

University Academic Curriculum Vitae

Personal information

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Education

- First degree: 6/3/1987, *Diploma ISEF*, 110/110 cum laude, ISEF Bologna, Italy;
- Post-graduate degree: 25/2/1998, *Laurea in Pedagogia*, 110/110 cum laude, University of Ferrara, Italy;
- Post-graduate degree: 8/11/2000, *Laurea in Scienze Motorie*, 110/110 cum laude, University of Urbino, Italy;
- PhD: 12/2/2015, Sport sciences, "Physical activity to promote mental health: strategies and interventions", UTAD (Universidade de Trás-Os-Montes e Alto Douro), Vila Real, Portugal.

University habilitations

- 2002, M-PED/03 (*Didattica e Pedagogia Speciale* - Didactics and Special Education), senior lecturer (ricercatore), University of Padova;
- 2006, M-EDF/01 (*Metodi e Didattica delle Attività Motorie* - Methods and Didactics of Physical Exercise).
Associate professor, University of Padova; 2017.
National habilitation to full professor (*professore di prima fascia*), settore concorsuale 11/D2 (*Didattica, Pedagogia speciale e ricerca educative* - Didactics, Special Education and Educational Research), settore scientifico disciplinare M-EDF/01; 2018.
National habilitation to full professor (*professore di prima fascia*), settore concorsuale 06/N2 (*Scienze dell'Esercizio Fisico e dello Sport* - Exercise and Sport Sciences).

Present appointments

- Level of appointment: full professor at the Faculty of Education of the Free University of Bozen, Italy
Start of the current appointment: July 1st, 2019
Employer: Free University of Bozen
- Brief description of the main current responsibilities:
at the Faculty of Education of the Free University of Bozen I am currently teaching in the postgraduate programme *Scienze della Formazione Primaria* – Primary School Teachers Initial Preparation.
I am currently a member of the of the PhD school on *Scienze Pedagogiche, dell'Educazione e della Formazione* (Pedagogy and Education Sciences) council, at the University of Padua.
I am the treasurer and a member of the AIESEP (*Association Internationale des Écoles Supérieures d'Éducation Physique* - International Association for Physical Education in Higher Education) executive Board.
I am the coordinator of the Sport Pedagogy and Physical Education research group of the SISMES (Società Italiana per le Scienze Motorie e Sportive - Human Movement and Sport Sciences Italian Scientific Society).

Main professional experiences

From / to	Job title	Name of academic Institution	Academic level	responsibilities
Oct 1981 / Sept. 1987	Primary school teacher	Primary school	teacher	Classroom teacher
Oct. 1987 / Nov. 2002	Secondary school teacher	Second level secondary school	teacher	Physical education teacher
May 1990 / 2019	Scientific consultant, research director of the Psychomotor Therapy Unit	Casa di Cura Parco dei Tigli	n/a	Research and organization of activities
Dec. 2002 / Sept. 2006	Ricercatore (senior lecturer)	University of Padova, Faculty of Education	Ricercatore (senior lecturer)	Research and teaching
Jan. 2003 / Sept. 2008	Ricercatore and Associate professor	SSIS del Veneto (Scuola di Specializzazione per la formazione di Insegnanti della scuola Secondaria – School for the Initial Preparation of Secondary school Teachers)	Ricercatore and Associate professor	Director of the Physical Education programme
May-July 2017 and June-July 2018	Visiting professor	University of Augsburg, Germany	Associate professor	Research and teaching
Oct. 2006 / June 2019	Associate professor	University of Padova, Department of Biomedical Sciences	Associate professor	Research and teaching
July 2019 / present	Full professor	Free University of Bozen, Faculty of Education	Full professor	Research and teaching

Experience in academic teaching during the last five years

- *Didattica del movimento: fondamenti and approfondimenti* (Physical education teaching: fundamentals and applications), from 2019-20, Free University of Bozen, Faculty of Education, SSD M-EDF/01, post-graduate (single cycle) programme on *Scienze della Formazione Primaria* (Primary School Teachers Initial Preparation).
- *Fondamenti e didattica delle attività motorie* (Fundamentals and didactics of physical education), from 2012 to 2019, University of Padua, School of Humanities, Department FISPPA (Filosofia, Sociologia, Pedagogia e Psicologia Applicata – Philosophy, Sociology, Pedagogy and Applied Psychology), SSD M-EDF/01, post-graduate (single cycle) programme *Scienze della Formazione Primaria*.
- *Teoria e metodologia del movimento umano* (Theory and methodology of human movement), from 2012 to 2019, University of Padua, School of Medicine, Department of Biomedical Sciences, SSD M-EDF/01, undergraduate programme *Scienze Motorie e Sportive* (Human movement and sport sciences).
- *Research methods in physical activity* (course held in English), from 2012 to 2019, University of Padua, School of Medicine, Department of Medicine, SSD M-EDF/01, post-graduate programme *Scienza e Tecniche delle Attività Motorie Preventive e Adattate* (Science and techniques of Adapted and preventive physical activity).

- *Values-based education through sport and physical education* (course held in English), *Modul: Sportpaedagogische Kompetenz*, 2017, post-graduate level, University of Augsburg, Germany, Institute for Sport Sciences.
- *Physical activity and mental health* (course held in English), 2018, post graduate level, University of Augsburg, Germany.
- *Metodi e didattiche delle attività motorie* (Methods and didactics of physical education), 2015-16 and 2016-17, University of Padua, School of Humanities, Department FISPPA, SSD M-EDF/01, CSAS (Corso Speciale Abilitazione per il Sostegno, Special course for the habilitation of teachers for students with special needs), post-graduate level.
- *Corpo, movimento, salute: la prospettiva inclusiva*, 2016 to 2019, University of Padua, *General Course Diritti umani e inclusione* (General course human rights and inclusion), the course was offered to both under- and post-graduate students.
- *Research methods: preparing a conference poster and an oral communication* (course held in English), 2012- present, University of Padua, PhD programme on Pedagogy and Education.

In the last five years, I supervised five PhD students who obtained their doctoral degree in Sport Pedagogy at the PhD course on Pedagogy, and Education at the University of Padua (Dr. Erica Gobbi, Dr. Ilaria Ferri, Dr. Matteo Cucchelli, Dr. Massimiliano Marino and Dr. Marco Maselli). I'm now supervising the PhD student Alessandra Colangelo.

Other academic responsibilities

Internal appointments to faculty and university boards

- Free University of Bozen – institutional roles and commitments are going to be defined.

External appointments at national and international level

- SISMES (Società Italiana per le Scienze Motorie e Sportive - Human Movement and Sport Sciences Italian Scientific Society): Coordinator of the sport pedagogy and physical education research group.
- AIESEP (*Association Internationale des Écoles Supérieures d'Éducation Physique* - International Association for Physical Education in Higher Education): treasurer and member of the executive Board.

Responsibilities for organizing conferences/seminars/exhibitions

- Padova, 13/04/2016, conference "Il benessere dello studente: dalle scienze all'educazione fisica" (Student's wellness: from science to physical education), University of Padua & D'Anna Editore [congress president].
- Padova, 4-5/04/2014, conference "Healthy Active Lives", University of Padua & HeAL International Group [congress president].
- Director of the international Summer school "A Holistic Approach to Workplace Health-Promotion and Corporate Wellness " held in Izola, Slovenia from 10 to 15 September 2015, and jointly organized by the Universities of Padua (Italy), Augsburg (Germany), Basel (Switzerland) and Primorska (Slovenia)

Membership of academic or professional bodies

- AIESEP (Association Internationale des Écoles Supérieures d'Éducation Physique)
- ECSS (European College of Sport Sciences)
- SISMES (Società Italiana Scienze Motorie e Sportive)
- SIEMeS (Società Italiana Educazione Motorie e Sportiva)
- Editorial board of the international journal *Frontiers in Psychology*
- Editorial board of the International journal *Movimento*.
- Editorial committee of the series "Neurodidattica", published by Edisud, Salerno.
- Editorial committee of the series "Embodied Cognitive Science" published by Edizioni Nuova Cultura, Roma.
- Editorial committee of the series "Attività motorie, educazione fisica e sport. Approccio interdisciplinare ed implicazioni metodologiche", published by Pensa Multimedia, Lecce.

Memberships Research and scholarships

Summary of current funded research

- PI of the Italian Unit in the Erasmus+ Sport project FitBack: Fitness feedback (The European Network for Development of Physical Fitness Monitoring Systems), funded by the European Commission.

Summary of funded research and scholarships during the last years

- PI of the Italian Unit in the Erasmus+ Sport project IMPACT (Identifying and Motivating youth who mostly need Physical ACTivity), funded by the European Commission.
- PI of the Italian Unit in the Erasmus+ Sport project LUDUS (Just Move have Fun: development of preschool PA program for grassroots sports), funded by the European Commission.
- PI of the international project "Values-based education through sport: the tool-kit project", funded by WADA, UNESCO, IOC, IPC, ICSSPE and IFPC and organized in collaboration with the University of Augsburg, Cork, Londrina, Limerick, Hong Kong, Basel, Queensland.
- PI of the Italian Unit in the Erasmus+ strategic partnership project PETEU (Physical Education Teachers Education in Europe), funded by the European Commission.
- PI of the Italian Unit in the SIMPAQ international project, funded by the UNSW, University of New South Wales. Australia
- PI of the project "Affective response to aerobic exercise with different machines", funded by Technogym SpA.
- PI of the Italian Unit in the project "Physical literacy - A way to promote physical activity in inactive groups", funded by the Coca-Cola Foundation.
- PI of the Unit based at the University of Padua in the PRIN project "Motivational processes and psychobiosocial states in physical education and sport: interaction between individual and situational factors, and evaluation of instructional strategies".
- PI of the project "Promoting mental health through physical activity: a comparison of different strategies", funded by the University of Padua (PRAT).

- I won the competitive selection for the scholarship (6 months in Padua) attributed to Prof. Dr. Mária Greguol, University of Londrina, Brazil (January-July 2013).
- I won the competitive selection for the scholarship (3 months in Padua) attributed to Prof. Dr. Philip Ward, University of New South Wales, Australia (September-November 2016).
- I won the competitive selection for the scholarship (6 months in Padua) attributed to Prof. Dr. Athanasios Papaioannou, University of Thessaly, Greece (February-July 2016).
- I won the competitive selection for the scholarship (3 months in Padua) attributed to Dr. Simon Rosenbaum, University of New South Wales, Australia (September-November 2018).

Main research grants

Date granted / to	Award Holder(s)	Funding Body	Title	Amount received
01/2020 current	Attilio Carraro	EU Commission	FitBack: Fitness feedback (The European Network for Development of Physical Fitness Monitoring Systems)	34.000 €
01/2018 12/2019	Attilio Carraro	EU Commission	LUDUS (Just Move have Fun: development of preschool PA program for grassroots sports, 2018-2019)	48.000 €
01/2017 12/2019	Attilio Carraro	EU Commission	IMPACT (Identifying and Motivating youth who mostly need Physical ACTivity)	65.000 €
01/2017 12/2018	Attilio Carraro	EU Commission	PETEU (Physical Education Teachers Education in Europe)	16.000 €
01/2016 10/2017	Attilio Carraro	UNSW, University of New South Wales. Australia	The SIMPAQ (SIMple Physical Activity Questionnaire) project	6.000 USD
05/2015 04/2016	Attilio Carraro	Technogym SpA	Affective response to aerobic exercise with different machines	12.000 €
03/2014 12/2017	Attilio Carraro	WADA, UNESCO, IOC, IPC, ICSSPE, IFPC	Values-based education through sport: the tool-kit project	75.000 USD
06/2010 06/2013	Attilio Carraro	The Coca-Cola Foundation	Physical literacy - A way to promote physical activity in inactive groups	32.000 €
01/2011 10/2013	Attilio Carraro	MIUR (PRIN)	Motivational processes and psychobiosocial states in physical education and sport: interaction between individual and situational factors,	37.000 €

			and evaluation of instructional strategies	
01/2011 12/2013	Attilio Carraro	University of Padua (PRAT)	Promoting mental health through physical activity: a comparison of different strategies	43.000 €

Publications

Summary (09.01.2020): 225 publications (4 books, 3 edited books, 28 book chapters, 66 papers in peer-reviewed academic journals, 15 papers in conference proceedings, 106 abstracts of conference papers in journals, 4 articles in professional journals).

Bibliometric indexes:

H-index (Scopus) 9, 323 citations; H-index (Web of Science) 10, 292 citations (281 without self-citations); H-index (Google Scholar) 15, i10-index 23, 819 citations.

List of selected publications

Books - authored

Carraro, A. & Gobbi, E. (2016). *Muoversi per star bene. Una guida introduttiva all'attività fisica*. Roma: Carocci. ISBN: 9788874666973

Carraro, A. (2008). *Educare al movimento*. Lecce: Pensa MultiMedia. ISBN: 9788882325893

Carraro, A. & Bertollo M. (2005). *Le scienze motorie e sportive nella scuola primaria*. Padova: CLEUP. ISBN: 8871784146

Carraro, A. (2003). *Metodologia e didattica delle attività motorie*. Padova: Edizioni Progetto. ISBN: 8887331650

Books - edited

Antala, B., Demirhan, G., Carraro, A., & Oktar, C. (2019). *Physical education in early childhood education and care. Researches - best practices - situation*. Bratislava: Slovak Scientific Society for Physical Education and Sport and FIEP. ISBN: 978-80-89075-81-2

Probst, M., & Carraro, A. (Eds.) (2014). *Physical activity and mental health: a practice-oriented approach*. Milano: EdiErmes. ISBN-10: 8870513866

Carraro, A., & Lanza, M. (Eds.) (2004). *Insegnare/Apprendere in Educazione Fisica, problemi e prospettive*. Roma: Armando Editore. ISBN: 8883585356

Chapters in books

Carraro A. & Lanza M. (in press). Sport didactics in Italy. In K., Kleiner & B. Höger (Eds.). *Sports didactics in Europe - History, current trends and future developments*. Kornwestheim, Germany: Waxmann.

Bulca, Y., Carraro, A., Antala, B., Šmela, P., Gobbi, E., Yuksel, Y., Nakkaş, A., Tileva, A., Nikodelis, T., & Demirhan, G. (2019). Parents' view of their children's physical activity in five European countries: an exploratory study. In Branislav, A., Demirhan, G., Carraro, A., Oktar, C. (Eds.). *Physical education in early childhood education and care. Researches - best practices – situation* (pp. 81-90). Bratislava: Slovak Scientific Society for Physical Education and Sport and FIEP. ISBN 978-80-89075-81-2

Bulca, Y., Carraro, A., Pačesová, P., Kraček, S., Gobbi, E., Yuksel, Y., Nakkaş, A., Tileva, A., Nikodelis, T., & Demirhan, G. (2019). School administrators, pre-school teachers, parents and sport educators' views regarding the physical

- activity level in early childhood in five European countries. In Branislav, A., Demirhan, G., Carraro, A., Oktar, C. (Eds.). *Physical education in early childhood education and care. Researches - best practices – situation* (pp. 81-90). Bratislava: Slovak Scientific Society for Physical Education and Sport and FIEP. ISBN 978-80-89075-81-2
- Carraro A. & Gobbi E. (2019). Preschool physical education and care in Italy: A national literature review. In Branislav, A., Demirhan, G., Carraro, A., Oktar, C. (Eds.). *Physical education in early childhood education and care. Researches - best practices – situation* (pp. 35-45). Bratislava: Slovak Scientific Society for Physical Education and Sport and FIEP. ISBN 978-80-89075-81-2
- Carraro, A. & Gobbi, E. (2019). Corpo, movimento, salute: la prospettiva inclusiva. In L. Nota, M. Mascia, & T. Pievani (Eds.), *Diritti umani e inclusione* (pp. 265-280). Bologna, Italy: Il Mulino. ISBN: 978-88-15-28390-0
- Carraro, A. (2019). Atividade física e saúde mental. In M. Greguol, & R. F. Da Costa (Eds.). *Atividade Física Adaptada: qualidade de vida para pessoas com necessidades especiais 4ª Edição* (pp. 410-433), Tamboré, Brasil: Editora Manole. ISBN: 9788520456217
- Carraro, A., & Gobbi, E. (2019). Physical Education Teacher Education in Italy. In A. McPhail, D. Tannehill, and Z. Avsar (Eds.), *European physical education teacher education practices*, 153-171. Munich, Germany: Meyer & Meyer. ISBN: 978-1-78255-177-5
- Biancato, M. & Carraro, A. (2017). I “campi verdi” estivi: valutazione di un’esperienza. In A. D’Antone (Ed.), *Per un’ecologia di comunità. Processi e pratiche educative di sviluppo sostenibile* (pp. 29-36). Bergamo: Zeroseiup. ISBN: 978-88-99338-38-1.
- Carraro, A., McCuaig, L., Marino, M., & Gobbi, E. (2017). Values-based education through physical education and sport: A toolkit for teachers. In D. Colella, B. Antala, S. Epifani (Eds.). *Physical education in primary school. Researches, best practices, situation* (pp. 223-240). Lecce: Pensa MultiMedia. ISBN: 978-88-6760-474-6.
- Gobbi, E., & Carraro, A. (2017). Play fighting as a strategy to cope with aggressive behaviours among youth with social disadvantages in Italy. In A. J. S. Morin, C. Maiano, D. Tracey, R. G. Craven (Eds.), *Inclusive Physical Activities: International Perspectives* (pp. 163-182). USA: Information Age Publishing. ISBN: 978-1-68123-852-4
- Carraro, A. (2014). The role of exercise in alcohol dependence recovery. In M. Probst & A. Carraro (Eds.), *Physical activity and mental health: a practice-oriented approach* (pp. 61-69). Milano: Edi.Ermes.
- Carraro, A., & Probst, M. (2014). Assessment and evaluation instruments of physical activity to use in people with mental health problem. In M. Probst & A. Carraro (Eds.), *Physical activity and mental health and: a practice-oriented approach* (pp. 173-179). Milano: Edi.Ermes.
- Gobbi, E., Ferri, I., Carraro, A. (2014). Physical activity and people with intellectual disability. In M. Probst & A. Carraro (Eds.), *Physical activity and mental health and: a practice-oriented approach* (pp. 153-158). Milano: Edi.Ermes.
- Probst, M., & Carraro, A. (2014). Introduction: why physical activity and mental health. In M. Probst & A. Carraro (Eds.), *Physical activity and mental health and: a practice-oriented approach* (pp. 1-6). Milano: Edi.Ermes.

- Carraro, A. (2013). Atividade física e saúde mental. In M. Greguol, & R. F. Da Costa (Eds.). *Atividade Física Adaptada* (pp. 545-575), Tamboré, Brasil: Editora Manole.
- Carraro, A. (2012). La battaglia della bottiglia: alcol, sport, esercizio. In M. Sibilio (Ed.). *La dimensione pedagogica ed il valore inclusivo del corpo e del movimento* (pp. 102-110), Lecce: Pensa Editore.
- Carraro, A. (2012). Il corpo come strumento della didattica: relazioni tra attitudini corporee e burnout in un gruppo di insegnanti di educazione fisica. In: M. Sibilio. *I significati del movimento nella ricerca didattica Approcci di ricerca e protocolli sperimentali a confronto* (pp. 23-30), Napoli: Liguori Editore.
- Ferri, I., Gobbi, E., & Carraro, A. (2012). Attività fisica e disabilità intellettive. In: M. Sibilio (Ed.), *La dimensione pedagogica ed il valore inclusivo del corpo e del movimento* (pp. 252-260), Lecce: PensaMultimedia Editore.
- Carraro, A. (2011). Alcohol misuse and exercise. In: M. Adamkova Ségard & B. Hatlova (Eds.). *Psychomotor therapy*. (pp. 71-78), Usti nad Labem, Czech Republic: University J. E. Purkyne Press.
- Carraro, A. (2011). Obezita, psychiatrické poruchy a fyzická aktivita. In: B. Hatlova, J. Kirchner, & Coll. (Eds.) *Kapitoly z teorie psychomotorické terapie* (pp. 137-141), Praha, Czech Republic: European Art and Science Publishing.
- Carraro, A., & Gobbi, E. (2011). Cancro e attività fisica: alcune evidenze. In: I. Testoni. *Dopo la notizia peggiore elaborazione del morire nella relazione* (pp. 197-212), Padova: Piccin.
- Scarpa, S., & Carraro, A. (2011). El nacimiento de la Educación Física en la escuela italiana: de la Ley Casati a la Reforma Gentile. In: P. Scharagrodsky (Ed.), *La invención del homo gymnasticus Fragmentos históricos sobre la educación de los cuerpos en movimiento* (pp. 213-223), Buenos Aires, Argentina: Editorial Prometeo.
- Carraro, A. (2008). Stress and burnout in physical education teachers: exploring the determinants. In: Seghers J. & Vangrunderbeek H. (Eds.), *Physical education research what's the evidence* (pp. 125-138), Leuven, Belgium: Acco.
- Carraro, A. (2006). La dimensione del corpo in educazione. Per una visione olistica dell'educazione. In: E. Toffano Martini (Ed.), *Sfide alla professione docente corporeità disabilità convivenza* (pp. 27-39), Lecce: Pensa MultiMedia.
- Martinuzzi, A., & Carraro, A. (2005). La disabilità motoria. In P. Tessari & R. Caldin (Eds.), *Disabili & Abili manuale per educatori professionali* (pp. 269-277), Padova: Cleup.
- Carraro, A. (2004). Educazione Fisica e Scienze Motorie: quale epistemologia? In A. Carraro & M. Lanza (Eds.), *Insegnare/Apprendere in Educazione Fisica, problemi e prospettive delle scienze motorie nella scuola* (pp. 17-50), Roma: Armando Editore. ISBN: 88-8358-535-6
- Carraro, A. (2004). Sport = educazione? Una riflessione critica. In N. Filippi, G.F. Fumagalli, B. Sanguanin (Eds), *Sport, formazione umana & interazioni sociali* (pp. 73-83). Padova:CLEUP.
- Carraro, A., Zocca, E., Lanza, M., & Bertollo, M. (2003). La formation des professeurs d'éducation physique en Italie Problèmes épistemologiques. In P. Simonet, L. Veray (Eds.), *L'empreinte de Joinville 150 ans de sport* (pp. 465-481). Paris, France: INSEP.

Papers in peer-reviewed academic Journals

- Carraro, A., Gobbi, E., Stanton, R., Solmi, M., & Rosenbaum, S. (under review). Psychometric properties of the Italian version of the EMIQ-HP (Exercise in Mental Illness Questionnaire - Health Professionals Version) to investigate the views of health professionals regarding exercise for treatment of mental illness. *Transcultural Psychiatry*.
- Malagodi, B.M., Greguol, M., Carraro, A., Cavazzotto, T.G., & Sarassuelo H.J. (under review). Effects of a multimodal physical exercise program on physical and mental health indicators in males with substance use disorder. *Journal of Substance Abuse Treatment*.
- Rosenbaum, S., Morell, R., ... Carraro, A., & Ward, P.B. (in press). Assessing physical activity in people with mental illness: 23-country reliability and validity of the Simple Physical Activity Questionnaire (SIMPAQ). *BMC Psychiatry*. DOI: 10.21203/rs.2.12937/v1
- Carraro, A., Elliot, C., & Gobbi, E. (2019). Perceived treadmill function is correlated with enjoyment of use in trained runners: a user-centered approach. *Applied Ergonomics*, 74, 37-40.
- Carraro, A., Gobbi, E., Solmi, M., Watkins, A., Ward, P.B., & Rosenbaum, S. (2019). Test-retest reliability of the Italian version of the M-BACK questionnaire to assess the barriers, attitudes, confidence, and knowledge of mental health staff regarding metabolic health of psychiatric patients. *Brain and Behavior*, 00, e01491, DOI: 10.1002/brb3.1491
- Gobbi, E., Visentin, S., & Carraro, A. (2019). Barriere all'attività fisica di giovani adulti con disabilità intellettiva percepite dai loro genitori e allenatori - Barriers to physical activity of young adults with intellectual disability perceived by their parents and coaches. *Italian Journal of Special Education for Inclusion*, 7(2), 374-387.
- Malagodi, B.M., Greguol, M., Carraro, A., & Sarassuelo Junior, H.S. (2019). Stigma internalized by individuals in treatment for substance dependence and its relationship with physical activity [Estigma internalizado de indivíduos em tratamento para dependência química e sua relação com a prática de atividade física]. *Movimento*, 25(1), e25050. DOI: 10.22456/1982-8918.84970
- Maselli, M, Gobbi, E, Carraro, A. (2019). Effectiveness of individual counseling and activity monitors to promote physical activity among university students. *Journal of Sports Medicine and Physical Fitness*, 59(1), 132-140. DOI: 10.23736/S0022-4707.17.07981-6
- Maselli, M., Gobbi, E., Probst, M., & Carraro, A. (2019). Prevalence of primary and secondary exercise dependence and its correlation with drive for thinness in practitioners of different sports and physical activities. *International Journal of Mental Health and Addiction*, 17(1), 89-101. DOI: 10.1007/s11469-017-9867-3
- Carraro, A., Elliot, C., & Gobbi, E. (2019). Perceived treadmill function is correlated with enjoyment of use in trained runners: a user-centered approach. *Applied Ergonomics*, 74, 37-40.
- Carraro, A. & Gobbi, E. (2018). Play fighting to cope with children aggression: a study in primary school. *Journal of Physical Education and Sport*, 18(3), 1455-1458. DOI: 10.7752/jpes.2018.03215
- Carraro, A., Paoli, A., & Gobbi, E. (2018). Affective response to acute resistance exercise: A comparison of machine and free weights. *Sport Sciences for Health*. DOI: 10.1007/s11332-018-0427-4
- Gobbi, E., Greguol, M., & Carraro A. (2018). Brief report: Exploring the benefits of peer-tutored physical education programme among high

- school students with intellectual disability. *Journal of Applied Research in Intellectual Disabilities*, 1-5. DOI: 10.1111/jar.12437
- Greguol, M., Malagodi, B. M., Carraro, A. (2018). Inclusion of students with disabilities in physical education classes: Teachers' attitudes in regular schools. *Revista Brasileira de Educação Especial*, 24(1), 33-44.
- Maselli, M., Gobbi, E., & Carraro, A. (2018). Effectiveness of individual counselling and activity monitors to promote physical activity among university students. *The Journal of Sports Medicine and Physical Fitness*. DOI: 10.23736/S0022-4707.17.07981-6
- Maselli, M., Gobbi, E., Probst, M., & Carraro, A. (2018). Prevalence of primary and secondary exercise dependence in leisure time practitioners of different sport activities. *International Journal of Mental Health and Addiction*. DOI: 10.1007/s11469-017-9867-3
- Maselli, M., Ward, P., Gobbi, E., & Carraro, A. (2018). Promoting physical activity among university students: a systematic review of controlled trials. *American Journal of Health Promotion*. DOI: 10.1177/0890117117753798
- Rizzato, A., Bosco, G., Benazzato, M. Paoli, A., Zorzetto, G., Carraro, A., & Marcolin, G. (2018). Short-term modifications of postural balance control in young healthy subjects after moderate aquatic and land treadmill running. *Frontiers in Physiology*, 9, 1681, DOI: 10.3389/fphys.2018.01681
- Gobbi, E., Greguol, M., Barboza Seron, B. Carraro, A. (2017). Um estudo exploratório da tendência "anti-obesidade" entre professores e estudantes de educação física Italianos. *Movimento*, 23(3), 963-974.
- Carraro, A. & Marino, M. (2016). Lo sport che educa: tra miti e realtà. *Formazione & Insegnamento*, (14)3/s, 13-23.
- Carraro, A., Gobbi, E., & Moè, A. (2016). More gyms or more psychological support? Preventing burnout and supporting job satisfaction in physical education teachers. *Sport Sciences for Health*. DOI: 10.1007/s11332-016-0332-7
- Gobbi, E. & Carraro, A. (2016). Effects of a combined aerobic and resistance exercise program in people with multiple sclerosis: a pilot study. *Sport Sciences for Health*, 12(3), 437-442.
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**Language competence
and recent courses**

Written and spoken competence according to CERF levels:
Italian, mother language
English, C1 level
Spanish, B2 level
Portuguese, A2 level

I attended with proficiency the “Academic English course, CLAplus 2018”, organized by the CLA of the University of Padua in April-June 2018.
I attended with proficiency the Summer school “English as a medium of instruction”, organized from July 28th to August 7th 2013 by the CLA (Centro Linguistico di Ateneo – University language center) of the University of Padua. The school aimed to provide competences for lecturers teaching their subjects through the medium of English.

Bressanone | Brixen, January 9th, 2020

A handwritten signature in blue ink, appearing to read 'E. Zocca', written in a cursive style.