



Kristina Skroce

PhD,

- University of Rijeka, Faculty of Medicine, Croatia
- Department of Neurosciences, Biomedicine and Movement, University of Verona, Italy

EDUCAZIONE

Ottobre 2014 - Marzo 2017:

Laurea magistrale in scienze dello Sport e prestazione fisica

- Tesi: "A longitudinal study in a professional cycling team of Type 1 diabetic athletes; structural and functional changes and training load during the competitive season"

Ottobre 2011- Ottobre 2014

Laurea triennale in scienze motorie e sportive

- Tesi "Previsione della performance di una mezza maratona con test da campo su 2000m e 10 000m"

Maggio 2020 - ora:

PhD

- University of Rijeka, Faculty of Medicine

LAVORO ATTUALE

Università di Verona:

- Collaboratrice CentroMaratona – centro per la preparazione fisica presso l'Università di Verona: Dipartimento di Neuroscienze, Biomedicina e Movimento
- Responsabile del CUS Verona Triathlon
- Teaching assistant in "Exercise and Training Programs" – Master's degree in Sports Science and Physical Performance Department of Neuroscience, Biomedicine and Movement Science, University of Verona (Prof. Federico Schena)
- Teaching assistant in "Exercise and Training Programs" – Master's degree in Preventive and Adapted Exercise Science, Department of Neuroscience, Biomedicine and Movement Science, University of Verona (Prof. Federico Schena)
- Teaching assistant in "Training Methodology" – Bachelor's degree in Sport and Exercise Science Department of Neuroscience, Biomedicine and Movement Science, University of Verona (Prof. Federico Schena)

Sport:

- Performance Coach per Team Novo Nordisk Pro Cycling
- Performance Coach of Croatian National Triathlon Team

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ESPERIENZE LAVORATIVE PRECEDENTI

2013-2017:

- allenatrice sez. atletica Bentegodi

2015-2017:

- allenatrice sez. nuoto Bentegodi

2015-2017:

- allenatrice Woman triathlon Italia

ALTRO:

- ITU-International Triathlon Union Certified Professional Coach II Level
- UCI-Union Cycliste Internationale: Licensed Professional Coach
- FITRI-Italian Federation of Triathlon: CONI- Triathlon Coach II Level

PUBBLICAZIONI:

- Festa L, Tarperi C, Skroce K, Boccia G, Lippi G, La Torre A, Schena F. Effects of Flywheel Strength Training on the Running Economy of Recreational Endurance Runners. *J Strength Cond Res.* 2019 Mar;33(3):684-690
- Festa L, Tarperi C, Skroce K, La Torre A, Schena F. Effects of Different Training Intensity Distribution in Recreational Runners. – *Scandinavian Journal of Medicine and Science in Sports* 2020: Jan
- Piacentini MP, Reda D, Minganti C, Baldassarre R, Tarperi C, Festa L, Skroce K, Schena F & La Torre A. Pacing profiles of master athletes according to their predicted finishing time. *Mov Sport Sci/ Sci Mot* 2019: Jan 104, 37–44
- Gentilin A, Skroce K, Budel L, Schena F and Tarperi C. Prolonged visual reaction time after strenuous endurance exercise: higher increment in male compared to female recreational runners, *Sport Sciences for Health* , 2020(16): 169–176
- Avancini A , Skroce K, Tregnago D , Frada P, Trestini I, Cercato MC, Bonaiuto C, Tarperi C , Schena F, Milella M, Pilotto S, Lanza M Running with cancer: A qualitative study to evaluate barriers and motivations in running for female oncological patients, *PLoS ONE* 2020 15(4)
- Tarperi C, Sanchis-Gomar F, Montagnana M, Danese E, Salvagno GL, Gelati M, Skroce K, Schena F, Lippi G. Effects of endurance exercise on serum concentration of calcitonin gene-related peptide (CGRP): a potential link between exercise intensity and headache, *Clinical Chemistry and Laboratory Medicine (CCLM)*. 2020 Apr: 58(10)
- Nardello F, Venturini N, Skroce K, Tarperi C, Schena F. Kinematic and mechanical changes during a long half-marathon race: males and females at uphill/downhill slopes *The Journal of Sports Medicine and Physical Fitness*, September 2020

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CONGRESSI:

PRESENTAZIONI E POSTER:

- Piacentini MF, Molinari L, Annis F, La Torre A, Festa L, Tarperi C, Skroce K, Schena F.: Differences in mood and pacing during an official and simulated half marathon competition. SISMES National Congress 2014
- Tarperi C, Skroce K, Festa L, Shena F.: Estimating the best performance in RunForScience half marathon by laboratory and field evaluations. SISMES National Congress 2014
- Festa L, Tarperi C, Skroce K, La Torre A, Schena F.: Effects of combine endurance and eccentric strength training in master endurance runner. ECSS International Congress 2015
- McCarthy O, Moser O, Eckstein M, Scott S, Fisher M, Riddell M, Fontana F, Skroce K, Festa L, Hayes C, Lagrou P, Southerland P, Christiansen M, Bode B, Stettler C, Richard M, Bracken R. Time spent in glycaemic ranges and carbohydrate intake during cycling in professional cyclists with type 1 diabetes. American Diabetes Association Congress, San Francisco 2019
- Moser O, Eckstein ML, McCarthy O, Scott SN, Riddell M, Fontana F, Skroce K, Christiansen MP, Festa L, Fisher M, Hayes CA, Southerland P, Stettler C, Hendrik P, Lagrou P, W. Bode BW, M. Bracken RM. Greater time spent in hypoglycemia during night compared to day during intensified training in professional cyclists with type 1 diabetes – a prospective observational study. American Diabetes Association Congress, San Francisco 2019
- Eckstein ML, Moser O, McCarthy O, Scott SN, Riddell M, Fontana FY, Skroce K, Christiansen MP, Festa L, Fisher M, Hayes CA, Southerland P, Stettler C, Hendrik P, Lagrou P, Bode BW, Bracken R: Sweet performance: associations of maximum physiological performance and diabetes in a group of world class road cyclists with type 1 diabetes. American Diabetes Association Congress, San Francisco 2019

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- Tarperi C, Skroce K, Cecchini MP, Azzi A, Schena F, Fiorio M. The effects of smell on running performance, SISMES National Congress 2019
- Gentilin A, Skroce K, Budel L, Schena F and Tarperi C. Prolonged visual reaction time after strenuous endurance exercise: higher increment in male compared to female recreational runners, SISMES National Congress 2019
- Tarperi C, Pasquali F, Skroce K, Schena F. Circadian shift in firefighters, differences on perceived and measured workload, SISMES National Congress 2019
- Calabria E, Tarperi C, Salvagno G, Skroce K, Gelati M, Lippi G, Schena F. Effects of an half-marathon run on mitochondrial respiration in women platelets, SISMES National Congress 2019
- FIDAL Studi e Formazione: Education for High Performance Specialists: Performance model of a 800m and 1500m runner
- Croatian National Federation Education project for coaches: Zadar (April 2019): Testing and evaluating a professional triathlete
- Croatian National Federation Education project for coaches: Moscenicka Draga (May 2019): Performance model of a triathlete: physiological aspects of modern triathlon
- Croatian National Federation Education project for coaches: Zagreb (Nov 2020): Determinants of FTP/MLSS/CP/VT2 and their differences