

University Academic Curriculum Vitae

Personal information

Name: Andrea Michele Ciorciari

Education since leaving school

- 2017: **Bachelor's degree** in *Exercise and Sports Sciences*, University of Milan, 110/110
- 2020: **Master's degree** in *Exercise Science for Healthy Life*, University of Milan, 110/110 L
- 2021: **Second level Master's degree** in *Exercise therapy - Exercise programming for exercise-sensitive pathologies*, University of Verona
- March 2025: **Doctoral degree** in *Exercise and Sport Sciences*, University of Milan. Thesis title: "*From Clocks to Exercise, From Metabolism to Performance: A Chronophysiological Approach*"

Other certificates

- Teaching habilitation FOR-24, University of Milan
- Skill-Run, Skill-Bike, Skill-Row, Dual Adjustable Pulley (DAP) certified instructor, Technogym Italia

Present appointment

- Post-doc researcher
 - February 2025 - present
 - Free University of Bozen-Bolzano, Faculty of Education

Research experience

From / to	Job title	Name of academic Institution	Responsibilities
From February 2025 to date	Post-doc Researcher	Free University of Bozen-Bolzano, Faculty of Education	Research on promoting wellbeing and exercise in university students
From November 2021 to March 2025	PhD Student with Scholarship	Department of Biomedical Sciences for Health, University of Milan	-Research on circadian biology and exercise, with a focus on sleep, circadian rhythms, performance and health
From September 2023 to April 2024	Visiting Researcher with Scholarship	The Scripps Research Institute, San Diego, California, US	-Research Focus: Impact of muscle-specific deletion of CRY1 and CRY2 on gene expression and exercise physiology -Funding Secured: \$6,000.00
From June 2022 to date	Member of the international research group for COST	Department of Biomedical Sciences for Health, University of Milan	Research activities within a group of over 300 researchers from 37 different countries

	Action 19101 DE-PASS – Determinants of Physical Activities in Settings (Work Group – WG 3)		(depass.eu), focusing on the determinants of physical activity and sedentary behavior.
From November 2021 to date	Member of the research group for the "MORFEO Project"	Department of Biomedical Sciences for Health, University of Milan	Investigating the effects of thermal therapies and physical exercise on sleep quality to promote well-being and an active lifestyle

Other research activities

-Collaboration with the University of Milan, in studies focusing on sleep and chronotype on performance and well-being
-Collaboration with The Scripps Research Institute, San Diego, in a study investigating the role of exercise as a synchronizer of circadian rhythm
-Collaboration with Università Cattolica del Sacro Cuore di Milano in a study investigating the effect of chronotype on exercise physiology
-Collaboration with Laboratorio di Analisi del Movimento (LAM), Università degli Studi di Milano, in a study examining the effect of sleep on jump performance
-Collaboration with Laboratorio Interdisciplinare Tecnologie Avanzate (LITA) in Segrate, Università degli Studi di Milano, for training purposes in the field of cell cultures

Research expertise

-Excellent skills in circadian rhythm monitoring and sleep assessment
-Excellent skills in performance, functional, and postural evaluation
-Excellent skills in the planning and design of physical exercise for both healthy and pathological populations
-Good skills in cardiopulmonary exercise physiology monitoring
-Basic skills in ECG, EMG, and muscle architecture assessment
-Good skills in genotyping, performance, and rest-activity rhythms evaluation in mice
-Good knowledge in statistical analysis (regular use of SPSS, RStudio, GPower, GraphPad, Clocklab)

Academic teaching experience

From / to	Job title	Name of academic Institution	Responsibilities
From January 2023 to date	Member of the “Tutor and BIOSAL Instructor Registry” at the Department of Biomedical Sciences for Health, Università degli Studi di Milano	Department of Biomedical Sciences for Health, Università degli Studi di Milano	Qualified to assist in teaching the following courses: <ul style="list-style-type: none"> Physiology of Physical Activity and Nutrition Related to Well-Being (SSD: BIO/09, MED/49) Pathophysiology and Medical Techniques Applied to Preventive and Adapted Physical Activity (SSD: MED/50; MED/09; MED/33) Human and Exercise Physiology (SSD: BIO/09) Sports Medicine and

			<p>Traumatology (SSD: MED/09; MED/33)</p> <ul style="list-style-type: none"> • Swimming (SSD: M-EDF/01; M-EDF/02) • Teaching of Human Movement (SSD: M-EDF/01; M-EDF/02) • Sports and Fitness Technologies (SSD: M-EDF/02) • Neuromuscular Physiology and Endocrinology (SSD: BIO/09, MED/13) • Pathophysiology and Biological Foundations of Rehabilitation in Sports Activities (SSD: MED/50; MED/09; MED/33) • Applied Human Anatomy and Morphology (SSD: BIO/16)
From July 2024 to date	Subject Matter Expert in Sports Medicine for the Bachelor's Degree in Exercise, Sport, and Health Sciences, Department of Biomedical Sciences for Health, Università degli Studi di Milano	Department of Biomedical Sciences for Health, Università degli Studi di Milano	Participation as an examiner for student assessments.
From July 2024 to date	Subject Matter Expert in Applied Human Anatomy and Morphology for the Bachelor's Degree in Exercise, Sport, and Health Sciences, Department of Biomedical Sciences for Health, Università degli Studi di Milano	Department of Biomedical Sciences for Health, Università degli Studi di Milano	Participation as an examiner for student assessments.
From July 2024 to date	Subject Matter Expert in Pathophysiology and Medical Techniques Applied to Preventive and Adapted Physical Activity for the Bachelor's Degree in Exercise, Sport, and Health Sciences, Department of Biomedical Sciences for Health, Università degli Studi di Milano	Department of Biomedical Sciences for Health, Università degli Studi di Milano	Participation as an examiner for student assessments.
1st Semester,	Supplementary teaching –	Department of Biomedical	Assistance and support for students in preparatory activities

A.Y. 2024-25	Course in Pathophysiology and Medical Techniques Applied to Preventive and Adapted Physical Activity – Pathophysiology Module – Art. 45, Selection Code 6	Sciences for Health, Università degli Studi di Milano	related to study planning and thesis preparation (50 hours).
1st Semester, A.Y. 2024-25	Supplementary teaching – Course in Teaching of Human Movement – Art. 45, Selection Code 16,	Department of Biomedical Sciences for Health, Università degli Studi di Milano	Assistance and support for students in preparatory activities related to study planning and thesis preparation (50 hours).
2nd Semester, A.Y. 2023-24	Supplementary teaching – Course in Anatomy and Human Morphology – Art. 45, Selection Code 23	Department of Biomedical Sciences for Health, Università degli Studi di Milano	Assistance and support for students in preparatory activities related to study planning and thesis preparation (50 hours).
1st Semester, A.Y. 2023-24	Supplementary teaching – Course in Anatomy and Human Morphology – Art. 45, Selection Code 23	Department of Biomedical Sciences for Health, Università degli Studi di Milano	Assistance and support for students in preparatory activities related to study planning and thesis preparation (50 hours).
1st Semester, A.Y. 2022-23	Supplementary teaching – Course in Pathophysiology and Medical Techniques Applied to Preventive and Adapted Physical Activity – Pathophysiology Module – Art. 45, Selection Code 6	Department of Biomedical Sciences for Health, Università degli Studi di Milano	Assistance and support for students in preparatory activities related to study planning and thesis preparation (30 hours).
1st Semester, A.Y. 2022-23	Supplementary teaching – Course in Physiology of Physical Activity and Nutrition Related to Well-Being – Art. 45, Selection Code 4	Department of Biomedical Sciences for Health, Università degli Studi di Milano	Assistance and support for students in preparatory activities related to study planning and thesis preparation (60 hours).
2nd Semester, A.Y. 2021-22	Supplementary teaching – Course in Human and Exercise Physiology – Art. 45, ID 1194-B	Department of Biomedical Sciences for Health, Università degli Studi di Milano	Assistance and support for students in preparatory activities related to study planning and thesis preparation (60 hours).
1st Semester, A.Y. 2021-22	Supplementary teaching – Course in Neuromuscular Physiology and Endocrinology – Art. 45, ID 1040-I	Department of Biomedical Sciences for Health, Università degli Studi di Milano	Support for the official course and student assessments (19 hours).
1st Semester, A.Y. 2021-22	Supplementary teaching – Course in Physiology of Physical Activity and Nutrition Related to Well-Being – Art. 45,	Department of Biomedical Sciences for Health, Università degli Studi di Milano	Support for the official course and student assessments (36 hours).

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Other University Teaching Activities

- Instructor** for the course in Human and Exercise Physiology
- Co-supervisor** for several undergraduate and master's theses at the School of Exercise and Sport Sciences
- Tutor** for university students during their training internships

Other academic responsibilities – THIRD MISSION

From / to	Job title	Name of academic Institution	Responsibilities
September 2024	Organizer of the event "Expo per lo Sport 2024"	Department of Biomedical Sciences for Health, Università degli Studi di Milano	-Physical Activity Promotion Event sponsored by the Municipality of Milan -Participation in organizing the event and managing groups of interns in the field of Exercise Sciences
September 2023	Organizer of the event "Expo per lo Sport 2023"	Department of Biomedical Sciences for Health, Università degli Studi di Milano	-Physical Activity Promotion Event sponsored by the Municipality of Milan -Participation in organizing the event and managing groups of interns in the field of Exercise Sciences
November 2022	Organizer of the SISMES (Società Italiana Scienze Motorie e Sportive) congress, held in Milan	Department of Biomedical Sciences for Health, Università degli Studi di Milano	-Participation and organization of the event
May 2022	Assistant lecturer of Anatomy in secondary schools	Department of Biomedical Sciences for Health, Università degli Studi di Milano	-Outreach activity on Anatomy in middle schools
September 2022	Organizer of the event "Expo per lo Sport 2022"	Department of Biomedical Sciences for Health, Università degli Studi di Milano	-Physical Activity Promotion Event sponsored by the Municipality of Milan -Participation in organizing the event and managing groups of interns in the field of Exercise Sciences

Non-academic professional activities

From / to	Job title	Name of Institution	Responsibilities
From December 2023 to date	Trainer for Olympic training "Formatore della Formazione Olimpica CONI"	Institute of Sports Medicine and Science, Italian National Olympic Committee (CONI)	Accredited instructor in the scientific-disciplinary sectors SSC (Sport Science) and FIS (Physiology)
September 2020 to October 2021	Kinesiologist Specialist for Preventive and Adapted Physical Activities	Q Medical Poliambulatorio, Cusago (MI)	Outpatient activities in collaboration with orthopedic doctors and physiotherapists for the treatment of chronic exercise-sensitive conditions
September 2020 to December 2022	Personal Trainer, Weight Room Instructor, Fitness Course Instructor	Canottieri Milano, Milan	One-on-one training and small group sessions, assistance in the weight room

March 2019 to September 2020	Personal Trainer, Weight Room Instructor, Fitness Course Instructor	Aquadolce, Cusago (MI)	One-on-one training and small group sessions, assistance in the weight room
March 2018 to September 2020	Instructor for Group Fitness Classes	Arti Motorie, Gaggiano (MI)	Leading heterogeneous groups (up to 25 participants) in musical fitness activities

Memberships

- **Member of the Italian Society of Exercise and Sports Sciences (Società Italiana Scienze Motorie e Sportive, SISMES) – membership renewed**
- Member of the Italian Society of Physiology (Società Italiana di Fisiologia, SIF) – membership not renewed
- Member of the Italian Society of Anatomy and Histology (Società Italiana Anatomia e Istologia, SIAI) – membership not renewed
- **Member of the European College of Sport Science (ECSS) – membership renewed**
- **Member of Sigma XI, The Scientific Research Honor Society, by invitation – membership renewed**

Publications

- Castelli, L., Galasso, L., Mulè, A., **Ciorciari, A.**, Fornasini, F., Montaruli, A., Roveda, E., & Esposito, F. (2022). Sleep and spa therapies: What is the role of balneotherapy associated with exercise? A systematic review. In *Frontiers in Physiology* (Vol. 13). Frontiers Media S.A. <https://doi.org/10.3389/fphys.2022.964232>
- Mulè, A., Galasso, L., Castelli, L., **Ciorciari, A.**, Michielon, G., Esposito, F., Roveda, E., & Montaruli, A. (2022). Lifestyle of Italian University Students Attending Different Degree Courses: A Survey on Physical Activity, Sleep and Eating Behaviors during the COVID-19 Pandemic. *Sustainability (Switzerland)*, 14(22). <https://doi.org/10.3390/su142215340>
- **Ciorciari, A.**, Mulè, A., Castelli, L., Galasso, L., Esposito, F., Roveda, E., & Montaruli, A. (2023). Sleep and chronotype influence aerobic performance in young soccer players. *Frontiers in Physiology*, 14. <https://doi.org/10.3389/fphys.2023.1190956>
- Galasso, L., Cappella, A., Mulè, A., Castelli, L., **Ciorciari, A.**, Stacchiotti, A., & Montaruli, A. (2023). Polyamines and Physical Activity in Musculoskeletal Diseases: A Potential Therapeutic Challenge. In *International Journal of Molecular Sciences* (Vol. 24, Issue 12). MDPI. <https://doi.org/10.3390/ijms24129798>
- Castelli, L., Galasso, L., Mulè, A., **Ciorciari, A.**, Esposito, F., Roveda, E., & Montaruli, A. (2023). Physical activity and morningness: A helpful combination in improving the sleep quality of active Italian university students. *Chronobiology International*. <https://doi.org/10.1080/07420528.2023.2241906>
- Castelli L., **Ciorciari AM.**, Galasso L., Mulè A., Fornasini F., Montaruli A., Roveda E., Esposito F. Revitalizing your sleep: the

impact of daytime physical activity and balneotherapy during a spa stay. *Front Public Health*. 2024 Jul 8;12:1339689. doi: 10.3389/fpubh.2024.1339689

- **Ciorciari A**, Castelli L, Galasso L, Mulè A, Esposito F, Roveda E, Montaruli A. Social jetlag affects jump skills in sub-elite volleyball players. *Front Sports Act Living*. 2024 Jul 30;6:1443804. doi: 10.3389/fspor.2024.1443804.
- Galasso L, De Amicis R, Castelli L, **Ciorciari A**, Mulè A, Battezzati A, Bertoli S, Foppiani A, Leone A, Esposito F, Montaruli A, Roveda E. The moderating effect of physical activity in the relationship between sleep quality and BMI in adults with overweight and obesity. *Front. Sports Act. Living*, 2025 Mar. <https://doi.org/10.3389/fspor.2025.1455731>
- Castelli, L., **Ciorciari, A.M.**, Galasso, L., Borrelli, M., Caumo, A., Michielon, M., Montaruli, A., Roveda, E. Predictors of physical and mental health in sports science students: a focus on physical activity, sleep, and diet. *Sport Sci Health* (2025). <https://doi.org/10.1007/s11332-025-01392-z>

Congress presentations

-**A. Ciorciari**, S. Rampichini, E. Limonta, E. Cè, S. Longo, G. Coratella, A.V. Bisconti, A. Montaruli, M. Venturelli, A. Fantauzzi, F. Esposito. Does the level of upper and lower limb physical activity influence the muscle volume loss and the activity energy expenditure in aging? Presentation at the 9th SISMES conference held in Brescia in 2017 – POSTER PRESENTATION

-L. Castelli, L. Galasso, **A. Ciorciari**, A. Montaruli, E. Roveda, P. Zimmer. Effect of sleep behavior on VO2MAX capacity in a sample of active young subjects
Presentation at the 27th Annual Congress of the EUROPEAN COLLEGE OF SPORT SCIENCE held in Seville in 2022 – ORAL PRESENTATION

-**A.M. Ciorciari**, A. Mule', L. Galasso, L. Castelli, E. Roveda, A. Montaruli. Body composition affects vestibular and proprioceptive balance components in young adults: a cross-sectional study. Presentation at the 75th conference of the Italian Society of Anatomy and Histology held in Padua in 2022 – POSTER PRESENTATION

-A. Mulè, **A. Ciorciari**, V. Condemi, L. Galasso, L. Castelli, F. Esposito, E. Roveda, A. Montaruli. Air pollutants and physical performance: the impact of PM 2.5 and PM 10 on VO2max. Presentation at the 13th SISMES conference held in Milan in 2022 – POSTER PRESENTATION

-A. Mulè, **A. Ciorciari**, L. Galasso, L. Castelli, F. Esposito, A. Montaruli, E. Roveda. Chronotype affects the physical performance of American football players. Presentation at the 13th SISMES conference held in Milan in 2022 – ORAL PRESENTATION

-L. Galasso, L. Castelli, A. Mulè, E. Bruno, P. Pisanisi, **A. Ciorciari**, F. Esposito, A. Montaruli, E. Roveda. Physical activity and sleep behaviour in women carriers of BRCA 1/2 mutations. Presentation at the 13th SISMES conference held in Milan in 2022 – ORAL PRESENTATION

-**A. Ciorciari**, A. Mulè, L. Galasso, L. Castelli, F. Esposito, E. Roveda,

A. Montaruli. Is physical performance affected by the sleep duration of the previous night? A cross-sectional study.
Presentation at the 13th SISMES conference held in Milan in 2022 –
POSTER PRESENTATION

-**A. Ciorciari**, A. Mulè, L. Muttoni, L. Galasso, L. Castelli, F. Esposito, E. Roveda, A. Montaruli. Balance is affected by lean and fat mass in its vestibular and somatosensory components: a cross-sectional study.
Presentation at the 13th SISMES conference held in Milan in 2022 –
POSTER PRESENTATION

-**A. Ciorciari**, A. Mulè, L. Castelli, L. Galasso, F. Esposito, E. Roveda, A. Montaruli. Is aerobic performance affected by sleep and chronotype in young soccer players?
Presentation at the 28th European College of Sport Science (ECSS) Congress held in Paris in 2023 – ORAL PRESENTATION

-A. Mulè, **A. Ciorciari**, L. Galasso, L. Castelli, F. Esposito, A. Montaruli, E. Roveda. Physical performance of American football players: the role of chronotype.
Presentation at the 28th European College of Sport Science (ECSS) Congress held in Paris in 2023 – POSTER PRESENTATION

-L. Galasso, L. Castelli, A. Mulè, E. Bruno, P. Pasanisi, **A. Ciorciari**, F. Esposito, A. Montaruli, E. Roveda. Physical activity and sleep behaviour in women carriers of BRCA 1/2 mutations.
Presentation at the 13th SISMES conference held in Milan in 2022 –
ORAL PRESENTATION

-L. Galasso, L. Castelli, A. Mulè, **A. Ciorciari**, R. De Amicis, S. Bertoli, A. Battezzati, F. Esposito, E. Roveda, A. Montaruli. The role of physical activity, sleep, and diet in overweight and obese adult population.
Presentation at the 13th SISMES conference held in Milan in 2022 –
POSTER PRESENTATION

-L. Castelli, L. Galasso, A. Mulè, **A. Ciorciari**, F. Fornasini, E. Roveda, F. Esposito, A. Montaruli. Rest-Activity Circadian Rhythm and daytime activity during a week of Spa stay.
Presentation at the 28th European College of Sport Science (ECSS) Congress held in Paris in 2023 – POSTER PRESENTATION

-L. Castelli, L. Galasso, A. Mulè, **A. Ciorciari**, F. Fornasini, F. Esposito, E. Roveda, A. Montaruli. Influence of thermal SPA therapies on physical activity and sleep.
Presentation at the 13th SISMES conference held in Milan in 2022 –
ORAL PRESENTATION

-L. Castelli, L. Galasso, A. Mulè, **A. Ciorciari**, F. Esposito, P. Zimmer, A. Montaruli, E. Roveda. VO₂max, sleep behaviour, and self-perceived fatigue influences in a sample of German active young subjects.
Presentation at the 13th SISMES conference held in Milan in 2022 –
POSTER PRESENTATION

-L. Castelli, L. Galasso, **A. Ciorciari**, A. Mulè, F. Fornasini, A. Montaruli, E. Roveda, F. Esposito. Physical activity, daytime activity and sleep during a spa stay.
Presentation at the 28th European College of Sport Science (ECSS) Congress held in Paris in 2023 – POSTER PRESENTATION

-L. Galasso, C. Brunetti, **A. Ciorciari**, N. Poletti, A. Montaruli, C. Sforza. Physical performance: which factors can influence it?
Presentation at the 76th conference of the Italian Society of Anatomy and Histology held in Modena in 2023 – POSTER PRESENTATION

-L. Castelli, L. Galasso, A. Mulè, **A. Ciorciari**, F. Fornasini, E. Roveda, F. Esposito, A. Montaruli. Relationship between BMI, physical activity and daytime activity levels during a week of a spa stay.
Presentation at the 76th conference of the Italian Society of Anatomy and Histology held in Modena in 2023 – POSTER PRESENTATION

-**A. Ciorciari**, A. Mulè, L. Galasso, L. Castelli, E. Roveda, F. Esposito, A. Montaruli. Vestibular component of balance is affected by acute sleep impairment.
Presentation at the 73rd conference of the Italian Society of Physiology held in Pisa in 2023 – POSTER PRESENTATION

-**A. Ciorciari**, A. Mulè, L. Galasso, L. Castelli, E. Roveda, F. Esposito, A. Montaruli. Is the vestibular component of balance affected by acute sleep impairment?
Presentation at the 29th European College of Sport Science Congress held in Glasgow in 2024 – ORAL PRESENTATION

-**A. Ciorciari**, N. Casanova-Vallve, L. Fetzer, E. Irizarry, L. Galasso, L. Castelli, E. Roveda, A. Montaruli, K. Lamia. The impact of physical activity on re-entraining core body temperature rhythms following light/dark inversion in mice.
Presentation at the 77th conference of the Italian Society of Anatomy, held in Genoa in 2024 – POSTER PRESENTATION

-L. Castelli, L. Galasso, **A. Ciorciari**, F. Fornasini, A. Montaruli, E. Roveda, F. Esposito. Efficacy of daytime physical activity to improve sleep quality during a week of balneotherapy treatments.
Presentation at the 15th SISMES conference, held in Chieti in 2024 – POSTER PRESENTATION

-L. Galasso, L. Castelli, **A. Ciorciari**, M. Borrelli, A. Montaruli, E. Roveda, F. Esposito. Exploring the relationship between physical activity, chronotype, and sleep quality among Italian Sport Science students.
Presentation at the 15th SISMES conference, held in Chieti in 2024 – ORAL PRESENTATION

-**A. Ciorciari**, C. Piroli, A. Mulè, L. Galasso, L. Castelli, F. Esposito, E. Roveda, A. Montaruli. Effect of social jetlag on jump skills and balance in female volleyball players.
Presentation at the 15th SISMES conference, held in Chieti in 2024 – ORAL PRESENTATION

-**A. Ciorciari**, N. Casanova-Vallve, L. Fetzer, E. Irizarry, L. Galasso, L. Castelli, E. Roveda, A. Montaruli, F. Esposito, K. Lamia. Body Core Temperature Regulation in Mice under Light/Dark Inversion: The Role of Physical Activity.
Presentation at the 15th SISMES conference, held in Chieti in 2024 – ORAL PRESENTATION – **category “Young Researcher Award”**

Congress participations

- Congress of the Italian Society of Exercise and Sport Sciences (Società Italiana Scienze Motorie e Sportive, SISMES), Brescia, 2017
- Congress of the Italian Society of Anatomy and Histology (Società Italiana Anatomia e Istologia, SIAI), Padua, 2022
- Congress of the Italian Society of Exercise and Sport Sciences (Società Italiana Scienze Motorie e Sportive, SISMES), Milan, 2022
- Congress of the European College of Sport Science (ECSS), Paris, 2023
- Congress of the Italian Society of Physiology (Società Italiana Fisiologia, SIF), Pisa, 2023

- Congress of the European College of Sport Science (ECSS), Glasgow, 2024
- Congress of the Italian Society of Anatomy and Histology (Società Italiana Anatomia e Istologia, SIAI), Genoa, 2024
- Congress of the Italian Society of Exercise and Sport Sciences (Società Italiana Scienze Motorie e Sportive, SISMES), Chieti, 2024

International collaborations

- Collaboration with **The Scripps Research Institute** (CA, USA) on a project related to the evaluation of exercise physiology in mice with CRY1 and CRY2 gene removal specifically in muscle
- Member of the international research group of the **Cost-Action 19101 DE-PASS – Determinants of Physical Activities in Settings**, investigating the determinants of physical activity, in collaboration with over 300 researchers from 37 different countries
- Collaboration with the **University of Warwick** (UK) on a project related to the validation of wearable devices for monitoring circadian rhythms

Seminars

- Lecture series by Prof. Mark Olfert, PhD Program in Integrated Biomedical Research, University of Milan, 2016
 - *Vasculogenesis and Angiogenesis: Lessons in Morphology and Development*
 - *Mechanisms of Microvessel and Blood Vessel Formation and Regulation*
 - *Regulation of Angiogenesis in Response to Exercise*
 - *Capillary Rarefaction and Disease: Insights from physiological and pathological conditions*
 - *Nutrition, Obesity and Vascular Health: current ideas*
 - *Measuring Arterial Function in Health and Disease: Role of Exercise*
 - *Workshop activity: Hands-on Assessment of Central and Peripheral Vascular Function*
- Wearable Sensors: From Industrial Research to Field Applications*, University of Verona, 2022
- Workshop "*THE KNEE: MORE THAN A JOINT*," organized by the PhD Program in Translational Medicine, University of Milan – Prof. Rafael Baptista, Prof. Chiarella Sforza
- Seminar "*CCB Fall Workshop on Biological Timing*", Center for Circadian Biology, University of California San Diego
- Research meeting "*From Dawn to Dusk: Translating Chronobiology and Sleep Science to Mental Health Across the Lifespan*", Center for Circadian Biology, University of California San Diego & University of Sydney
- Lecture "*How experiences shape the developing brain and impact neurological diseases*" Hollis Cline, The Scripps Research Institute, La Jolla, San Diego, California

Computer certifications

- ECDL (European Computer Driving License) Start
- ECDL (European Computer Driving License) Full
- ECDL (European Computer Driving License) Smart
- Excellent knowledge of the Office suite (Word, Excel, PowerPoint, Outlook), particularly Excel, due to experience with data analysis and chart creation
- Good knowledge of statistical analysis programs (SPSS, R)

- Studio, G Power, Covidence, GraphPad, Clocklab)
- Regular use of the Internet and major email programs

Awards

Young Researcher Award – Honorable Mention, Italian Society of Exercise and Sport Sciences (Società Italiana Scienze Motorie e Sportive, SISMES), 2024, for a presentation titled "Body Core Temperature Regulation in Mice under Light/Dark Inversion: The Role of Physical Activity"

Communication Skills

- Excellent communication skills developed through managing clients and patients (in the fitness and wellness sector), students (interns and thesis students in academia, as well as during open days at the University of Milan), and presenting at conferences (in the research field)
- Strong interpersonal skills gained through collaboration with colleagues in research activities and with healthcare and sports personnel in the fitness field
- **Representative of PhD students in the Doctoral Program in Exercise Science and Sport, University of Milan**
- Assistance in organizing the residential event in Limone sul Garda for the PhD program in Exercise and Sport Sciences, and moderator of round tables on sports physiology and biology.

Statement of interest

My academic and professional journey has been deeply rooted in the field of exercise, bridging clinical, sports, and research domains. Since my undergraduate studies, I have consistently engaged in projects focused on physical activity's impact on health and well-being. My participation in initiatives like the "MORFEO" and "DE-PASS" projects reflects my commitment to promoting exercise for health and investigating its determinants in diverse populations. My post-doc activity in promoting exercise in university students, with the "PROBEN" project, is improving my expertise in this field.

During my PhD, I developed strong expertise in managing and organizing research projects, from conceptualization to execution. These experiences honed my ability to adhere to timelines and ensure high-quality outcomes. Furthermore, my proficiency in data analysis and academic writing has been solidified through independent contributions to peer-reviewed articles and conference presentations.

At unibz, I aim to leverage my comprehensive background to contribute meaningfully to the advertised position and the university's broader mission. I bring a robust understanding of how exercise has a strong impact on overall wellbeing, and a proven ability to translate complex research findings into actionable insights. My interdisciplinary expertise aligns with the university's goals of fostering innovative research and impactful teaching.

**Language
competence**

Native language	Italian				
Other languages	COMPREHENSION		SPEAKING		WRITING
	Listening	Reading	Interaction	Oral production	
English	C1	C1	C1	C1	C1
	-IELTS CERTIFICATE – C1 -Excellent command of the language due to time spent in the United States, Australia, and Ireland				
French	B1	B2	B1	B1	B1

Bozen, 06/05/2025