

DAVIDE FERIOLI



PERSONAL INFORMATION

Date of birth: 08/01/1989
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WORK EXPERIENCE

January 2024 - Present

Associate Professor

Università degli Studi di Messina, Messina, Italy

Main activities:

- Developing scientific research projects
- Preparing and delivering lectures

August 2014 – January 2024

Strength and Conditioning Coach

- Season 2023-2024 – 1st Italian Basketball League (Serie A) – Team: Happy Casa Brindisi (New Basket Brindisi)
Role: Head Strength and Conditioning Coach
- Season 2022-2023 – 1st Italian Basketball League (Serie A) – Team: Happy Casa Brindisi (New Basket Brindisi)
Role: Head Strength and Conditioning Coach
- Season 2020-2021 – 2nd Italian Basketball League (Serie A2) – Team: 2B Control Trapani (Pallacanestro Trapani)
Role: Head Strength and Conditioning Coach
- Season 2018-2019 – 1st Italian Basketball League (Serie A) – Team: Grissin Bon Reggio Emilia (Pallacanestro Reggiana)
Role: Head Strength and Conditioning Coach and Supervisor of Academy Strength and Conditioning Coaches
- Season 2017-2018 - Strength and Conditioning Department, University of Northern Iowa (NCAA – 1st Division), USA
Role: Assistant Strength and Conditioning Coach
- Seasons 2014-2018 – 3rd Italian Basketball League (Serie B and Youth Academy) – Team: Coelsanus Varese (Robur et Fides Varese Basketball)
Role: Head Strength and Conditioning Coach

Main activities:

- Designing and implementing strength and conditioning training programs and rehabilitation programs
- Monitoring training/game loads
- Evaluating the athletes physiological/physical characteristics
- Coordinating the development of rehabilitation, strength, and conditioning training programs
- Defining recovery and strength and conditioning training strategies
- Coordinating athletes' physiological/physical evaluations

September 2022– January 2024

Adjunct professor

UCAM Catholic University of Murcia, Murcia, Spain

Main activities:

- Preparing and delivering lectures for the module “Balance and Sport” of the Master's Degree in Audiology and Balance

January 2020 – April 2023

Visiting lecturer

Lithuanian Sports University (LSU) - Kaunas, Lithuania

Main activities:

- Preparing and delivering lectures for the module “Sport Scientist in Basketball” of the International Msc Basketball Coaching and Management
- Collaborating with the research group “Modern technology in basketball” led by Dr. Daniele Conte providing my expertise in generating research ideas, collecting data, and writing and revising manuscripts

- September 2021 – September 2022 **Postdoctoral researcher**
UCAM Research Center for High Performance Sport, Catholic University of Murcia, Murcia, Spain
Main activities:
• Developing scientific research projects
• Preparing and delivering lectures
- September 2014 – August 2021 **Sports scientist**
Self-employment and in collaboration with Mapei Sport Research Center
Main activities:
▪ Evaluating the physiological/physical characteristics and neuromuscular qualities of elite basketball and soccer players
Main Professional basketball teams assessed: AS Pistoia Basket, Basket Brescia Leonessa, Pallacanestro Reggiana, NBB Brindisi.
Main professional soccer teams assessed: AS Monaco, AS Roma, Cagliari Calcio, FC Juventus, Hellenic Football Federation, Italian Football Federation, Olympique Marsiglia, US Sassuolo Calcio
▪ Monitoring the basketball training/game loads and delivering a weekly report to the head coaches
▪ Developing scientific research projects
- September 2019 – June 2020 **High School Teacher**
Istituto "G. Maggiolini" - Istituto Tecnico Economico e Tecnologico di Parabiago, Italy
- July 2014 - July 2015 **Research Fellow “3° Assegno di Ricerca Aldo Sassi”**
Fondazione Giuseppina Mai and Mapei Sport Research Center - Olgiate Olona, Italy
Research grant: 10.000 €
Main activities:
• Managing the research project entitled: Eccentric cycling warm-up as an alternative method prior to a time trial
- February 2013 - September 2013 **Erasmus Placement Internship**
Universidad Católica de Valencia (UCIB - Biochemical analysis laboratory) - Valencia, Spain
Erasmus placement grant: 3.000 € (financed by Università degli Studi di Milano)
Main activities:
• Collaborating in the scientific activities of the research group

EDUCATION AND ACCREDITATION

- Year 2020 **2018-2020 Italian National Scientific Qualification for Associate Professor Sector 06/N2 (Exercise and Sports Sciences)**
ABILITAZIONE SCIENTIFICA NAZIONALE BANDO D.D. 2175/2018
From 12/11/2020 to 12/11/2031
- Year 2018 **Doctor of Philosophy in “Integrative Biomedical Research”**
Università degli Studi di Milano (Milan, Italy)
PhD grant: annual gross sum of 16.350 €
Thesis: Physiological determinants and physical match activities in basketball
* Spanish doctoral degree equivalence issued by the Rector of Universidad de Jaén (Spain) - 30/06/2021
- Year 2013 **Master of Science of “Individual and Team Sport Science”**
Università degli Studi di Milano (Milan, Italy) - 110/110 cum laude
Thesis: Peripheral neuromuscular fatigue induced by repeated-sprint exercise: cycling vs running
- Year 2011 **Bachelor of Science in “Sport Science”**
Università degli Studi dell’Insubria (Saronno, Italy) - 110/110 cum laude
Thesis: Effect of constant workload exercise or different intermittent exercises on neuromuscular fatigue
- Year 2008 **High School Diploma Specialising in Scientific Subjects**
Liceo Scientifico P.N.I “L.S.S.C. Cavalleri” (Italy) - 95/100

Year 2015 **Accredited Basketball Strength and Conditioning Coach (National level)**

Certification released by Italian Basketball Federation.

Year 2013 **Accredited Youth Basketball Coach (Basic level)**

Certification released by Italian Basketball Federation

Year 2010 **Accredited Basketball Coach (Basic level)**

Certification released by Italian Basketball Federation

PERSONAL SKILLS

Mother tongue(s) Italian

Other language(s)

English Advanced proficiency in both oral and written English (CEFR: C1 – certification released on 11 October 2022 by Fundación Universitaria San Antonio)

Spanish Good working knowledge in written Spanish and advance proficiency in oral Spanish (cef: C1)

[Levels: A1/A2: Basic user - B1/B2: Independent user - C1/C2 Proficient user](#)
[Common European Framework of Reference for Languages](#)

TEACHING AND SCIENTIFIC ACTIVITY INFORMATION

Grants, honours & awards

- Redes de Investigación en Ciencias del Deporte (Sport Science Research Networks): International Basketball Research Network 20-24. - Awarded by Spanish Government (Research grant: 10.000 €). 2024
- Redes de Investigación en Ciencias del Deporte (Sport Science Research Networks): Red Internacional de Investigación en Prevención de Lesiones de "Isquios" en Fútbol. - Awarded by Spanish Government (Research grant: 8.000 €). 2022
- Applied Science Award – Awarded by Strength & Conditioning Society (SCS). 2021
- Young Investigator Award in Sport Science 2021 (third place) – Awarded by Società Italiana Scienze Motorie e Sportive (SISMES). 2021
- Winner of the 2021 infographics contest – Awarded by Strength & Conditioning Society (SCS). 2021
- Research Fellow "3 Assegno di Ricerca Aldo Sassi" - Awarded by Fondazione Giuseppina Mai and Mapei Sport Research Center (Research grant: 10.000 €). 2014
- Premio Icaro (third place) - Awarded by Scienza&Sport. 2012

Publications

PEER-REVIEWED JOURNALS

Total citations: WoS = 538; Scopus = 566

H-Index: WoS = 14; Scopus = 15

- Zhang S, Li M, Wang X, **Ferioli D**, Sansone P, Gomez MA (2025). "Integrating subjective assessments and wearable-derived metrics: decoding in-game load-performance relationships in collegiate basketball players". The Journal of Sports Medicine and Physical Fitness. Accepted
- Scanlan A, Conte D, **Ferioli D**. (2025). "Editorial: Optimizing player health, recovery, and performance in basketball II". *Frontiers in Psychology*. 16:1577701.
- Conte D, Ermanno E, Trimarchi F, **Ferioli D** (2025). "Inter-unit reliability of Firstbeat Sport sensors as accelerometer-based tracking device in basketball". *International Journal of Sports Physiology and Performance*. Ahead of print
- Sansone P, Tessitore A, Makivic Bojan, **Ferioli D**, Conte D (2025). "The relationships between training load models in 3x3 basketball games". *International Journal of Sports Physiology and Performance*. Ahead of print
- **Ferioli D**, Freitas TT, Mannucci C, Chung L, Mombelli A, Alcaraz PE, Maffioletti NA. (2025). "Etiology and recovery of (knee extensor) muscle fatigue following simulated basketball match-play". *Biology of Sport*. 42(3):327-334.
- Suárez-Balsera C, **Ferioli D**, Marín-Cascales E, Rago V, Spyrou K, Martínez-Serrano A, Di Mauro D, Marín JM, Alcaraz PE, Freitas TT. (2025). "Profiling the countermovement jump characteristics of basketball players across

- competitive levels and playing positions". *Journal of Human Kinetics*. 96: 83-25
- Pernigoni M, **Ferioli D**, Calleja-González J, Sansone P, Tessitore A, Scanlan AT, Conte D. (2024). "Match-related fatigue in basketball: A systematic review". *Journal of Sports Sciences*. 42(18):1727-1758
 - **Ferioli D**, Alcaraz PE, Freitas TT, Trimarchi F, Conte D, Formica L, Chung LH, Scanlan AT. (2024). "The reliability and discriminant validity of physical, technical, and perceptual-physiological measures during a game-specific basketball activity simulation protocol". *Frontiers in Psychology*. 15:1414339.
 - Spyrou K, Alcaraz PE, Martínez-Serrano A, Marín-Cascales E, **Ferioli D**, Contreras JPS, Ribeiro JN, Travassos B and Freitas TT (2024) "Exploring countermovement jump variables across competitive levels and playing positions in futsal". *Frontiers in Sports and Active Living* 6:1371467.
 - Kamarauskas P, Scanlan A, **Ferioli D**, Conte D. (2024). "Weekly fluctuations in, and associations between, salivary hormone responses, load, and well-being during the pre-season in professional, male basketball players." *Journal of Strength and Conditioning Research*. 38(1): 128-135.
 - Sansone P, Conte D, Tessitore A, Rampinini E, **Ferioli D**. (2023) 3x3 basketball: A systematic review on the physical, physiological, perceptual, and technical-tactical demands of official games. *International Journal of Sports Physiology and Performance*. 18(11): 1233-1245.
 - García F, Castellano J, Vicens-Bordas J, Vázquez-Guerrero J, **Ferioli D**. (2023) Impact of a 6-Day Official Tournament on Physical Demands, Perceptual-Physiological Responses, Well-Being, and Game Performance of Under-18 Basketball Players. *International Journal of Sports Physiology and Performance*. 18(10): 1109-1115.
 - **Ferioli D**, Conte D, Rucco D, Alcaraz P, Vaquera A, Romagnoli M, Rampinini E. (2023). "Physical demands of elite male and female 3x3 international basketball matches" *Journal of Strength and Conditioning Research*. 37(4):e289-e296.
 - **Ferioli D**, Conte D, Scanlan A, Vaquera A. (2023). "The technical-tactical demands of 3x3 international basketball games according to game outcome, player sex, and competition phase." *Journal of Strength and Conditioning Research*. 37(2):403-412.
 - **Ferioli D**, Rampinini E, Conte D, Rucco D, Romagnoli M, Scanlan A. (2023). "Physical demands during 3x3 international male and female basketball games are partially impacted by competition phase but not game outcome" *Biology of Sport*. 40(2):377-387.
 - **Ferioli D**, Conte D, Scanlan A. (2022). "Editorial: Optimizing player health, recovery, and performance in basketball". *Frontiers in Psychology*. 13:1101052.
 - Calleja-Gonzalez J, Mallo J, Sampaio J et al. (2022). "A commentary of factors related to player availability and its influence on performance in elite team sports". *Frontiers in Sports and Active Living*. 4:1077934
 - Rampinini E, Martin M, **Ferioli D**, Bosio A, Azzolini M, Maffiuletti N. (2022). "Peripheral muscle function during repeated changes of direction in professional soccer players" *European Journal of Applied Physiology*. 122(9): 2125-2134
 - Pernigoni M, Conte D, Calleja-González J, Boccia G, **Ferioli D**. (2022). "The application of recovery strategies in basketball: A worldwide survey" *Frontiers in Physiology*. 13:887507.
 - Williams M, Wen N, Pyne D, **Ferioli D**, Conte D, Dalbo V, Scanlan A. (2022). "Anthropometric and power-related attributes discriminate between competition levels in age-matched adolescent male basketball players" *International Journal of Sports Physiology and Performance*. 17(4):562-568
 - Kamarauskas P, Lukonaitienė I, Scanlan AT, **Ferioli D**, Paulauskas H, Conte D. (2021). "Weekly fluctuations in salivary hormone responses and their relationships with load and well-being in semi-professional, male basketball players during a congested in-season phase" *International Journal of Sports Physiology and Performance*. 17(2):263-269.
 - Pernigoni M, **Ferioli D**, Ramūnas Butautas, La Torre A, Conte D. (2021). "Assessing the external load associated with high-intensity activities recorded during official basketball games" *Frontiers in Psychology*. 12:668194.
 - **Ferioli D**, Scanlan AT, Conte D, Tibiletti E, Rampinini E. (2021). "The business end of the season: A comparison between playoff and regular season workloads in professional basketball players" *International Journal of Sports Physiology and Performance*. 16(5):655-662.
 - Filipas L, **Ferioli D**, La Torre A, Vitale J. (2021). "Single and combined effect of acute sleep restriction and mental fatigue on basketball free throw performance" *International Journal of Sports Physiology and Performance*. 16(3):415-420.
 - O'Grady C, Fox J, Conte D, **Ferioli D**, Scanlan A, Dalbo V. (2021). "Call to Action: Recommendations to Improve the Methodological Reporting of Games-Based Drills in Basketball Research" *International Journal of Sports Physiology and Performance*. 16(2):316-321
 - Conte D, Kamarauskas P, **Ferioli D**, Scanlan AT, Kamandulis S, Paulauskas H, Lukonaitienė I. (2020). "Workload and well-being across games played on consecutive days during inseason phase in basketball players" *The*

- Journal of Sports Medicine and Physical Fitness. 61(4):534-541.
- **Ferioli D**, La Torre A, Tibiletti E, Dotto A, Rampinini E. (2021). "Determining the relationship between load markers and non-contact injuries during the competitive season among professional and semi-professional basketball players" *Research in Sports Medicine*. 29(3):265-276.
 - **Ferioli D**, Rampinini E, Martin M, Ruco D, La Torre A, Petway A, Scanlan AT. (2020). "Influence of ball possession and playing position on the physical demands encountered during professional basketball games" *Biology of Sport*. 37(3):269-276
 - **Ferioli D**, Bosio A, Zois J, La Torre A, Rampinini E. (2020). "Seasonal changes in physical capacities of basketball players according to competitive levels and individual responses" *PLOS ONE*. 15(3): e0230558
 - **Ferioli D**, Ruco D, Rampinini E, La Torre A, Manfredi MM, Conte D. (2020). "Combined effect of number of players and dribbling on game-based drill demands in basketball" *International Journal of Sports Physiology and Performance*. 15(6):825-832.
 - **Ferioli D**, Schelling X, Bosio A, La Torre A, Ruco D, Rampinini E. (2020). "Match activities in basketball games: comparison between different competitive levels" *Journal of Strength and Conditioning Research*. 34(1):172-182.
 - **Ferioli D**, Rampinini E, Bosio A, La Torre A, Maffiuletti NA. (2019). "Peripheral muscle function during repeated changes of direction in basketball" *International Journal of Sports Physiology and Performance*. 14(6):739-746.
 - Natali S, **Ferioli D**, La Torre A, Bonato M. (2019). "Physical and technical demands of elite beach volleyball according to playing position and gender" *The Journal of Sports Medicine and Physical Fitness*. 59(1):6-9.
 - **Ferioli D**, Rampinini E, Bosio A, La Torre A, Azzolini M, Coutts AJ. (2018). "The physical profile of adult male basketball players: Differences between competitive levels and playing positions" *Journal of Sports Sciences*. 36(22):2567-2574.
 - **Ferioli D**, Bosio A, Bilborough JC, La Torre A, Tornaghi M, Rampinini E. (2018). "The preparation period in basketball: training load and neuromuscular adaptations" *International Journal of Sports Physiology and Performance*. 13(8):991-999
 - **Ferioli D**, Bosio A, La Torre A, Carlomagno D, Connolly DR, Rampinini E. (2018). "Different training loads partially influence physiological responses to the preparation period in basketball" *Journal of Strength and Conditioning Research*. 32(3):790-797.
 - Rampinini E, Connolly DR, **Ferioli D**, La Torre A, Alberti G, Bosio A. (2016). "Peripheral neuromuscular fatigue induced by repeated-sprint exercise: cycling vs running" *The Journal of Sports Medicine and Physical Fitness*. 56(1-2):49-59.
 - Alis R, Sanchis-Gomar F, **Ferioli D**, La Torre A, Blesa JR, Romagnoli M. (2015). "Exercise effects on erythrocyte deformability in exercise-induced arterial hypoxemia" *International Journal of Sports Medicine*. 36(4): 286-291.
 - Alis R, Sanchis-Gomar F, **Ferioli D**, La Torre A, Bosio A, Xu J, Lombardi G, Romagnoli M, Rampinini E. (2015). "Association between physical fitness and mean platelet volume in professional soccer players" *Clinical Chemistry and Laboratory Medicine*. 53(10): e249-52.
 - Sanchis-Gomar F, Alis R, Rampinini E, Bosio A, **Ferioli D**, La Torre A, Xu J, Sansoni V, Perego S, Romagnoli M, Lombardi G. (2015). "Adropin and apelin fluctuations throughout a season in professional soccer players: Are they related with performance?" *Peptides*. 70: 32-36.

NOT PEER-REVIEWED JOURNALS

- **Ferioli D**. (2013) La fatica neuromuscolare - Effetto dell'esercizio a carico costante o con diverse modalità di intermittenza. *Scienza&Sport*. 18:18-24.

Books and Chapters

BOOKS

- **Ferioli D**, Conte D, Scanlan, AT, eds. (2023). *Optimizing player health, recovery, and performance in basketball*. Lausanne: Frontiers Media SA. ISSN 1664-8714, doi: 10.3389/978-2-83251-077-3
- **Ferioli D**, Scanlan AT, Conte D, eds. (2025). *Optimizing player health, recovery, and performance in basketball, Volume II*. Lausanne: Frontiers Media SA. ISSN 1664-8714, doi: 10.3389/978-2-8325-6145-4

List of conference proceedings

- **Ferioli D**, Rampinini E, Trimarchi F, Di Mauro D, Conte D. Inter-unit reliability of Firstbeat Sport sensors as external load monitoring device for basketball training sessions. SCS 7th Annual Conference, 9th-11th October 2024, Murcia Spain – International
- Suárez-Balsera C, **Ferioli D**, Marín-Cascales E, Rago V, Spyrou K, Martínez-Serrano A, Di Mauro D, Marín MJ, Alcaraz PE, Freitas TT. Differences in countermovement vertical jump force-time metrics between professional

- and semi-professional male basketball players. SCS 7th Annual Conference, 9th-11th October 2024, Murcia Spain – International
- **Ferioli D**, Freitas TT, Di Mauro D, Chung L, Mombelli A, Alcaraz PE, Maffiuletti NA. Etiology of knee extensor neuromuscular fatigue following a simulated match-play in basketball players. XV Congresso Nazionale SISMES. 19th-21st September 2024, Chieti Italy – National
 - **Ferioli D**, Rampinini E, Martin M, Bosio A2, Azzolini M, Maffiuletti N. Effects of peripheral muscle strength asymmetries on muscle fatigability in professional soccer players. Book of abstracts of the 27th Annual Congress of the European College of Sport Science, 31st August- 2nd September 2022 – International
 - **Ferioli D**, Maffiuletti N, Martin M, Bosio A, Rampinini E. Seasonal variations of knee extensor muscle function during repeated changes of direction in professional soccer players. SCS 4th Annual Conference Strength and Conditioning for Human Performance, 12th-13th November 2021 – International
 - Pernigoni M, **Ferioli D**, Butautas R, La Torre A, Conte D. Using microtechnology to quantify the load of high-intensity activities during basketball games. Book of abstracts of the 25th Annual Congress of the European College of Sport Science, 28th-30th October 2020 – International
 - Filipas L, **Ferioli D**, La Torre A, Vitae JA. The effects of mental fatigue and sleep deprivation on basketball free throw performance. XI Congresso Nazionale SISMES. 27th-29th September 2019, Bologna Italy – National
 - **Ferioli D**, Bosio A, Bilsborough JC, Tornaghi M, La Torre A, Rampinini E. The effect of training on peripheral neuromuscular fatigue induced by repeated change of direction in basketball. Book of abstracts of the 22nd Annual Congress of the European College of Sport Science, 5th-8th July 2017, MetropolisRuhr Germany – International
 - Natali S, **Ferioli D**, La Torre A, Bonato M. Gender differences in match performance in elite beach volleyball players. IX Congresso Nazionale SISMES. 29th September 2017- 01 October 2017, Brescia Italy - National
 - **Ferioli D**, Bosio A, Carlomagno D, Azzolini M, La Torre A, Rampinini E. Relationships between training load and physical fitness changes in professional and semi-professional basketball players. Book of abstracts of the 21st Annual Congress of the European College of Sport Science, 6th-9th July 2016, Vienna Austria – International
 - **Ferioli D**, Carlomagno D, Connolly D, Tornaghi M, La Torre A, Rampinini E. Acute neuromuscular fatigue induced by repeated direction changes does not influence free throw accuracy in amateur basketball players. Book of abstracts of the 20th Annual Congress of the European College of Sport Science, 24th-27th June 2015, Malmö Sweden – International
 - Bosio A, **Ferioli D**, Induni M, Morelli A, Martin DT, Menaspà P, Fell J, Rampinini E. Eccentric cycling warm-up as an alternative method prior to a time trial. Book of abstracts of the 20th Annual Congress of the European College of Sport Science, 24th-27th June 2015, Malmö Sweden – International
 - Tornaghi M, Bosio A, **Ferioli D**, Morelli A, Martin DT, Menaspà P, Fell J, Rampinini E. Exercise-induced muscle damage markers during a familiarization protocol to eccentric cycling. Book of abstracts of the 20th Annual Congress of the European College of Sport Science, 24th-27th June 2015, Malmö Sweden – International
 - **Ferioli D**, Bosio A, Connolly D, Carlomagno D, Romagnoli M, Rampinini E. The effect of different forms of high-intensity intermittent running exercises on neuromuscular fatigue. Book of abstracts of the 18th Annual Congress of the European College of Sport Science, 26th-29th June 2013, Barcelona Spain – International
 - Basterra J, **Ferioli D**, Alis R, Martinez B., Ibañez-Sania S, La Torre A, Romagnoli M. The effect of HIT exercise on plasma volume and plasma viscosity. Book of abstracts of the 18th Annual Congress of the European College of Sport Science, 26th-29th June 2013, Barcelona Spain – International

Additional teaching and scientific activities

INSTITUTIONAL ROLES AND TEACHING ACTIVITY

- Coordinator of the master's degree: Scienze e Tecniche delle Attività Motorie Preventive e Adattate (Classe LM-67 - University of Messina) from the academic year 2024-25
- Director of "Percorsi di formazione iniziale abilitanti per insegnanti delle classi concorsuale A048-A049" from 2025
- Vice-Coordinator of the bachelor's degree: Scienze Motorie, Sport e Salute (Classe L-22 - University of Messina) academic year 2024
- Lecture and Practical (in Italian): Module "Sport Disabili". Master degree: Scienze e Tecniche delle Attività Motorie Preventive e Adattate (Classe LM-67 - University of Messina)
 - 2024-25 – 5 ECTS (4 ETCS Lectures + 1 ETCS Practicals in Medf-01/b) – teaching modality: presential
- Lecture and Practical (in Italian): Course "Sport di Squadra". Bachelor's degree: Scienze Motorie, Sport e Salute (Classe L-22 - University of Messina)
 - 2024-25 – 6 ECTS (3 ETCS Lectures + 3 ETCS Practicals in Medf-01/b) – teaching modality: presential
- Lecture (in Italian): Course "Tecnica e didattica degli sport individuali e di squadra". Percorsi Abilitanti 30 CFU (Classe A048-A049 - University of Messina)

- 2023-24 – 3 ECTS in Medf-01/b – teaching modality: E-learning
- Lecture (in Italian): Course “Tecnica delle Attività Motorie e Sportive”. Percorsi Abilitanti 30 CFU (Classe A048-A049 - University of Messina)
 - 2023-24 – 1 ECTS in Medf-01/b – teaching modality: E-learning
- Lecture (in English): Module “Sport Scientist in Basketball”. Master programme: International Basketball Coaching and Management (Lithuanian Sports University)
 - 2019-20 - 5 ECTS – teaching modality: presential
 - 2020-21 - 5 ECTS – teaching modality: E-learning
 - 2021-22 - 5 ECTS – teaching modality: E-learning
 - 2022-23 - 5 ECTS – teaching modality: E-learning
- Lecture (in Spanish): Module “Equilibrio y Deporte”. Master programme “Audiología y Equilibrio” (UCAM Catholic University of Murcia)
 - 2021-22 - 4 ECTS – teaching modality: E-learning
 - 2022-23 - 4 ECTS – teaching modality: E-learning
 - 2023-24 - 4 ECTS – teaching modality: E-learning
- Lecture (in English): Module “Research Methodology”. Master programme in High Performance Sport: Strength and Conditioning (UCAM Catholic University of Murcia)
 - 2021-22 - 2 ECTS – teaching modality: Presential
- Lecture (in Spanish): Module “Metodología de la Investigación”. Master programme in Alto Rendimiento Deportivo: Fuerza y Acondicionamiento Físico (UCAM Catholic University of Murcia)
 - 2021-22 - 2 ECTS – teaching modality: Presential
- Lecture (in English): “Bibliographic Research and Analysis”. Doctoral programme - International Doctoral School (UCAM Catholic University of Murcia)
 - 2021-22 - 1 ECTS – teaching modality: E-learning
- Seminar (in English): “Planning the basketball season: training periodization” - Doctoral programme in Sport Science (UCAM Catholic University of Murcia)
 - 2021-22 – 2 hours – teaching modality: E-learning
- Seminar (in English): “On-court testing procedures in basketball” - Doctoral programme in Sport Science (UCAM Catholic University of Murcia)
 - 2021-22 – 2 hours – teaching modality: E-learning
- Supplementary teaching activity according to art. 45: “Individual sports: periodization training” - Master programme in Individual and Team Sport Science (University of Milan)
 - 2020-21 – 20 hours – teaching modality: presential
- Supplementary teaching activity according to art. 45: “Traning theory and methodology”. Graduate course in Exercise, Sport and Health Science (University of Milan)
 - 2015-16 – 47 hours – teaching modality: presential

INVITED LECTURES-PRACTICALS AND LEARNING COURSES

- Invited speaker: “Elementi per il monitoraggio del carico di allenamento nel settore giovanile”. Clinic per Allenatori del Settore Giovanile (Italian Basketball Federation, 22 march 2025) – presential – National
- Invited speaker: “The use of session RPE as a load monitoring tool throughout the basketball season: theory and practical applications”. S Class Coaching License Seminar (Japan Basketball Association, 9 July 2023) – online – International
- Invited speaker: “La gestione dell'atleta infortunato: lavoro fisico-tecnico durante la fase di return-to-play”. Clinic Internazionale Allenatori (Italian Basketball Federation, 2 July 2023) – presential – National
- Invited speaker: “Le lesioni muscolari nella pallacanestro: Criteri di return-to-play e prevenzione delle recidive”. Corso ECM RES 1422 – 386932: Basket e Salute. Una panoramica a 360° su tutti gli aspetti che ne fanno parte (Reyer Venezia, 24 June 2023) - presential – National
- Invited speaker: “Criteri per il return to play e prevenzione delle recidive. Focus: le lesioni muscolari degli hamstring nello sportivo”. SIAGASCOT: Le lesioni muscolari dell'arto inferiore nello sportivo: dalla valutazione clinica ed ecografica al trattamento (SIAGASCOT, 14 December 2022) - online – National
- Invited speaker: “Preparing the players for the basketball competitive season”. II International Seminar of Basketball Strength and Conditioning Coaches (APPFB, 11-12 September 2021) - online – International
- Invited speaker: “The use of session RPE as a load monitoring tool throughout the basketball season: Theory and practical applications”. International Basketball S&C Digital Conference (APFIP, 2-3 May 2020) – online – International
- Invited lecture: “Periodization of training in basketball”. Master programme: Individual and Team Sport Science (University of Milan, 6 November 2019) - presential
- Invited speaker: “Training the ability to accelerate, decelerate and change direction in basketball”. Italian Basketball Federation - Updating course (Rosolina, 31 July 2019) – presential – National
- Invited speaker: “Physical development of young basketball players”. Italian Basketball Federation - Updating

- course (Lendinara, 4 February 2019) - presential – National
- Invited lecture: “Periodization of training for basketball players”. Master programme: Individual and Team Sport Science (University of Milan, 30 November 2017) - presential
- Invited lecture: “Physiological evaluation of basketball athletes”. (University of Northern Iowa strength and conditioning department, 2 November 2017) - presential
- Invited speaker: “Determinanti fisiologiche per la prestazione nella pallacanestro: risultati di una ricerca”. 7° Convegno Centro Ricerche Mapei Sport (Solbiate Olona, 27 May 2017) - presential – National
- Invited lecture: “Balance, core and functional training. Scientific Seminar for traditional karate practitioners”. (Milano, 8 April 2017) - presential
- Invited speaker: “Physical development of young basketball players”. Italian Basketball Federation - Updating course (Varese, 5 January 2017) - presential – National
- Invited speaker: “Effetto dei carichi di allenamento sulla capacità prestativa dei giocatori di pallacanestro”. 6° Convegno Centro Ricerche Mapei Sport (Varese, 21 May 2016) - presential – National
- Invited lecture-Practical: “Repeated-Sprint Ability and Yo-Yo intermittent recovery test”. Master programme: Individual and Team Sport Science (University of Milan, 20th March 2015; 15th April 2016).
- Invited lecture: Repeated-Sprint Ability and Yo-Yo intermittent recovery test. Master programme: Individual and Team Sport Science (University of Milan, 13th March 2015; 8th April 2016; 12th May 2017).

MEMBERSHIP OF EDITORIAL BOARDS, SCIENTIFIC COMMITTEES AND NETWORKS

- Associate editor for “Frontiers in Sports and Active Living” section “Elite Sports and Performance Enhancement” - 2024-ongoing
- Editor of the Research Topic “Optimizing Player Health, Recovery, and Performance in Basketball: Volume II” (“Frontiers in Psychology” - “Frontiers in Physiology” - “Frontiers in Sports and Active Living” - “Frontiers in Nutrition”) – 2023-ongoing
- Editor of the Research Topic “Optimizing Player Health, Recovery, and Performance in Basketball” (“Frontiers in Psychology” - “Frontiers in Sports and Active Living” - “Frontiers in Nutrition”) – 2020-23
- Review Editor for “Frontiers in Psychology” section “Movement Science and Sport Psychology” -2020-24
- Review Editor for “Frontiers in Sports and Active Living”, section “Movement Science and Sport Psychology” and section “Injury Prevention and Rehabilitation”- 2020-23
- SISMES (Società Italiana delle Scienze Motorie e Sportive) membership (2021, 2024)
- SCS (Strength & Conditioning Society) membership
- ECSS (European College of Sport Science) membership (2013, 2015-2017, 2020,2025)
- APFIP (Associazione Preparatori Fisici Italiani Pallacanestro) membership (2014-2017, 2019-2025)
- APPFB (Associação Portuguesa de Preparadores Físicos de Basquetebol) membership (2021)

REVIEWER FOR PEER-REVIEWED JOURNALS

58 peer review records of 41 manuscripts

- Biology of Sport • BMC Sports Science, Medicine and Rehabilitation • Frontiers in Sports and Active Living • Frontiers in Psychology • International Journal of Performance Analysis in Sport • International Journal of Sports Medicine • International Journal of Sports Physiology and Performance • Journal of Exercise Science & Fitness • Journal of Sport and Health Science • Journal of Sports Sciences • Physiology & Behavior • PLOS ONE • Sports • Sports Medicine – Open • Sport Sciences for Health

MEMBERSHIP OF COMMITTEE

- Commissione bando Ricercatore Universitario a Tempo Determinato – M-EDF/01 – e-Campus (D.R. n. 68/24) del 27.02.2024
- Commissione bando Ricercatore Universitario a Tempo Determinato – M-EDF/02 – e-Campus (D.R. n. 69/24) del 27.02.2024
- Doctoral program in Sport Science - UCAM Catholic University of Murcia. December 2023. Doctoral thesis: A unique specific jumping test to estimate explosive power for basketball players: validity, reliability and differences in age, gender and playing position. PhD candidate: Asaf Shalom.
- Master Universitario en Alto Rendimiento Deportivo: Fuerza y Acondicionamiento Físico - UCAM Catholic University of Murcia. July 2022. Master thesis, n = 3
- Master in High Performance Sport: Strength and Conditioning - UCAM Catholic University of Murcia. November 2021. Master thesis, n = 2
- Laurea Magistrale in "Scienza, Tecnica e Didattica dello Sport - Università degli Studi di Milano. February 2017

and July 2018. Master thesis, n = NA.

- International Msc Basketball Coaching and Management - Lithuanian Sports University - June 2022. Master thesis, n = 2

SUPERVISOR AND EXTERNAL EXAMINER

Director, n = 10; Co-supervisor, n = 6; External examiner, n = 1

- "Differences in the one-repetition maximum, load-velocity profile, and electromyography activity between arched, standard, and flat with active hip flexion bench press" by Daniele Pontillo from UCAM Catholic University of Murcia. Master programme in High Performance Sport: Strength and Conditioning (director).
- "Acute and residual knee extensors neuromuscular fatigue induced by a simulated basketball game" by Andrea Mombelli from UCAM Catholic University of Murcia. Master programme in High Performance Sport: Strength and Conditioning (director).
- "The effect of mental fatigue on basketball physical performance" by Massimiliano Bacchetti from UCAM Catholic University of Murcia. Master programme in High Performance Sport: Strength and Conditioning (director).
- "The effects of lower-limb strength asymmetries on physical performance in adult competitive soccer players: a systematic review" by Stefanos Malais from UCAM Catholic University of Murcia. Master programme in High Performance Sport: Strength and Conditioning (director).
- "The test-retest reliability of a simulated basketball game: physical-technical performance and perceptual-physiological responses" by Lorenzo Formica from UCAM Catholic University of Murcia. Master programme in High Performance Sport: Strength and Conditioning (director).
- "The effects of lower-limb strength asymmetries on non-contact injuries in soccer: a systematic review" by Martina Dossi from UCAM Catholic University of Murcia. Master programme in High Performance Sport: Strength and Conditioning (director).
- "Análisis de las variables cinéticas y cinemáticas del salto vertical con contramovimiento: diferencias entre niveles competitivos y posiciones de juego" by Carlos Suárez Balsera from UCAM Catholic University of Murcia. Master programme in High Performance Sport: Strength and Conditioning (director).
- "Las diferencias del salto vertical en jugadores de fútbol sala: diferencias entre nivel de competición y posición" by Jean Paul Santis Contreras from UCAM Catholic University of Murcia. Master programme in High Performance Sport: Strength and Conditioning (director).
- "Implementación de protocolos de recalentamiento eficientes para jugadores de baloncesto basados en el uso de bicicleta estática: un estudio aleatorizado, contrabalanceado y cruzado" by Juan Sánchez Egea from UCAM Catholic University of Murcia. Master programme in High Performance Sport: Strength and Conditioning (director).
- "Variables estadísticas determinantes en competiciones de la NBA en función del resultado de los partidos, del ranking del equipo y del lugar de juego" by Muñoz Verdú Juan Zadí from UCAM Catholic University of Murcia. Master programme in High Performance Sport: Strength and Conditioning (director).
- "L'utilizzo di accelerometri per la quantificazione oggettiva del carico esterno delle attività ad alta intensità durante partite di pallacanestro" by Marco Pernigoni from University of Milan. Master of Science 2020. (co-supervisor)
- "Relazione tra i carichi di lavoro sostenuti e i cambiamenti nella performance dei test nella preparazione atletica della pallacanestro" by Francesco Amerigo Toso from University of Milan. Bachelor of Science 2020. (co-supervisor)
- "Examining the ability to anticipate external workload during games-based training in basketball" by Cody James O'Grady from CQ University. Bachelor of Science (Honours) 2019. (external examiner)
- "Le richieste fisiche durante le partite di pallacanestro: un confronto tra diversi livelli competitivi" by Marco Maria Manfredi from University of Milan. Master of Science 2018. (co-supervisor)
- "Analisi degli aspetti tecnici e delle risposte fisiologiche durante diverse modalità di small-sided game nella pallacanestro" by Diego Rucco from University of Milan. Master of Science 2017. (co-supervisor)
- "Il modello prestativo del beach volley: confronto tra le caratteristiche della performance maschile e femminile" by Simone Natali from University of Milan. Master of Science 2016. (co-supervisor)
- "Effetto di programmi di allenamento con differente frequenza di sessioni settimanali sulla performance nel tiro libero" by Luca Dongiovanni from University of Milan. Bachelor of Science 2016. (co-supervisor)

RESEARCH GROUPS

- Member of the research group (International) led by Dr. Pedro Alcaraz - UCAM Research Center for High Performance Sport, Catholic University of Murcia, Spain (from 2021 to 2023)
- Member of the research group (National) led by Dr. Ermanno Rampinini - Mapei Sport Research Center, Italy (from 2010 to 2020)
- Member of the research group (National) led by Professor Antonio La Torre – University of Milan, Italy (from 2014 to 2018)
- Member of the research group (International) led by Professor Marco Romagnoli – Universidad Católica de Valencia, Spain (2013)
- Collaboration with the research group (International) led by Professor Daniele Conte - Lithuanian Sports University, Lithuania (from 2018)
- Collaboration with the research group (International) led by Professor Aaron Scanlan - CQUniversity, Australia (from 2018)
- Additional international collaborations over the past years:
 - Dr. Alis Rafael (Catholic University of Valencia, Spain)
 - Dr. Bilsborough Johann (Boston Celtics NBA, USA)
 - Professor Calleja-Gonzales Julio (University of the Basque Country, Spain)
 - Professor Castellano Julen (University of the Basque Country, Spain)
 - Professor Coutts Aaron (University of Technology Sydney, Australia)
 - Dr. Dalbo Vincent (CQUniversity, Australia)
 - Professor Maffioletti Nicola (Schulthess Clinic, Swiss)
 - Dr. García Franc (Futbol Club Barcelona, Spain)
 - Dr. Freitas Tomás (UCAM Universidad Católica de Murcia)
 - Dr. Menaspà Paolo (Australian Institute of Sport, Australia)
 - Dr. Sanchis-Gomar Fabian (Research Institute of the Hospital 12 de Octubre, Spain)
 - Dr. Schelling Xavi (San Antonio Spurs NBA, USA)
 - Professor Vaquera Alejandro (University of León, Spain)
 - Dr. Vázquez-Guerrero Jairo (Futbol Club Barcelona, Spain)
 - Dr. Vicens-Bordas Jordi (University of Vic-Central University of Catalonia, Spain)
 - Dr. Xu Jincheng (Beijing Sport University, China)
 - Dr. Zois James (Victoria University, Australia)

ADDITIONAL INFORMATION

- Advanced expertise in sports science
- Advanced expertise in the physiological/physical evaluations and neuromuscular fatigue assessment techniques
- Excellent expertise in time-motion analysis and internal/external load monitoring in basketball
- Advanced knowledge of sports technology (e.g., heart rate monitoring system, micro-technologies, LPS, accelerometers), data collection methods, and statistical analysis (e.g., linear mixed models, magnitude based inference, ANOVA)
- Proficiency in using sports-specific software and tools for data analysis (e.g., Jamovi, SPSS, R)
- Excellent analytical and problem-solving skills, with the ability to interpret complex data and draw meaningful conclusions
- Effective teamwork and interpersonal skills gained working as Strength and Conditioning coach and as Sports Scientist
- Experience in organization, planning and management of strength and conditioning programs and scientific research activities
- Excellent public speaking skills gained during international conferences and academic lectures
- Strong organizational and time management skills, with the ability to manage multiple projects and prioritize tasks effectively

Personal information

I authorize the handling of personal information in this curriculum, according to D.Lgs n. 196/03 and following modifications and Regulations EU 679/2016 (General Regulations concerning Data Protection or GRDP) and art. 7 of University Regulations concerning protection of personal information.

Latest update: 23/04/2025

Signature 