quality of Life Determinants, Internet Use, and Orthorexia Among Sport Science Students Living in Naples: An Observational Study. *Healthcare* (Basel). 2026 Jan 31;14(3):369. doi: 10.3390/healthcare14030369. PMID: 41682218; PMCID: PMC12897135.
5. **Mancini A**, Cosco LF, Monda V, Emerenziani GP, Martone D, Buono P. Chronic Effects of a Dynamic Stretching and Core Stability Exercise Protocol on Physical Performance in U-16 Volleyball Players. *Sports* (Basel). 2025 Nov 20;13(11):413. doi: 10.3390/sports13110413. PMID: 41295796; PMCID: PMC12656671.
6. Borsati A, Murri A, Natalucci V, Cerulli C, Barbieri E, Lucertini F, Lanza M, Parisi A, Galvani C, Buono P, **Mancini A**, Fischetti F, Poli L, Di Blasio A, Iannaccone A, Avancini A, Mauri C, Ferri Marini C, Grazioli E. The Effect of Exercise-Based Interventions on Health-Related Quality of Life of Patients

- with Hematological Malignancies: A Systematic Review and Meta-Analysis. *Healthcare (Basel)*. 2025 Feb 21;13(5):467.
7. **Mancini, A.**, Vitucci, D., Lasorsa, V. A., Lupo, C., Brustio, P. R., Capasso, M., Orrù, S., Rainoldi, A., Schena, F., & Buono, P. (2024). Six months of different exercise type in sedentary primary schoolchildren: impact on physical fitness and saliva microbiota composition. *Frontiers in Nutrition*, Volume 11 – 2024.
 8. **Mancini A.**, Orlandella F.M., Vitucci D., Luciano N., Alfieri A., Orrù S., Salvatore G., Buono P. Exercise's Impact on Lung Cancer molecular mechanisms: A Current Overview. (2024). *Front Oncol*. 2024 Nov 1;14:1479454.
 9. Martone, D., Vigh-Larsen, J. F., Vitucci, D., Larsen, M. N., Randers, M. B., Olesen, J. L., Mohr, M., **Mancini, A.**, Krstrup, P., & Buono, P. (2024). Potential Effects of Lifelong Team Handball and Football Training and Nutritional Habits on Bone Health and Body Composition in Elderly Women. *Journal of functional morphology and kinesiology*, 9 (3), 159. <https://doi.org/10.3390/jfmk9030159>
 10. Afzal M, Greco F, Quinzi F, Scionti F, Maurotti S, Montalcini T, **Mancini A**, Buono P, Emerenziani GP. The Effect of Physical Activity/Exercise on miRNA Expression and Function in Non-Communicable Diseases-A Systematic Review. *Int J Mol Sci*. 2024 Jun 21;25(13):6813. doi: 10.3390/ijms25136813. PMID: 38999923; PMCID: PMC11240922.
 11. Martone D, Vitucci D, **Mancini A**, Ermidis G, Panduro J, Cosco LF, Randers MB, Larsen MN, Mohr M, Buono P, Krstrup P. Bone Health, Body Composition and Physiological Demands in 70-85-Year-Old Lifelong Male Football Players. *Sports (Basel)*. 2023 Oct 18;11(10):205. doi: 10.3390/sports11100205. PMID: 37888532; PMCID: PMC10610943.
 12. **Mancini A**, Cerulli C, Vitucci D, Lasorsa VA, Parente D, Di Credico A, Orrù S, Brustio PR, Lupo C, Rainoldi A, Schena F, Capasso M, Buono P. Impact of active lifestyle on the primary school children saliva microbiota composition. *Front Nutr*. 2023 Aug 10;10:1226891. doi: 10.3389/fnut.2023.1226891. PMID: 37671197; PMCID: PMC10476528.
 13. Batrakoulis A, Veiga OL, Franco S, Thomas E, Alexopoulos A, Valcarce-Torrente M, Santos-Rocha R, Ramalho F, Di Credico A, Vitucci D, Ramos L, Simões V, Romero-Caballero A, Vieira I, **Mancini A**, Bianco A. Health and fitness trends in Southern Europe for 2023: A cross-sectional survey. *AIMS Public Health*. 2023 May 9;10(2):378-408. doi: 10.3934/publichealth.2023028. PMID: 37304589; PMCID: PMC10251056.
 14. Calella P, Vitucci D, Zanfardino A, Cozzolino F, Terracciano A, Zanfardino F, Rollato S, Piscopo A, Gallè F, **Mancini A**, Di Onofrio V, Iafusco D, Valerio G, Buono P, Liguori G. Lifestyle and physical fitness in adolescents with type 1 diabetes and obesity. *Heliyon*. 2023 Jan 21;9(1):e13109. doi: 10.1016/j.heliyon.2023.e13109. PMID: 36711296; PMCID: PMC9880399.
 15. Orlandella FM, De Stefano AE, Braile M, Luciano N, **Mancini A**, Franzese M, Buono P, Salvatore G. Unveiling the miRNAs responsive to physical activity/exercise training in cancer: A systematic review. *Crit Rev Oncol Hematol*. 2022 Dec; 180:103844. doi: 10.1016/j.critrevonc.2022.103844. Epub 2022 Oct 13. PMID: 36244643.
 16. **Mancini A**, Vitucci D, Labruna G, Orrù S, Buono P (2022). Effects of Different Types of Chronic Training on Bioenergetic Profile and Reactive Oxygen Species Production in LHCN-M2 Human Myoblast Cells. *INTERNATIONAL JOURNAL OF MOLECULAR SCIENCES*, 2022, 23, ISSN: 1422-0067, doi: 10.3390/ijms231474912
 17. Lupo C, Boccia G, Ungureanu AN, Mulasso A, De Pasquale P, **Mancini A**, Buono P, Rainoldi A, Brustio PR (2022). The Cut-Off Value for Classifying Active Italian Children Using the Corresponding National Version of the Physical Activity Questionnaire. *SPORTS*, 2022 vol. 10, ISSN: 2075-4663, doi: 10.3390/sports100400613
 18. Venturelli M, **Mancini A**, Di Cagno A, Fiorilli G, Paneroni M, Roggio F, Musumeci G, Buono P, Schena F, Paoli A (2022). Adapted physical activity in subjects and athletes recovering from covid-19: a position statement of the Società Italiana Scienze Motorie e Sportive. *SPORT SCIENCES FOR HEALTH (ONLINE)*, vol. 18, p. 659-669, ISSN: 1825-1234, doi: 10.1007/s11332-022-00951-y4 2022

19. Stefania Orru, Esther Imperlini, Daniela Vitucci, Marianna Caterino, Annalisa Mandola, Morten Bredsgaard Randers, Jakob Friis Schmidt, Marie Hagman, Thomas Rostgaard Andersen, Peter Krstrup, Margherita Ruoppolo, Pasqualina Buono, **Annamaria Mancini (2022)**. Insight into the Molecular Signature of Skeletal Muscle Characterizing Lifelong Football Players. *INTERNATIONAL JOURNAL OF ENVIRONMENTAL RESEARCH AND PUBLIC HEALTH*, vol. 19, ISSN: 1660-4601, doi: 10.3390/ijerph192315835 5 2022
20. **Mancini, Annamaria**, Martone, Domenico, Vitucci, Daniela, Capobianco, Adriano, Alfieri, Andreina, Buono, Pasqualina, Orrù, Stefania **(2022)**. Influence of Sport Practice and Body Weight on Physical Fitness in Schoolchildren Living in the Campania Region. *INTERNATIONAL JOURNAL OF ENVIRONMENTAL RESEARCH AND PUBLIC HEALTH*, vol. 19, ISSN: 1660-4601, doi: 10.3390/ijerph191274-67 2021
21. Dimauro I., Grazioli E., Antinozzi C., Duranti G., Arminio A., **Mancini A.**, Greco E. A., Caporossi D., Parisi A., Luigi L. D. (2021). Estrogen-receptor-positive breast cancer in postmenopausal women: The role of body composition and physical exercise. *INTERNATIONAL JOURNAL OF ENVIRONMENTAL RESEARCH AND PUBLIC HEALTH*, vol. 18, p. 9834-9856, ISSN: 1660-4601, doi: 10.3390/ijerph18189834 8 **2021**
22. Mancini, A, Vitucci, D, Orlandella, FM, Terracciano, A, Mariniello, RM, Imperlini, E, Grazioli, E, Orrù, Stefania, Krstrup, P, Salvatore, G, Buono, P **(2021)**. Regular football training down-regulates miR-1303 muscle expression in veterans. *EUROPEAN JOURNAL OF APPLIED PHYSIOLOGY*, vol. 121, p.2903-2912, ISSN: 1439-6319.
23. Mancini, A, Vitucci, D, Meo, P, Capobianco, A, Martone, D, Cozzolino, F, Buono, P, Imperlini, E, Orrù, Stefania **(2021)**. Influence of the area per player in non-professional soccer players: A pilot study focused on positional roles. *INTERNATIONAL JOURNAL OF ENVIRONMENTAL RESEARCH AND PUBLIC HEALTH*, vol. 18, ISSN: 1660-4601.
24. Imperlini E., Mancini A., Orru S., Vitucci D., Di Onofrio V., Galle F., Valerio G., Salvatore G., Liguori G., Buono P., Alfieri A. **(2020)**. Long-term recreational football training and health in aging. *INTERNATIONAL JOURNAL OF ENVIRONMENTAL RESEARCH AND PUBLIC HEALTH*, vol. 17, p. 2087-2101, ISSN: 1660-4601.
25. Polito R, Monda V, Nigro E, Messina A, Di Maio G, Giuliano MT, Orrù S, Imperlini E, Calcagno G, Mosca L, Mollica MP, Trinchese G, Scarinci A, Sessa F, Salerno M, Marsala G, Buono P, **Mancini A**, Monda M, Daniele A, Messina G. The Important Role of Adiponectin and Orexin-A, Two Key Proteins Improving Healthy Status: Focus on Physical Activity. *Front Physiol.* **2020** Apr 22;11:356. doi: 10.3389/fphys.2020.00356. PMID: 32390865; PMCID: PMC7188914.
26. **Annamaria Mancini**, Anna Amelia Turco, Carlo Gabriele Tocchetti, Georgios Ermidis, Francesca Cozzolino, Giacomo Campi, Paolo Parrella, Valentina Mercurio, Ciro Gabriele Mainolfi, Teresa Mannarino, Adri [...] composition and muscular fitness in patients with type 2 diabetes: results from a pilot study. *THE JOURNAL OF SPORTS MEDICINE AND PHYSICAL FITNESS*, ISSN: 1827-1928, doi: 10.23736/S0022-4707.20.10498-513 **2020**
27. Elisa Grazioli, Ersilia Nigro, Claudia Cerulli, Giovanna Borriello, **Annamaria Mancini**, Eliana Tranchita, Rita Polito, Attilio Parisi, Pasqualina Buono and Aurora Daniele (2020). Case Report: Concurrent Resistance and Aerobic Training Regulate Adiponectin Expression and Disease Severity in Multiple Sclerosis: A Case Study. *FRONTIERS IN NEUROSCIENCE*, vol. 14, ISSN: 1662-453X, doi: 10.3389/fnins.2020.567302- 7 -14 **2020**
28. Russomando L., Bono V., **Mancini A.**, Terracciano A., Cozzolino F., Imperlini E., Orru S., Alfieri A., Buono P. **(2020)**. The effects of short-term high-intensity interval training and moderate intensity continuous training on body fat percentage, abdominal circumference, BMI and vo2max in overweight subjects. *JOURNAL OF FUNCTIONAL MORPHOLOGY AND KINESIOLOGY*, vol. 5, ISSN: 2411-5142, doi: 10.3390/jfmk5020041 15 2020
29. Nigro E., Polito R., Alfieri A., **Mancini A.**, Imperlini E., Elce A., Krstrup P., Orru S., Buono P., Daniele A. (2020). Molecular mechanisms involved in the positive effects of physical activity on coping with COVID-19. *EUROPEAN JOURNAL OF APPLIED PHYSIOLOGY*, ISSN: 1439-6319, doi:10.1007/s00421-020-04484-516.

