

University Academic Curriculum Vitae

Personal information

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Education since leaving school

- 14/01/2022 Ph.D. in Translational Medicine, University of Milano, Milan, Italy
- 20/07/2017 master's degree (LM-67) in Physical Activity Science for Wellness, University of Milan, Milan, Italy (score: 110/110 cum laude)
- 22/07/2015 bachelor's degree (L-22) in Motor and Sports Activity Sciences, University of Palermo, Palermo, Italy (score: 104/110)

Professional experience

From / to	Job title	Name of academic Institution	responsibilities
From 15 th December 2023 to today	Research Assistant	Faculty of Education, Free University of Bozen-Bolzano	Research activity in project related to M-EDF/01 scientific sector (Metodi e Didattica delle Attività Motorie - Methods and Didactics of Physical Exercise)
Academic year 2023/2024	Teaching activity <u>Motor and Sport Science Didactics Laboratory - insights (Lab.) course</u> . Initial Training of Secondary School Teachers in Italian Language (<u>Percorso abbreviato 30 CFU articolo 2-ter, comma 4-bis e del d.lgs. 59/2017 (allegato 2 del DPCM del 04/08/2023)</u>)	Faculty of Education, Free University of Bozen-Bolzano	8 hours of teaching activities
Academic year 2023/2024	Teaching activity <u>in the Pedagogy and Didactics of Movement with an Emphasis on the Age Range (0)-2-7 (Lab)</u> . Master degree course in Faculty of Education (LM-85 bis), Free University of	Faculty of Education, Free University of Bozen-Bolzano	20 hours of teaching activities

	Bozen-Bolzano.		
From 04 th to 10 th September 2023	Organization of the Expo for Sport event , in Milan, promoted by University of Milan and DNA Sport Consulting	Department of Biomedical Sciences for Health, University of Milan, Milan, Italy	Organization of activities. The event aimed to promote sports activities to children and adolescent aged between 6 and 14 years
From 28 th March 2023 to 18 th May 2023	Teaching activity in the <u>Applied Human Anatomy and Morphology course</u> (resp. Professor Angela Montaruli), bachelor's degree course in Exercise, Sport and Health Sciences (L-22), University of Milan.	Department of Biomedical Sciences for Health, University of Milan, Milan, Italy	Teaching activity during practical exercises on the musculoskeletal system
22 th March 2023	Teaching activity in the <u>Sport and Fitness Technologies course</u> (Resp. Professor Emiliano Cè). Bachelor's degree in Exercise, Sport and Health Sciences (L-22), University of Milan.	Department of Biomedical Sciences for Health, University of Milan, Milan, Italy	Frontal lesson with moments of practical exercises
From 26 th January 2023 to 20 th February 2023	Winner of selections ID 20221114 BIOSAL (code: 23): tutoring activities in the <u>Applied Human Anatomy and Morphology course</u> (resp. Professor Angela Montaruli), bachelor's degree course in Exercise, Sport and Health Sciences (L-22), University of Milan.	Department of Biomedical Sciences for Health, University of Milan, Milan, Italy	Students' study and thesis preparation support
From 26 th January 2023 to 21 st February 2023	Winner of selections ID 20221114 BIOSAL (code: 20): tutoring activities in the <u>Neuromuscular Physiology and Endocrinology course</u> (resp. Professor Emiliano Cè), bachelor's degree course in Exercise, Sport and	Department of Biomedical Sciences for Health, University of Milan, Milan, Italy	Students' study support

	Health Sciences (L-22), University of Milan.		
From 23 rd January 2023 to 20 th February 2023	Winner of selections ID 20221114 BIOSAL (code: 17): <u>tutoring activities in the <i>Sport and Fitness Technologies</i> course</u> (Resp. Professor Roberto Codella). Bachelor's degree in Exercise, Sport and Health Sciences (L-22), University of Milan.	Department of Biomedical Sciences for Health, University of Milan, Milan, Italy	Students' study support
26 th October 2022	Teaching activity in the <u><i>Sport and Fitness Technologies</i> course</u> (Resp. Professor Emiliano Cè). Bachelor's degree in Exercise, Sport and Health Sciences (L-22), University of Milan.	Department of Biomedical Sciences for Health, University of Milan, Milan, Italy	Frontal lesson with moments of practical exercises
From October 2022 to June 2023	Support to the teaching activity in the <u><i>Sport and Fitness Technologies</i> course</u> (Resp. teacher Professor Emiliano Cè and Roberto Codella), course of bachelor's degree in Exercise, Sport and Health Sciences (L-22), University of Milan.	Department of Biomedical Sciences for Health, University of Milan, Milan, Italy	Support to the teachers in charge of the course Professors Emiliano Cè and Roberto Codella, during the exams, the practical and theoretical lessons, support for the explanation and development/supervision of the activities
From 05 th to 11 th September 2022	Organization of the Expo for Sport event , in Milan, promoted by University of Milan and DNA Sport Consulting	Department of Biomedical Sciences for Health, University of Milan, Milan, Italy	Organization of activities, supervision, and management of working groups, with the aim of promoting sports activities to children and adolescent aged between 6 and 14 years
From July 2022 to September 2023	Research support	Department of Biomedical Sciences for Health, University of Milan, Milan, Italy	Support to Professors in teaching and research. Support to the students in the study and thesis preparation

From January to September 2022	Support to the teaching activity in the <u>Sport and Fitness Technologies course</u> (Resp. Professor Emiliano Cè), course of bachelor's degree in Exercise, Sport and Health Sciences (L-22), University of Milan.	Department of Biomedical Sciences for Health, University of Milan, Milan, Italy	Support to the teacher in charge of the course Professor Emiliano Cè, during the exams, the practical and theoretical lessons, support for the explanation and development/supervision of the activities
From 16 th May to 16 th July 2022	External expert for research project , included in the Circadian Rhythm and Sleep Quality: Effects of Thermal Therapies project (SCIBIS 01/2022)	Department of Biomedical Sciences for Health, University of Milan, Milan, Italy and FoRST-Fondazione per la Ricerca Scientifica Termale	Participants recruitment; administration of questionnaires aimed at investigating the chronotype, the level of daily physical activity and sleep; support to the study participants in the phase of: positioning of the actigraphic equipment, useful for the objective detection of daily physical activity levels and sleep, and illustration of its correct use; data analysis
30 th June 2022	Winner of selection ID 1194/D: <u>tutoring activities</u> in the <u>Human Movement Didactics course</u> (resp. Professor Stefano Longo), bachelor's degree course in Exercise, Sport and Health Sciences (L-22), University of Milan.	Department of Biomedical Sciences for Health, University of Milan, Milan, Italy	Students' study support
20 th May 2022	Winner of selections ID 1168/H: <u>tutoring activities</u> in the <u>Sport Medicine course</u> (resp. Professor Eliana Roveda), bachelor's degree course in Exercise, Sport and Health Sciences (L-22), University of Milan.	Department of Biomedical Sciences for Health, University of Milan, Milan, Italy	Students' study and thesis preparation support
20 th May 2022	Winner of selections ID 1168/F: <u>tutoring activities</u> in the <u>Applied Human</u>	Department of Biomedical Sciences for Health, University of	Support to the teacher in exams preparation and correction

	<u>Anatomy and Morphology course</u> (resp. Professor Angela Montaruli), bachelor's degree course in Exercise, Sport and Health Sciences (L-22), University of Milan.	Milan, Milan, Italy	
From October 2021 to July 2023	Collaboration with the University of Milan in a research project that aimed to evaluate the effects of spa treatments on sleep quality (assessed through active monitoring).	Department of Biomedical Sciences for Health, University of Milan, Milan, Italy	Participants recruitment; administration of questionnaires aimed at investigating the chronotype, the level of daily physical activity and sleep; support to the study participants in the phase of: positioning of the actigraphic equipment, useful for the objective detection of daily physical activity levels and sleep, and illustration of its correct use; data analysis
28 th February 2022	Winner of selections ID 1107/B: <u>tutoring activities in Applied Human Anatomy and Morphology course</u> (resp. Professor Angela Montaruli), bachelor's degree course in Exercise, Sport and Health Sciences (L-22), University of Milan.	Department of Biomedical Sciences for Health, University of Milan, Milan, Italy	Students' study and thesis preparation support
28 th February 2022	Winner of selections ID 1107/N: <u>tutoring activities in the Physiopathology and Medical Techniques Applied to Preventive and Adapted Motor Activity course</u> (Resp. Professor Eliana Roveda), master's degree course in Physical Activity Science for Wellness (LM-67), University of Milan.	Department of Biomedical Sciences for Health, University of Milan, Milan, Italy	Support for the preparation of students' thesis and for the final oral presentation
19 th January 2022	Teaching activity in the <u>Physiopathology and Medical</u>	Department of Biomedical Sciences for Health,	Frontal lesson: characteristics of the metabolic syndrome, assessment of the state

	<u>Techniques Applied to Preventive and Adapted Motor Activity course</u> (Resp. Professor Eliana Roveda). Master's degree course in Physical Activity Science for Wellness (LM-67), University of Milan.	University of Milan, Milan, Italy	of health in people with metabolic syndrome and physical activity promotion strategies aimed at primary and secondary prevention of the metabolic syndrome. Choice and planning of the most suitable sporting activity for the subject based on the characteristics and severity of the syndrome
From October to May 2022	Research support	Department of Biomedical Sciences for Health, University of Milan, Milan, Italy	Support to Professors in teaching and research. Support to the students in the study and thesis preparation
From 01 st October 2018 to 01 st October 2021	Ph.D. student in Translational Medicine	Department of Biomedical Sciences for Health, University of Milan, Milan, Italy	Research topic: chronobiology approach to sport and physical activity adapted to pathologies and syndromes
06 th September 2021	Winner of selections ID 1040/O: <u>tutoring activities in the Physiopathology and Medical Techniques Applied to Preventive and Adapted Motor Activity course</u> (Resp. Professor Eliana Roveda), master's degree course in Physical Activity Science for Wellness (LM-67), University of Milan.	Department of Biomedical Sciences for Health, University of Milan, Milan, Italy	Support to the professor during student's oral exam. Student's study support
06 th September 2021	Winner of selections ID 1040/H: <u>tutoring activities in the Applied Human Anatomy and Morphology course</u> (resp. Professor Angela Montaruli), bachelor's degree course in Exercise, Sport and Health Sciences (L-22), University of Milan.	Department of Biomedical Sciences for Health, University of Milan, Milan, Italy	Support to the professor during student's written and oral exam.
From 30 th	Organization of	Department	Organization of

August to 05 th September 2021	the Expo for Sport event in Milan , promoted by University of Milan and DNA Sport Consulting	of Biomedical Sciences for Health, University of Milan, Milan, Italy	activities, supervision, and management of working groups, with the aim of promoting sports activities to children and adolescent aged between 6 and 14 years
30 th June 2021	Winner of selections ID 1009/L: <u>tutoring activities in the Sport Medicine course</u> (resp. Professor Eliana Roveda), bachelor's degree course in Exercise, Sport and Health Sciences (L-22), University of Milan.	Department of Biomedical Sciences for Health, University of Milan, Milan, Italy	Support to the professor during student's written and oral exam.
30 th June 2021	Winner of selections ID 1009/I: <u>tutoring activities in the Applied Human Anatomy and Morphology course</u> (resp. Professor Angela Montaruli), bachelor's degree course in Exercise, Sport and Health Sciences (L-22), University of Milan.	Department of Biomedical Sciences for Health, University of Milan, Milan, Italy	Teaching activities on the musculoskeletal system
27 th April 2021	Winner of selections ID 985/Q: <u>tutoring activities in the Physiopathology and Medical Techniques Applied to Preventive and Adapted Motor Activity course</u> (Resp. Professor Eliana Roveda), master's degree course in Physical Activity Science for Wellness (LM-67), University of Milan.	Department of Biomedical Sciences for Health, University of Milan, Milan, Italy	Support for the preparation of students' thesis and for the final oral presentation
27 th April 2021	Winner of selections ID 985/S: <u>tutoring activities in the Applied Human Anatomy and Morphology course</u> (resp. Professor Angela Montaruli),	Department of Biomedical Sciences for Health, University of Milan, Milan, Italy	Support for the preparation of students' thesis

	bachelor's degree course in Exercise, Sport and Health Sciences (L-22), University of Milan.		
26 th April 2021	Winner of selections ID 970/G: <u>tutoring activities</u> in the <u>Human Anatomy course</u> (resp. Professor Chiarella Sforza), bachelor's degree course in Medicine and Surgery - central pole (L-41), University of Milan.	Department of Biomedical Sciences for Health, University of Milan, Milan, Italy	Students' study support
13 rd April 2021	Winner of selections ID 948/C: <u>tutoring activities</u> in the <u>Applied Human Anatomy and Morphology course</u> (resp. Professor Angela Montaruli), bachelor's degree course in Exercise, Sport and Health Sciences (L-22), University of Milan.	Department of Biomedical Sciences for Health, University of Milan, Milan, Italy	Support for the preparation of students' thesis
31 st March 2021	Teaching activity in the <u>Applied Human Anatomy and Morphology course</u> (resp. Professor Angela Montaruli), bachelor's degree course in Exercise, Sport and Health Sciences (L-22), University of Milan.	Department of Biomedical Sciences for Health, University of Milan, Milan, Italy	Frontal lesson: joints and muscles of the upper limb
From February 2021 to today	Examination expert in the course of <u>Physiopathology and Medical Techniques Applied to Preventive and Adapted Motor Activity</u> (Resp. Professor Eliana Roveda), master's degree course in Physical Activity Science for Wellness (LM-67), University of Milan.	Department of Biomedical Sciences for Health, University of Milan, Milan, Italy	

From February 2021 to today	Examination expert in the <u>Physiopathology and Biological Bases of Rehabilitation for Sports Activities course</u> (Resp. Professor Eliana Roveda), master's degree course in Sciences, Technique and Teaching of Sport (LM-68), University of Milan	Department of Biomedical Sciences for Health, University of Milan, Milan, Italy	
From February 2021 to today	Examination expert in the <u>Applied Human Anatomy and Morphology course</u> (resp. Professor Angela Montaruli), bachelor's degree course in Exercise, Sport and Health Sciences (L-22), University of Milan.	Department of Biomedical Sciences for Health, University of Milan, Milan, Italy	
From February 2021 to today	Examination expert in the <u>Sports medicine and traumatology</u> (Resp. Professor Eliana Roveda), bachelor's degree course in Exercise, Sport and Health Sciences (L-22), University of Milan.	Department of Biomedical Sciences for Health, University of Milan, Milan, Italy	
20 th January 2021	Teaching activity in the <u>Physiopathology and Medical Techniques Applied to Preventive and Adapted Motor Activity course</u> (Resp. Professor Eliana Roveda). Master's degree course in Physical Activity Science for Wellness (LM-67), University of Milan.	Department of Biomedical Sciences for Health, University of Milan, Milan, Italy	Frontal lesson: characteristics of the metabolic syndrome, assessment of the state of health in people with metabolic syndrome and physical activity promotion strategies aimed at primary and secondary prevention of the metabolic syndrome. Choice and planning of the most suitable sporting activity for the subject based on the characteristics and severity of the syndrome
May 2020	Winner of selections ID 808/C: <u>tutoring activities</u> in the	Department of Biomedical Sciences for Health,	Support for the preparation of students' thesis

	<u>Applied Human Anatomy and Morphology course</u> (resp. Professor Angela Montaruli), bachelor's degree course in Exercise, Sport and Health Sciences (L-22), University of Milan.	University of Milan, Milan, Italy	
May 2020	Winner of selections ID 808/H: <u>tutoring activities in the Sport Medicine course</u> (resp. Professor Eliana Roveda), bachelor's degree course in Exercise, Sport and Health Sciences (L-22), University of Milan.	Department of Biomedical Sciences for Health, University of Milan, Milan, Italy	Support for the preparation of students' thesis
08 th January 2020	Teaching activity in the <u>Physiopathology and Medical Techniques Applied to Preventive and Adapted Motor Activity course</u> (Resp. Professor Eliana Roveda). Master's degree course in Physical Activity Science for Wellness (LM-67), University of Milan.	Department of Biomedical Sciences for Health, University of Milan, Milan, Italy	Frontal lesson: characteristics of the metabolic syndrome, assessment of the state of health in people with metabolic syndrome and physical activity promotion strategies aimed at primary and secondary prevention of the metabolic syndrome. Choice and planning of the most suitable sporting activity for the subject based on the characteristics and severity of the syndrome
September 2019	Winner of selections ID 665/O: <u>tutoring activities in the Applied Human Anatomy and Morphology course</u> (resp. Professor Angela Montaruli), bachelor's degree course in Exercise, Sport and Health Sciences (L-22), University of Milan.	Department of Biomedical Sciences for Health, University of Milan, Milan, Italy	Support to the professor in the preparation and correction of the written exams. Student's study support
July 2019	Winner of selections ID 639/G: <u>tutoring activities in the Applied Human Anatomy and</u>	Department of Biomedical Sciences for Health, University of Milan, Milan,	Support to the professor in the preparation and correction of the written exams. Student's study support

	<u>Morphology course</u> (resp. Professor Angela Montaruli), bachelor's degree course in Exercise, Sport and Health Sciences (L-22), University of Milan.	Italy	
From 02 nd to 05 th May 2019	Organization of the Expo for Sport event , in Milan, promoted by University of Milan and DNA Sport Consulting	Department of Biomedical Sciences for Health, University of Milan, Milan, Italy	Support for sports promotion activities for children and adolescent aged between 6 and 14 years
April 2019	Winner of selections ID 594/B: <u>tutoring activities</u> in the <u>Human Anatomy course</u> (resp. Professor Chiarella Sforza), bachelor's degree course in Medicine and Surgery - central pole (L-41), University of Milan.	Department of Biomedical Sciences for Health, University of Milan, Milan, Italy	Students' study support
March 2019	Winner of selections ID 544/G: <u>tutoring activities</u> in the <u>Applied Human Anatomy and Morphology course</u> (resp. Professor Angela Montaruli), bachelor's degree course in Exercise, Sport and Health Sciences (L-22), University of Milan.	Department of Biomedical Sciences for Health, University of Milan, Milan, Italy	Teaching activities on the musculoskeletal system
December 2018	Winner of selections ID 639/G: <u>tutoring activities</u> in the <u>Applied Human Anatomy and Morphology course</u> (resp. Professor Angela Montaruli), bachelor's degree course in Exercise, Sport and Health Sciences (L-22), University of Milan.	Department of Biomedical Sciences for Health, University of Milan, Milan, Italy	Support to the professor in the preparation and correction of the written exams.
From 04 th to 07 th September	Organization of the Expo for Sport event , in Milan,	Department of Biomedical Sciences for	Support for sports promotion activities for children and adolescent

2018	promoted by University of Milan and DNA Sport Consulting	Health, University of Milan, Milan, Italy	aged between 6 and 14 years
June 2018	Winner of selections ID 406/G: <u>tutoring activities</u> in the <u>Applied Human Anatomy and Morphology course</u> (resp. Professor Angela Montaruli), bachelor's degree course in Exercise, Sport and Health Sciences (L-22), University of Milan.	Department of Biomedical Sciences for Health, University of Milan, Milan, Italy	Teaching activities on the musculoskeletal system
From May to July 2018	Teaching activities	Department of Biomedical Sciences for Health, University of Milan, Milan, Italy	Teaching activities on the musculoskeletal system during practical exercises on the musculoskeletal system
From September 2017 to September 2018	Research support	Department of Biomedical Sciences for Health, University of Milan, Milan, Italy	Support to Professors in teaching and research. Support to the students in the study and thesis preparation
From July 2016 to September 2023	Scientific supervisor and sport coach in the non-profit amateur sports association "I SUPERSPORTIVI"		Use of physical activity and sport as integrative therapy in subjects with cognitive and/or physical disabilities in order to improve the motor skills and the autonomy, self-efficacy and self-efficiency
From September 2017 to September 2018	Research support	Department of Biomedical Sciences for Health, University of Milan, Milan, Italy	Support to Professors in teaching and research. Support to the students in the study and thesis preparation
From 16 th October 2017 to June 2018	Sports Science specialist in the project "A scuola di sport - Lombardia in gioco IV ^a edizione" promoted by CONI Milano, Milan, Italy		Physical education teacher of children and adolescent aged between 6 and 14 years
From 31 th October 2016 to	Internship at the Chronobiology Laboratory (Resp.	Department of Biomedical Sciences for	Acquisition of the main chronobiological analysis methods

30 th April 2017	Professors Eliana Roveda and Angela Montaruli)	Health, University of Milan, Milan, Italy	
From October 2015 to today	Personal Trainer		Design and administration of aerobic, anaerobic and combined aerobic-anaerobic training programs in order to improve the psycho-physical state of healthy people or with cardio-metabolic and tumor pathologies
From 17 th December 2012 to October 2018	Internship at the "Studio di Chinesiologia Agosta" (Dr. Fabio Agosta), Milan, Italy		Acquisition of assessment methods and corrective motor approach in subjects with functional motor alterations
From January 2014 to September 2016	Internship at the Sports Association "I SUPERSPORTIVI" Onlus, Milan, Italy		Acquisition of the strategies to use of physical activity and sport as integrative therapy in subjects with cognitive and/or physical disabilities in order to improve the motor skills and the autonomy, self-efficacy and self-efficiency
July 2015	Sports event organizer: elite powerlifting competition promoted by the "Associazione Sportiva Power Gym Club", Bisacchino (PA), Italy		Organization of the activities, supervision and direction of the team in charge of weighing the athletes, and elaboration of the competition results.
July 2014	Sports event organizer: elite powerlifting competition promoted by the "Associazione Sportiva Power Gym Club", Bisacchino (PA), Italy		Organization of the activities, supervision and direction of the team in charge of weighing the athletes, and elaboration of the competition results.
From January 2014 to September 2023	Personal trainer consultant at the "Power Gym Club", Bisacchino (PA), Italy		fitness and powerlifting trainer and organizer of powerlifting sporting events.

**Experience
academic
teaching**

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- **Teaching activity** in the academic year 2023/2024 (ongoing), in the Motor and Sport Science Didactics Laboratory - insights (Lab.) course for the Initial Training of Secondary School Teachers in Italian Language (Percorso abbreviato 30 CFU articolo 2-ter, comma 4-bis e del d.lgs. 59/2017 (allegato 2 del DPCM del 04/08/2023). Faculty of Education, Free University of Bozen-Bolzano.
 - **Teaching activity** in the academic year 2023/2024, in the Pedagogy and Didactics of Movement with an Emphasis on the Age Range (0)-2-7 course. Master degree course in Faculty of Education (LM-85 bis), Free University of Bozen-Bolzano.
 - **Teaching activity** during practical exercises on the musculoskeletal system on from 28th March 2023 to 18th May 2023, in the Applied Human Anatomy and Morphology course (resp. Professor Angela Montaruli). Bachelor's degree course in Exercise, Sport and Health Sciences (L-22).
 - **Frontal lesson with moments of practical exercises** on 22th March 2023. Teaching activity in the Sport and Fitness Technologies course (resp. Professors Emiliano Cè and Roberto Codella). Bachelor's degree in motor science, sport and health (L-22). Department of Biomedical Sciences for Health, University of Milan, Milan, Italy.
 - **Frontal lesson with moments of practical exercises** on 26th October 2022. Teaching activity in the Sport and Fitness Technologies course (resp. Professors Emiliano Cè and Roberto Codella). Bachelor's degree in motor science, sport and health (L-22). Department of Biomedical Sciences for Health, University of Milan, Milan, Italy.
 - **Frontal lesson** on 19th January 2022. Teaching activity in the Physiopathology and Medical Techniques Applied to Preventive and Adapted Motor Activity course (Resp. Professor Eliana Roveda). Master's degree course in Physical Activity Science for Wellness (LM-67), University of Milan, Milan, Italy.
 - **Teaching activity of the musculoskeletal system**, on 30th June 2021, in the Applied Human Anatomy and Morphology course (resp. Professor Angela Montaruli). Bachelor's degree course in Exercise, Sport and Health Sciences (L-22).
 - **Frontal lesson of joints and muscles of the upper limb**, on 31st March 2021, in the Applied Human Anatomy and Morphology course (resp. Professor Angela Montaruli). Bachelor's degree course in Exercise, Sport and Health Sciences (L-22).
 - **Frontal lesson** on 20th January 2021. Teaching activity in the Physiopathology and Medical Techniques Applied to Preventive and Adapted Motor Activity course (Resp. Professor Eliana Roveda). Master's degree course in Physical Activity Science for Wellness (LM-67), University of Milan, Milan, Italy.
 - **Frontal lesson** on 08th January 2020. Teaching activity in the Physiopathology and Medical Techniques Applied to Preventive and Adapted Motor Activity course (Resp. Professor Eliana Roveda). Master's degree course in Physical Activity Science for Wellness (LM-67), University of Milan, Milan, Italy.
 - **Teaching activity of the musculoskeletal system**, in March 2019, in the Applied Human Anatomy and Morphology course (resp. Professor Angela Montaruli). Bachelor's degree course in Exercise, Sport and Health Sciences (L-22).
 - **Teaching activity of the musculoskeletal system**, in June 2018, in the Applied Human Anatomy and Morphology course (resp. Professor Angela Montaruli). Bachelor's degree course in Exercise, Sport and Health Sciences (L-22).
 - **Teaching activity of the musculoskeletal system**, from May to July 2018, in the Applied Human Anatomy and Morphology course (resp. Professor Angela Montaruli). Bachelor's degree course in Exercise, Sport and Health Sciences (L-22).

- **Teaching activity of the musculoskeletal system in the academic years from 2016 to 2017**, as part of the Applied Human Anatomy and Morphology course (resp. Professor Angela Montaruli), bachelor's degree course in Exercise, Sport and Health Sciences (L-22), Sport Sciences Faculty, University of Milan, Milan, Italy.
- **Professors' support in written exams, related correction and oral exams in the academic years from 2016/2017 to 2023/2024**, as part of the teaching of the following courses: Applied Human Anatomy and Morphology course (resp. Professor Angela Montaruli), Sport and Fitness Technologies course (resp. Professor Emiliano Cè and Professor Roberto Codella), Sport Medicine course (resp. Professor Eliana Roveda) of the bachelor's degree course in Exercise, Sport and Health Sciences (L-22), and in the following master's degree courses (LM-67 and LM-68): Physiopathology and Medical Techniques Applied to Preventive and Adapted Motor Activity course (Resp. Professor Eliana Roveda) and in the course of Physiopathology and Biological Bases of Rehabilitation for Sports Activities (Resp. Professor Eliana Roveda), Sport Sciences Faculty, University of Milan, Milan, Italy.

Other academic responsibilities

- **Organization of the Expo for Sport event**, in Milan, promoted by University of Milan and DNA Sport Consulting in the years 2018, 2019, 2021, 2022 and 2023.
- **From 2018 to date, theses supervisor or co-supervisor**: 1 for the master's degree course in Primary Education (LM-85 bis), Faculty of Education, Free University of Bozen-Bolzano. 20 for the master's degree course in Physical Activity Science for Wellness (LM-67) and for the master's degree course in Sciences, Technique and Teaching of Sport (LM-68) and 10 for the bachelor's degree course in Motor Sciences, Sports and Health (L-22), school of Sports Sciences, University of Milan.

Memberships

- **Reviewer of international research journals**:
 - Scientific Reports;
 - PLOS ONE;
 - Frontiers in Physiology;
 - Frontiers in Medicine;
 - Biological Rhythm Research;
 - Chronobiology International;
 - Peer J;
 - MDPI in Nutrients;
 - Sport Sciences for Health.
- **Publication of Entry on Scholarly Community Encyclopedia**: "Polyamines and Physical Activity in Musculoskeletal Diseases"
- **Member of the Editorial Board as Review Editor** of the international scientific journal Frontiers in Physiology.
- **Ordinary member of SISMES** (Società Italiana delle Scienze Motorie e Sportive) from 2021 to today.
- **Member of the European College of Sport Sciences (ECSS)** from 2021 to today.
- **From 2017 to 2023, scientific supervisor and personal trainer** in the non-profit amateur sports association "I SUPERSPORTIVI".
- **From 2015 to date, personal trainer**.
- **31/08/2016, admission test supervisor** to the bachelor's degree course in Motor Sciences, Sport and Health (L-22), Academic Year 2017/2018.

Research and scholarships • *International collaboration*

- Professor Efstathios Christodoulides and Dr. Nicos Kasenides
(University of central Lancashire Cyprus).
From January 2024 to today.
Project title: ePhyLi - Promoting Physical Literacy and healthy lifestyles through digital materials for university students.
The project involves the carrying out of the following activities: design, development, and testing of an e-book, a serious digital game (mobile app), and an e-platform with interactive learning material, that can be used by Higher Education Institutions as part of the future PE teachers' preparation.
- Dr. George Kalmpourtzis and Dr. Anna Podara
(Infinitivity Design Labs - IDL).
From January 2024 to today.
Project title: ePhyLi - Promoting Physical Literacy and healthy lifestyles through digital materials for university students.
The project involves the carrying out of the following activities: design, development, and testing of an e-book, a serious digital game (mobile app), and an e-platform with interactive learning material, that can be used by Higher Education Institutions as part of the future PE teachers' preparation.
- Dr. Olia Tsivitanidou, Dr. Eleni Fragkiadaki, Dr. Evi Stavrou, Dr. Anna Rouvi
(GrantXpert Consulting - GX).
From January 2024 to today.
Project title: ePhyLi - Promoting Physical Literacy and healthy lifestyles through digital materials for university students.
The project involves the carrying out of the following activities: design, development, and testing of an e-book, a serious digital game (mobile app), and an e-platform with interactive learning material, that can be used by Higher Education Institutions as part of the future PE teachers' preparation.
- Doc. Mgr. Jana Vasícková
(Faculty of Physical Culture, Palacký University Olomouc).
From January 2024 to today.
Project title: ePhyLi - Promoting Physical Literacy and healthy lifestyles through digital materials for university students.
The project involves the carrying out of the following activities: design, development, and testing of an e-book, a serious digital game (mobile app), and an e-platform with interactive learning material, that can be used by Higher Education Institutions as part of the future PE teachers' preparation.
- Dr. Nigel Green
(International Physical Literacy Association - IPLA).
From January 2024 to today.
Project title: ePhyLi - Promoting Physical Literacy and healthy lifestyles through digital materials for university students.
The project involves the carrying out of the following activities: design, development, and testing of an e-book, a serious digital game (mobile app), and an e-platform with interactive learning material, that can be used by Higher Education Institutions as part of the future PE teachers' preparation.
- Dr. Xheni Dimraj
(European Physical Education Association - EUPEA).
From January 2024 to today.
Project title: ePhyLi - Promoting Physical Literacy and healthy lifestyles through digital materials for university students.
The project involves the carrying out of the following activities: design, development, and testing of an e-book, a serious digital

game (mobile app), and an e-platform with interactive learning material, that can be used by Higher Education Institutions as part of the future PE teachers' preparation.

- Professor Manolis Adamakis

(National and Kapodistrian University of Athens).

From January 2024 to today.

Project title: ePhyLi - Promoting Physical Literacy and healthy lifestyles through digital materials for university students.

The project involves the carrying out of the following activities: design, development, and testing of an e-book, a serious digital game (mobile app), and an e-platform with interactive learning material, that can be used by Higher Education Institutions as part of the future PE teachers' preparation.

- Professor Pasquale Innominato (UPR "Chronotherapy, Cancer and Transplantation", Medical School, Paris-Saclay University, Villejuif, France; North Wales Cancer Centre, Ysbyty Gwynedd, Betsi Cadwaladr University Health Board, Bangor LL57 2PW, UK; Cancer Chronotherapy Team, Cancer Research Centre, Division of Biomedical Sciences, Warwick Medical School, Coventry CV4 7AL, UK).

From March 2022 to September 2023.

Project objectives: (1) validation of a tool for the objective evaluation of daily activity levels and sleep, called OURA ring; (2) investigation of the relationship between daily activity levels, sleep, period of exposure to sunlight/artificial light and chronotype.

The project involves carrying out the following activities: data collection, database creation, data analysis for objectives 1 and 2 of the project, presentation and possible publication of the data.

- Professor Konrad Jankowski (Department of Psychology, University of Warsaw).

From March 2021 to today.

Project aims to evaluate the influence of seasonal and lunar cycles on physical performance.

The project involves the carrying out of the following activities: data collection, database creation, data analysis, presentation, and possible publication of data.

- ***National collaboration projects***

- Professor Attilio Carraro, Dr. Roberto Roklicer, Dr. Camilla Costagliola, Dr. Giampaolo Santi, Dr. Marta Duina (Faculty of Education, Free University of Bozen-Bolzano).

From December 2023 to today.

Project aims to investigate (1) the relationship between physical activity levels, sedentary behaviours and sleep linked to well-being (2) the effect of active break intervention at school on physical activity levels, sedentary behaviours and attention.

The collaboration involves the carrying out of the following activities: participants recruitment; administration of questionnaires aimed at investigating the physical activity levels, sleep, determinants of physical activity participation, and emotions related to the practice of physical activity; support to the study participants in the phase of positioning of the ActiGraph equipment, useful for the objective detection of physical activity levels, sedentary behaviours, and sleep; data analysis; data dissemination.

- Professor Antonino Bianco, Dr. Antonino Patti, Dr. Valerio Giustino, Dr. Flavia Figlioli (Sport and Exercise Sciences Research Unit, Department of Psychology, Educational Science and Human Movement, University of Palermo, Palermo, Italy).

From October 2022 to today.

Project aims to investigate the relationship between sleep and athletic performance, according to the sport season periods (in-/off-

season).

The project involves the carrying out of the following activities:

administration of questionnaires aimed to investigate participants' chronotype, and sleep behavior; administration of tests in order to evaluate athletes' performance; data analysis; presentation and possible publication of data.

- Professor Fabio Esposito, Professor Emiliano Cè, Professor Eliana Roveda, Professor Angela Montaruli, Dr. Andrea Ciorciari, Dr. Letizia Galasso, Dr. Lucia Castelli (Department of Biomedical Sciences for Health, University of Milan, Milan, Italy).

From Settembre 2017 to today.

Project aims to evaluate (1) the relationship between circadian rhythms, physical activity, sleep and nutritional behaviors linked to well-being, and in the primary and secondary prevention of numerous syndromes and pathologies; (2) the relationship between circadian rhythms, chronotype, sleep behavior and sport performances.

The project involves the carrying out of the following activities:

participants recruitment; administration of questionnaires aimed at investigating the chronotype, the level of daily physical activity and sleep; support to the study participants in the phase of positioning of the actigraphic equipment, useful for the objective detection of daily physical activity levels and sleep, and illustration of its correct use; data analysis; presentation and possible publication of data; administration of questionnaires aimed to investigate participants' chronotype, and sleep behavior; administration of tests in order to evaluate athletes' performance; data analysis; presentation and possible publication of data.

- Professor Alessandra Stacchiotti and Dr. Annalisa Cappella (Department of Biomedical Sciences for Health, University of Milan, Milan, Italy).

From October 2021 to today

Project aims to evaluate the relationship between polyamines and physical activity in autophagic processes.

The project involves the carrying out of the following activities:
Writing reviews

- FoRST- Fondazione per la Ricerca Scientifica Termale, Italy.

From October 2021 to September 2023.

Project title: Circadian Rhythm and Sleep Quality: Effects of Thermal Therapies.

The project involves the carrying out of the following activities:

participants recruitment; administration of questionnaires aimed at investigating the chronotype, the level of daily physical activity and sleep; support to the study participants in the phase of positioning of the actigraphic equipment, useful for the objective detection of daily physical activity levels and sleep, and illustration of its correct use; data analysis; presentation and possible publication of data.

- IRCCS Istituto Auxologico, Milan Italy.

From 2018 to 2023.

Project aims to evaluate physical activity, circadian rhythms, sleep, and nutritional behaviors in obese people.

The project involves the carrying out of the following activities:

participants recruitment; administration of questionnaires aimed at investigating the level of daily physical activity, and sleep and nutritional behaviors; support to the study participants in the phase of positioning of the actigraphic equipment, useful for the objective detection of daily physical activity levels and sleep, and illustration of its correct use; data analysis; presentation and possible publication of data.

- IRCCS Istituto Ortopedico Galeazzi, Milan, Italy.
From 2018 to 2022
Project title: Effects of shift work on health: assessment of sleep quality, motor control and cardiovascular risk.
The project involves the carrying out of the following activities: participants recruitment; use of the actigraphic method to investigate the sleep and the daily activity levels in shift nurses; administration of questionnaires aimed at investigating the chronotype, the level of physical activity and mood and cardiovascular risk; processing of actigraphic data to obtain the parameters of the rest-activity circadian rhythm and sleep parameters; data analysis; presentation and possible publication of data.
- Fondazione IRCCS Istituto Nazionale dei Tumori, Milan, Italy.
From 2015 to today
Project title: Sleep quality and daily activity levels evaluation in subjects with Metabolic Syndrome (part of trial project titled: Me.Me.Me. project - Metabolic syndrome, Mediterranean diet and Metformin).
The project involves the carrying out of the following activities: use of anthropometric and impedance analysis methods for the assessment of body composition; use of the actigraphic monitoring method for the assessment of sleep quality and daily activity levels; data processing and analysis; presentation and possible publication of data.

Date granted	Award Holder(s)	Funding Body	Title	Personal amount received
05/16/2022 - 07/16/2022	Department of Biomedical Sciences for health, University of Milan (cofounding research by University of Milan and FoRST-Fondazione per la Ricerca Scientifica Termale)	15000,00 EUR	Circadian Rhythm and sleep quality: effect of thermal therapies	2110,00 EUR

- Bibliometric indexes: (26/10/2023):
 - H-index: 10
 - Publications: 23
 - Citations: 365

Publications

- Journal articles in refereed academic journals
 - **Social jetlag affects jump skills in sub-elite volleyball players.**
 Ciorciari A, Castelli L, Galasso L, Mulè A, Esposito F, Roveda E, Montaruli A.
 Front Sports Act Living (2024)
 Doi: 10.3389/fspor.2024.1443804.

- **Sleep behavior and daily activity levels in people with metabolic syndrome: effect of 1 year of metformin treatment**
Bruno E. & Mulè A., Galasso L., Castelli L., Baldassari I., Oliviero A., Venturelli E., Berrino F., Montaruli A., Roveda E., Pasanisi P.
Frontiers in Nutrition (2023)
DOI: 10.3389/fnut.2023.1240762
- **Physical activity and morningness: A helpful combination in improving the sleep quality of active Italian university students**
Castelli L., Galasso L., Mulè A., Ciorciari A., Esposito F., Roveda E., Montaruli A.
Chronobiology International (2023)
DOI: 10.1080/07420528.2023.2241906
- **Sleep and chronotype influence aerobic performance in young soccer players**
Ciorciari A. & Mulè A., Castelli L., Galasso L., Esposito F., Roveda E., Montaruli A.
Frontiers Physiology (2023)
DOI: 10.3389/fphys.2023.1190956.
- **Polyamines and Physical Activity in Musculoskeletal Diseases: A Potential Therapeutic Challenge**
Galasso L., Cappella A., Mulè A., Castelli L., Ciorciari A., Stacchiotti A., Montaruli A.
International Journal of Molecular Sciences (2023)
DOI: 10.3390/ijms24129798.
- **Theoretical construct into blocks of actigraphic-derived sleep parameters**
Galasso L., Calogiuri G., Castelli L., Mulè A., Esposito F., Caumo A., Montaruli A., Roveda E.
Chronobiol International (2022)
DOI: 10.1080/07420528.2022.2157737.
- **Physical activity and sleep behaviour in women carrying BRCA1/2 mutations**
Galasso L., Castelli L., Roveda E., Oliverio A., Baldassari I., Esposito F., Mulè A., Montaruli A., Patrizia P., Bruno E.
Scientific reports (2022)
DOI: 10.1038/s41598-022-16687-1
- **Lifestyle of Italian University Students Attending Different Degree Courses: A Survey on Physical Activity, Sleep and Eating Behaviors during the COVID-19 Pandemic**
Mulè A. & Galasso L., Castelli L., Ciorciari A., Michielon G., Esposito F., Roveda E., Montaruli A.
Sustainability (2022)
DOI: 10.3390/su142215340
- **Sleep and spa therapies: what is the role of balneotherapy associated with exercise? a systematic review**
Castelli L., Galasso L., Mulè A., Ciorciari A., Fornasini F., Montaruli A., Roveda E., Esposito F.
Frontiers in Physiology - Exercise Physiology (2022)
DOI: <https://doi.org/10.3389/fphys.2022.964232>
- **Effect of chronotype on academic achievement in a sample of Italian University students: An update on sex effect**
Castelli L., Galasso L., Mulè A., Caumo A., Roveda E., Montaruli A.
Chronobiology International (2022)
DOI: 10.1080/07420528.2021.2024564
- **Effects of shift work in a sample of Italian nurses: Analysis of rest-activity circadian rhythm**
Galasso L., Mulè A., Castelli L., Cè E., Condemi V., Banfi G., Roveda E., Montaruli A., Esposito F.
International Journal of Environmental Research and Public Health (2021)

- DOI: <https://doi.org/10.3390/ijerph18168378>
- **Biological Rhythm and Chronotype: New Perspectives in Health**
Montaruli A., Castelli L., Mulè A., Scurati R., Esposito F., Galasso L., Roveda E.
Biomolecules (2021)
DOI: <https://doi.org/10.3390/biom11040487>
 - **Differences in daytime activity levels and daytime sleep between night and day duty in Italian orthopaedic nurses: an observational study**
Roveda E., Castelli L., Galasso L., Mulè A., Cè E., Condemi V., Banfi G., Montaruli A., Esposito F.
Frontiers in Physiology - Chronobiology (2021)
DOI: <https://doi.org/10.3389/fphys.2021.628231>
 - **Sex Differences in Rest-Activity Circadian Rhythm in Patients With Metabolic Syndrome**
Mulè A., Bruno E., Pasanisi P., Galasso L., Castelli L., Caumo A., Esposito F., Roveda E., Montaruli A.
Frontiers in Physiology - Chronobiology (2021)
DOI: <https://doi.org/10.3389/fphys.2021.641461>
 - **Binge Eating Disorder: What Is the Role of Physical Activity Associated with Dietary and Psychological Treatment?**
Galasso L., Montaruli A., Jankowski K. S., Bruno E., Castelli L., Mulè A., Chiorazzo M., Ricceri A., Erzegovesi S., Caumo A., Roveda E., Esposito F.
Nutrients (2020)
DOI: [10.3390/nu12123622](https://doi.org/10.3390/nu12123622)
 - **Reduced Neuromuscular Performance in Night Shift Orthopedic Nurses: New Insights From a Combined Electromyographic and Force Signals Approach**
Cè E., Doria C., Roveda E., Montaruli A., Galasso L., Castelli L., Mulè A., Longo S., Coratella G., D'Aloia P.
Frontiers in Physiology - Exercise Physiology (2020)
DOI: [10.3389/fphys.2020.00693](https://doi.org/10.3389/fphys.2020.00693)
 - **Rest activity rhythm in breast cancer survivors: an update based on non-parametric indices**
Galasso L., Montaruli A., Mulè A., Castelli L., Bruno E., Pasanisi P., Caumo A., Esposito F., Roveda E.
Chronobiology International (2020)
DOI: <https://doi.org/10.1080/07420528.2020.1756839>
 - **Effect of chronotype on motor skills specific to soccer in adolescent players**
Roveda E., Mulè A., Galasso L., Castelli L., Scurati R., Michielon G., Esposito F., Caumo A., Montaruli A.
Chronobiology International (2020)
DOI: [10.1080/07420528.2020.1729787](https://doi.org/10.1080/07420528.2020.1729787)
 - **Effect of chronotype on rating of perceived exertion in active young people**
Mulè A., Galasso L., Castelli L., Condemi V., Bisconti A. V., Esposito F., Roveda E., Montaruli A.
Sport Sciences for Health (2020)
DOI: <https://doi.org/10.1007/s11332-019-00610-9>
 - **Effect of chronotype on academic achievement in a population of university italian students**
Montaruli A., Castelli L., Galasso L., Mulè A., Bruno E., Esposito F., Caumo A., Roveda E.
Chronobiology International (2019)
DOI: [10.1080/07420528.2019.1652831](https://doi.org/10.1080/07420528.2019.1652831)

- **Physical activity, chronotype and sleep in a sample of italian elderly**
Castelli L., Galasso L., Mulè A., Bruno E., Shokohyar S., Esposito F., Montaruli A., Roveda E.
Sport Sciences for Health (2020)
DOI: <https://doi.org/10.1007/s11332-019-00573-x>
- **The multidisciplinary therapy in binge eating disorder is able to influence the interdaily stability and sleep quality?**
Galasso L., Montaruli A., Mulè A., Castelli L., Bruno E., Caumo A., Esposito F., Roveda E.
Chronobiology International (2019)
DOI: 10.1080/07420528.2019.1650059
- **Rest-activity circadian rhythm in breast cancer survivors at 5 years from diagnosis**
Roveda E., Bruno E., Galasso L., Mulè A., Castelli L., Villarini A., Caumo A., Esposito F., Montaruli A. and Pasanisi P.
Chronobiology International (2019)
DOI: <https://doi.org/10.1080/07420528.2019.1621330>

Further data

- Conference papers
 - **SIAI, Società Italiana di Anatomia ed Istologia, 76° Congresso Nazionale, Modena, Italy, from 11st to 13rd September 2023**
Relationship between BMI, physical activity and daytime activity levels during a week of a spa stay
Castelli L., Galasso L., Mulè A., Ciorciari A., Fornasini F., Roveda E., Esposito F., Montaruli A.
(Poster presentation)
 - **SIF, Società Italiana di Fisiologia, 73° Congresso Nazionale, Pisa, Italy, from 6 to 8 September 2023.**
Vestibular component of balance is affected by acute sleep impairment
Ciorciari A., Mulè A., Galasso L., Castelli L., Roveda E., Esposito F., Montaruli A.
(Oral presentation)
 - **28th Annual Congress of the European College of Sport Science, Paris, France, from 4th to 7th July 2023.**
Physical performance of american football players: the role of chronotype.
Mulè A., Ciorciari A., Galasso L., Castelli L., Esposito F., Montaruli A., Roveda E.
(Poster presentation)
 - **28th Annual Congress of the European College of Sport Science, Paris, France, from 4th to 7th July 2023.**
Is aerobic performance affected by sleep and chronotype in young soccer players?
Ciorciari A., Mulè A., Castelli L., Galasso L., Esposito F., Roveda E., Montaruli A.
(Oral presentation)
 - **28th Annual Congress of the European College of Sport Science, Paris, France, from 4th to 7th July 2023.**
Rest-Activity Circadian Rhythm and daytime activity during a week of spa stay.
Galasso L., Castelli L., Mulè A., Ciorciari A., Fornasini F., Roveda E., Montaruli A., Esposito F.
(Poster presentation)
 - **28th Annual Congress of the European College of Sport Science, Paris, France, from 4th to 7th July 2023.**
Physical activity, daytime activity and sleep during a spa stay.
Castelli L., Galasso L., Ciorciari A., Mulè A., Fornasini F., Montaruli A., Roveda E., Esposito F.

- (Poster presentation)

 - **SISMES, XIII Congresso Nazionale, Ricerca e Formazione Applicate alle Scienze Motorie e Sportive, University of Milan, Milan, Italy, from 04th to 06th November 2022**
Chronotype affects the physical performance of American football players
Mulè A., Ciorciari A., Galasso L., Castelli L., Esposito F., Montaruli A., Roveda E.
- (Oral presentation)

 - **SISMES, XIII Congresso Nazionale, Ricerca e Formazione Applicate alle Scienze Motorie e Sportive, University of Milan, Milan, Italy, from 04th to 06th November 2022**
Physical activity and sleep behaviour in women carriers of brca 1/2 mutations
Galasso L., Castelli L., Mulè A., Bruno E., Pasanisi P., Ciorciari A., Esposito F., Montaruli A., Roveda E.
- (Oral presentation)

 - **SISMES, XIII Congresso Nazionale, Ricerca e Formazione Applicate alle Scienze Motorie e Sportive, University of Milan, Milan, Italy, from 04th to 06th November 2022**
Influence of thermal spa therapies on physical activity and sleep
Castelli L., Galasso L., Mulè A., Ciorciari A., Fornasini F., Esposito F., Roveda E., Montaruli A.
- (Oral presentation)

 - **SISMES, XIII Congresso Nazionale, Ricerca e Formazione Applicate alle Scienze Motorie e Sportive, University of Milan, Milan, Italy, from 04th to 06th November 2022**
The influence of sleep quality on jumping performance and postural control in young tennis players
Figlioli F., Mulè A., Patti A., Rutkowska I., Esposito F., Montaruli A., Giustino V., Bianco A.
- (Poster presentation)

 - **SISMES, XIII Congresso Nazionale, Ricerca e Formazione Applicate alle Scienze Motorie e Sportive, University of Milan, Milan, Italy, from 04th to 06th November 2022**
Air pollutants and physical performance: the impact of pm_{2.5} and pm₁₀ on Vo₂max
Mulè A., Ciorciari A., Condemi V., Galasso L., Castelli L., Esposito F., Roveda E., Montaruli A.
- (Poster presentation)

 - **SISMES, XIII Congresso Nazionale, Ricerca e Formazione Applicate alle Scienze Motorie e Sportive, University of Milan, Milan, Italy, from 04th to 06th November 2022**
The role of physical activity, sleep and diet in overweight and obese adult population
Galasso L., Castelli L., Mulè A., Ciorciari A., De Amicis R., Bertoli S., Battezzati A., Esposito F., Roveda E., Montaruli A.
- (Poster presentation)

 - **SISMES, XIII Congresso Nazionale, Ricerca e Formazione Applicate alle Scienze Motorie e Sportive, University of Milan, Milan, Italy, from 04th to 06th November 2022**
Vo₂max, sleep behaviour, and self-perceived fatigue influences in a sample of German active young subjects
Castelli L., Galasso L., Mulè A., Ciorciari A., Esposito F., Zimmer P., Montaruli A., Roveda E.

- **SISMES, XIII Congresso Nazionale, Ricerca e Formazione Applicate alle Scienze Motorie e Sportive, University of Milan, Milan, Italy, from 04th to 06th November 2022**
Body composition affects vestibular and proprioceptive balance components in young adults: a cross-sectional study
Ciorciari A., Mulè A., Galasso L., Castelli L., Roveda E., Montaruli A.
(Poster presentation)
- **SISMES, XIII Congresso Nazionale, Ricerca e Formazione Applicate alle Scienze Motorie e Sportive, University of Milan, Milan, Italy, from 04th to 06th November 2022**
Is physical performance affected by the sleep duration of the previous night? A cross-sectional study
Ciorciari A., Mulè A., Galasso L., Castelli L., Esposito F., Roveda E., Montaruli A.
(Poster presentation)
- **27th Annual Congress of European College of Sport Sciences, Sevilla, Spain, from 30th August to 02nd September 2022**
Lifestyle habits in overweight and obese adult population: the role of physical activity, sleep and diet
Galasso L., Castelli L., De Amicis R., Mulè A., Bertoli S., Battezzati A., Esposito F., Roveda E., Montaruli A.
(Poster presentation)
- **SISMES, XII Congresso Nazionale, Ricerca e Formazione Applicate alle Scienze Motorie e Sportive, University of Padova, Padova, Italy, from 08th to 10th October 2021**
Adherence to healthy lifestyle in sport sciences university students during covid-19 pandemic
Mulè A., Galasso L., Castelli L., Esposito F., Montaruli A., Roveda E.
(Oral presentation)
- **SISMES, XII Congresso Nazionale, Ricerca e Formazione Applicate alle Scienze Motorie e Sportive, University of Padova, Padova, Italy, from 08th to 10th October 2021**
Physical activity and sleep habits in BRCA 1/2 women
Galasso L., Castelli L., Mulè A., Bruno E., Pasanisi P., Esposito F., Montaruli A., Roveda E.
(Poster presentation)
- **SISMES, XII Congresso Nazionale, Ricerca e Formazione Applicate alle Scienze Motorie e Sportive, University of Padova, Padova, Italy, from 08th to 10th October 2021**
Mediating effect of physical activity on sleep and fatigue in haematological cancer patients
Castelli L., Mulè A., Galasso L., Esposito F., Montaruli A., Roveda E., Zimmer P.
(Oral presentation)
- **SIAI, Società Italiana di Anatomia ed Istologia, 74° Congresso Nazionale, University of Bologna, Bologna, Italy, from 24th to 25th September 2021**
Can habitual physical activity improve anthropometric and metabolic parameters in BRCA 1/2 women?
Galasso L., Castelli L., Mulè A., Bruno E., Pasanisi P., Roveda E., Montaruli A.
(Poster presentation)
- **SIAI, Società Italiana di Anatomia ed Istologia, 74° Congresso Nazionale, University of Bologna, Bologna, Italy, from 24th to 25th September 2021**
Covid-19 pandemic: lifestyle differences in university students attending the course of Anatomy at the University of Milan
Mulè A., Galasso L., Castelli L., Roveda E., Montaruli A.
(Poster presentation)

- **SIAI, Società Italiana di Anatomia ed Istologia, 74° Congresso Nazionale, University of Bologna, Bologna, Italy, from 24th to 25th September 2021**
 Combined effects of physical activity and sleep on fatigue in haematological cancer patients
 Castelli L., Mulè A., Galasso L., Roveda E., Montaruli A.
 (Poster presentation)
- **26th Annual Congress of European College of Sport Sciences, virtual congress, from 8th to 10th September 2021**
 Sleep influences VO₂MAX, fatigue and mood in active young subjects
 Castelli L., Galasso L., Mulè A., Zimmer P.
 (Oral presentation)
- **26th Annual Congress of European College of Sport Sciences, virtual congress, from 8th to 10th September 2021**
 Lifestyle of Italian sport sciences students during SARS-COV-2 pandemic
Mulè A., Galasso L., Castelli L., Roveda E., Montaruli A.
 (Oral presentation)
- **26th Annual Congress of European College of Sport Sciences, virtual congress, from 8th to 10th September 2021**
 Physical activity levels in women with BRCA 1/2 mutations
 Galasso L., Castelli L., Bruno E., Pasanisi P., Mulè A., Roveda E., Montaruli A.
 (Oral presentation)
- **25th Annual Congress of European College of Sport Sciences, Seville, Spain, from 28th to 30th October 2020**
 Physical activity, chronotype and sleep in metabolic syndrome: preliminary data
 Galasso L., Castelli L., Mulè A., Bruno E., Pasanisi P., Roveda E., Montaruli A.
 (Oral presentation)
- **25th Annual Congress of European College of Sport Sciences, Seville, Spain, from 28th to 30th October 2020**
 Breast Cancer BRCA 1/2 mutations: Baseline evaluations of physical activity, sleep quality, and chronotype
 Castelli L., Galasso L., Mulè A., Bruno E., Pasanisi P., Montaruli A., Roveda E.
 (Oral presentation)
- **SISMES, XI Congresso Nazionale, Ricerca e Formazione Applicate alle Scienze Motorie e Sportive, University of Bologna, Bologna, Italy, from 27th to 29th November 2019**
 Rating of perceived exertion in active young people: effect of chronotype
Mulè A., Galasso L., Castelli L., Borrelli M., Montaruli A., Esposito F., Roveda E.
 (Oral presentation)
- **SISMES, XI Congresso Nazionale, Ricerca e Formazione Applicate alle Scienze Motorie e Sportive, University of Bologna, Bologna, Italy, from 27th to 29th November 2019**
 Influences of physical level and chronotype on sleep during aging
 Castelli L., Mulè A., Galasso L., Bruno E., Shokohyar S., Montaruli A., Esposito F., Roveda E.
 (Oral presentation)
- **SISMES, XI Congresso Nazionale, Ricerca e Formazione Applicate alle Scienze Motorie e Sportive, University of Bologna, Bologna, Italy, from 27th to 29th November 2019**
 Cardiorespiratory and metabolic responses to different sinusoidal workloads
 Shokohyar S., Borrelli M., Cè E., Doria C., Coratella G., Longo S.,

Mulè A., Limonta E., Rampichini S., Esposito F.
(Oral presentation)

- **SISMES, XI Congresso Nazionale, Ricerca e Formazione Applicate alle Scienze Motorie e Sportive, University of Bologna, Bologna, Italy, from 27th to 29th November 2019**
Can chronotype affect the rest-activity circadian rhythm in shift workers?
Galasso L., Castelli L., Mulè A., Cè E., Montaruli A., Esposito F., Roveda E.
(Oral presentation)
- **SIAI, Società Italiana di Anatomia ed Istologia, 73rd National Congress, Università of Napoli, Napoli, Italy, from 22th to 24th September 2019**
Body mass index and rest-activity circadian rhythm in shift workers
Galasso L., Mulè A., Castelli L., Caumo A., Roveda E., Montaruli A.
(Poster presentation)
- **SIAI, Società Italiana di Anatomia ed Istologia, 73rd National Congress, Università of Napoli, Napoli, Italy, from 22th to 24th September 2019**
Academic performance and chronotype: differences between theoretical and practical exams
Castelli L., Galasso L., Mulè A., Roveda E., Caumo A., Montaruli A.
(Poster presentation)
- **30th Congress of the International Society of Chronobiology, from 02nd to 05th July 2019, Warsaw, Poland**
Chronotype influences physical performance in adolescent soccer players
Mulè A., Castelli L., Galasso L., Roveda E., Caumo A., Montaruli A.
(Poster presentation)
- **30th Congress of the International Society of Chronobiology, from 02nd to 05th July 2019, Warsaw, Poland**
Academic achievement in motor science school in milan: effect of chronotype
Castelli L., Galasso L., Mulè A., Caumo A., Roveda E., Montaruli A.
(Poster presentation)
- **30th Congress of the International Society of Chronobiology, from 02nd to 05th July 2019, Warsaw, Poland**
Breast cancer survivors: analysis of rest-activity circadian rhythm
Galasso L., Mulè A., Castelli L., Bruno E., Pasanisi P., Caumo A., Montaruli A., Roveda E.
(Oral presentation)
- **SISMES, X Congresso Nazionale, Ricerca e Formazione Applicate alle Scienze Motorie e Sportive, University of Messina, Messina, Italy, from 05th to 07th October 2018**
Circadian rhythm of activity levels in breast cancer women
Galasso L., Castelli L., Mulè A., Bruno E., Pasanisi P., Cè E., Doria C., Caumo A., Montaruli A., Esposito F., Roveda E.
(Poster presentation)
- **SISMES, X Congresso Nazionale, Ricerca e Formazione Applicate alle Scienze Motorie e Sportive, University of Messina, Messina, Italy, from 05th to 07th October 2018**
Physical performance in young footballers: effect of chronotype
Galasso L., Mulè A., Castelli L., Cerri M., Esposito F., Coratella G., Limonta E., Caumo A., Montaruli A., Roveda E.
(Poster presentation)

- **SISMES, X Congresso Nazionale, Ricerca e Formazione Applicate alle Scienze Motorie e Sportive, University of Messina, Messina, Italy, from 05th to 07th October 2018**
Rest-activity circadian rhythm in women with metabolic syndrome
Mulè A., Castelli L., Galasso L., Bruno E., Pasanisi P., Longo S., Shokohyar S., Caumo A., Montaruli A., Esposito F., Roveda E.
(Poster presentation)
- **SISMES, X Congresso Nazionale, Ricerca e Formazione Applicate alle Scienze Motorie e Sportive, University of Messina, Messina, Italy, from 05th to 07th October 2018**
Effect of Baskin on sleep quality in adolescent with Down syndrome
Castelli L., Mulè A., Galasso L., Merati G., Algeri M., Rampichini S., Caumo A., Montaruli A., Esposito F., Roveda E.
(Poster presentation)
- **SIAI, Società Italiana di Anatomia ed Istologia, 72th National Congress, University of Parma, Parma, Italy, from 20th to 22th September 2018**
Actigraphic analysis of activity levels in obese with binge eating disorder
Castelli L., Mulè A., Galasso L., Bruno E., Pasanisi P., Caumo A., Roveda E., Montaruli A.
(Poster presentation)
- **SIAI, Società Italiana di Anatomia ed Istologia, 72th National Congress, University of Parma, Parma, Italy, from 20th to 22th September 2018**
Rest-activity circadian rhythms and fat mass percentage in men with metabolic syndrome
Mulè A., Castelli L., Galasso L., Bruno E., Pasanisi P., Caumo A., Roveda E., Montaruli A.
(Poster presentation)
- **SIAI, Società Italiana di Anatomia ed Istologia, 72th National Congress, University of Parma, Parma, Italy, from 20th to 22th September 2018**
Academic performance in Italian students of Sport Science: the Circadian Typology is related to theoretical or practice exams?
Castelli L., Mulè A., Galasso L., Michielon G., Scurati R., Caumo A., Roveda E., Montaruli A.
(Poster presentation)
- **SIAI, Società Italiana di Anatomia ed Istologia, 72th National Congress, University of Parma, Parma, Italy, from 20th to 22th September 2018**
Circadian Typology and physical performance in adolescent soccer players
Mulè A., Castelli L., Galasso L., Bruno E., Roveda E., Caumo A., Montaruli A.
(Poster presentation)
- **23rd Annual Congress of the European College of Sport Science, sport science at the cutting edge, Dublin, Ireland, from 4th to 7th July 2018**
Effect of combined aerobic and anaerobic exercise training on psycho-behavioral characteristics in binge eating disorder
Galasso L., Montaruli A., Bruno E., Calogiuri G., Mulè A., Castelli L., Caumo A., Roveda E., Esposito F.
(Mini oral presentation)

- **SIAI, Società Italiana di Anatomia ed Istologia, 71st National Congress, University of Taormina, Taormina, Italy, from 20th to 22nd September 2017**
Rest-Activity circadian Rhythms and Body Mass Index In women with metabolic syndrome
Mulè A., Galasso L., Pesenti C., Bruno E., Pasanisi P., Caumo A., Roveda E., Montaruli A.
(Poster presentation)
- **SIAI, Società Italiana di Anatomia ed Istologia, 71st National Congress, University of Taormina, Taormina, Italy, from 20th to 22nd September 2017**
"Muoversi in equilibrio" project: effects on balance capacity in Binge Eating Disorder
Galasso L., Pesenti C., Mulè A., Bruno E., Caumo A., Roveda E., Montaruli A.
(Poster presentation)
- **SIAI, Società Italiana di Anatomia ed Istologia, 71st National Congress, University of Taormina, Taormina, Italy, from 20th to 22nd September 2017**
The student academic performance in Anatomy is related to Circadian Typology?
Pesenti C., Galasso L., Mulè A., Bruno E., Caumo A., Roveda E., Montaruli A.
(Poster presentation)
- **SIAI, Società Italiana di Anatomia ed Istologia, 71st National Congress, University of Taormina, Taormina, Italy, from 20th to 22nd September 2017**
Effects of physical exercise on Body Mass Index in Binge Eating Disorder
Galasso L., Pesenti C., Mulè A., Bruno E., Caumo A., Roveda E., Montaruli A.
(Poster presentation)
- **SIAI, Società Italiana di Anatomia ed Istologia, 71st National Congress, University of Taormina, Taormina, Italy, from 20th to 22nd September 2017**
Morningness-Eveningness preferences and academic results: correlation between practical and theoretic discipline
Pesenti C., Galasso L., Mulè A., Bruno E., Caumo A., Roveda E., Montaruli A.
(Poster presentation)

Statement of interest

of During my jobs and activities described above, I carried out my assignment with correctness and precision, respecting deadlines, establishing excellent relationships with customers, administration, colleagues, and employers, developing excellent interpersonal skills and management of activities for children, teens and adults with disabilities (neurodevelopmental disorders, Down syndrome) and not. In addition, they have allowed me to improve my skills in teamwork and in managing new recruited people. These occupations have also allowed me to develop an excellent ability to manage and resolve unforeseen situations. Moreover, I developed excellent organizational and management skills in the context of research projects that exploit sports or daily physical activities to promote the psychophysical well-being of healthy people or those with pathologies. My academic jobs help me to develop excellent skills in supporting the teacher during lessons, conducting autonomous lessons and tutoring teaching activities, ability in structuring and developing quiz tests for exams or in designing online questionnaires for scientific research purposes within the bachelor's and master's degree courses of the Sports Science Faculty. Taking part in the organization of the Expo per lo Sport event (years 2018, 2019, 2021, 2022, 2023) promoted by

the DNA Sport Consulting association, in collaboration with the University of Milan, I collaborated in the organization of sporting events, improving supervision and management of working groups skills. My work at the Power Gym Club in Bisacquino, I personally took part in the conception, development, and implementation of various competitive sports events. During these events, I directed and coordinated a team, respecting the deadlines, receiving very positive opinions from my employers.

Statistical and other research competences

Excellent ability to use the various software of the **Microsoft Office package** (Word, Excel, PowerPoint, OneNote, Outlook, Skype, Teams) or similar.

Excellent skills in using **Google Forms** for creating online surveys and surveys.

Excellent skills in using computers (Windows or Mac operating systems).

Excellent knowledge and **use of questionnaires for the evaluation of the levels of physical activity, daily activity and sedentary lifestyle, adherence to the Mediterranean diet and quality of life**, chronotype, and sleep quality.

Excellent knowledge in use of tests to assess motor coordination or motor competence, fitness, and posture.

Excellent skills in the use of **statistical software, such as R, JMP and SPSS** and software for calculating the sample size of a scientific study (sample size) **G*Power**.

Excellent ability to use **statistical tests** such as Shapiro-Wilk test, Levene test, multiple correspondence analysis, cluster analysis, T-test, one-way or multi-way ANOVA (univariate and multivariate) and with covariate (ANCOVA), regressions (simple, logistic and with forward, backward and stepwise methods), correlations, use of contingency tables, Fisher's exact test, Chi-square, mediation and moderation analysis, and the corresponding non-parametric analyzes.

Excellent knowledge and ability to **use specific software for analyzing the quality and quantity of sleep and daily activity levels** (Sleep Analysis 5, and Motion Ware MotionWatch 8®, CamNtech, Cambridge, UK), and excellent knowledge and ability to **use of software for the chronobiological analysis of biological rhythms** with different frequencies (ultradian, circadian and infradian rhythms).

Good skills in the use of anthropometric and impedance analysis methods and use of heart rate monitors.

Excellent propensity to learn the use of new software or machinery.

Language competence

Native language: Italian

Other language: English; certification IELTS (International English Language Testing System); CEFR level B2

Driving license

B (own car)