

MAURIZIO BERTOLLO
Curriculum Vitae et Studiorum
June 2026



1. PERSONAL INFORMATION

Employment address: Università “G. D’Annunzio”, Chieti-Pescara,
Scuola di Medicina e Scienze della Salute
Dipartimento di Medicina e Scienze dell’Invecchiamento,
Via Luigi Polacchi, 13; 66100 Chieti

Current Position: Professor of Sports Sciences @ University of Chieti-Pescara, IT; Visiting
Professor of Human Performance @ University of Suffolk, Ipswich, UK

2. EDUCATION, TRAINING AND PROFICIENCY

2.1. Academic degrees (first and second level of higher academic education)

- 2003 MSc (60 ECTS) in Technology and Methodology of eLearning, University of Verona, Italy, (rating 100/100 with honour). Dissertation title: *La metafora dello “spazio condiviso” come ambiente di sviluppo di una comunità di apprendimento e di pratica: l’esperienza della SSIS Veneto, indirizzo Scienze Motorie, su BSCW. (Supervisor: Ruggero Ferro and Giuseppe Scollo).*
- 2002 Bachelor Degree in Human Movement Science, University of Chieti, Italy, (rating: 110/110 with honour). Dissertation title: *L’intervento psicologico con giovani atleti (Supervisor: Pasquale Battista).*
- 1999 Master Degree in Psychology, University of Ljubljana (SLO), (rating: 10/10 with honour). Dissertation title: *Il profilo delle emozioni in giovani atleti di Pentathlon Moderno. (Supervisor: Maks Tusak).*
- 1993 Master Degree in Pedagogy (Education), University of Padova, Italy (rating: 110/110). Dissertation title: *La funzione estetica del movimento. L’estetica dello sport (Supervisor: Fiorenzo Visicidi)*
- 1984 Degree in Physical Education (ISEF), University of Bologna, site in Padova, Italy, (rating: 110/110 with honour. Dissertation title: *L’intervento psicomotorio per il recupero delle difficoltà di lettura, scrittura e calcolo (Supervisor: Giancarlo Trentin).*

2.2. Specialisation and doctorate study (third level of higher academic education)

- 2013 PhD in Sport Science, Universidade Trás-Os-Montes e Alto Douro, Escola de Ciências da Vida e do Ambiente, VilaReal, Portugal. Tutor: Victor Machado Reis
- 2001 Specialisation in Spine Pathology, University of Padova. Tutor: Salvatore Mammano
- 2000 Specialisation in School Management, University of Firenze. Tutor: Simonetta Ulivieri
- 1999 Specialisation in Psychotherapy, Mondragone. Tutor: Danilo Redaelli
- 1998 Specialisation in Sport Psychology, Institute of Sport, Rome. Tutor: Claudio Robazza and Stefano Tamarri

- 1997 Specialisation in Psychopathology of learning, University of Padova. Tutor: Cesare Cornoldi
- 1996 Specialisation in Psycho-pedagogy and Education, University of L'Aquila. Tutor: Catia De Carolis

2.3. Academic and Teaching habilitation, Professional Register, and chartered status

- 2017 Habilitation: Full Professor in Physical Exercise and Sport Sciences (SC 06/N2) in Italian University System, Italian Department of Education, Rome
- 2010 Habilitation: Associate Professor in Methods and Didactics of Physical activity in Italian University System (M-EDF/01), Italian Department of Education, Verona
- 2001 Habilitation: Philosophy and Social Science Teacher in Italian Secondary Schools (A036), Italian Department of Education, Vicenza, Italy
- 2001 Chartered (Licensed) Psychotherapist, registered n. 8559, Lazio, Italy
- 1999 Chartered (licensed) Psychologist, registered n. 8559, Lazio, Italy
- 1994 Certified Pedagogist (ANPE), registered n 7, Vicenza, Italy
- 1992 Habilitation: Physical Education Teacher in Italian Secondary Schools (A029), Italian Department of Education, Venezia, Italy
- 1985 Habilitation: Physical Education Teacher in Italian Middle Schools (A030), Italian Department of Education, Vicenza, Italy

2.4. Sport Coaching Certifications

Having attended specific courses organised by the National Sport Federations or the Italian Olympic Committee he is certified to teach and train in Italy as:

- Instructor of young Soccer player, Federazione Italiana Gioco calcio, 1983, Padova
- Instructor of Basketball (first level), Federazione Italiana Pallacanestro, 1985, Schio
- Lifeguard, Federazione Italiana Nuoto (FIN), 1985, Vicenza
- Instructor of Swimming (first level), FIN, 1985, Vicenza
- Instructor of Swimming, (second level), FIN, 1987, Treviso
- Coach of Swimming (third level), FIN, 1990, Roma
- Coach of Swimming (fourth level), FIN, 1991, Roma
- Supervisor and teacher of Swimming coaches, FIN 1994, Roma
- Coach of Modern Pentathlon (first level), Federazione Italiana Pentathlon Moderno (FIPM), 1994, Roma
- Coach of Modern Pentathlon (second level), FIPM, 1995, Roma
- Coach of Modern Pentathlon (third level), FIPM, 1996, Roma
- National Supervisor of Modern Pentathlon, FIPM, 1997, Roma

2.5. Languages

- Italian (native speaker)
- English (European C1 level)
- Spanish (European B1 level)

2.6. Information Technologies (IT), Computer and technical skills

- ECDL Advanced
- Html and xhtml editor (e.g., First Page, Macromedia, Python, Wordpress)
- ELearning platform and webconference systems (e.g., BSCW, Moodle, Meet, Teams, Zoom, gotomeeting)
- Statistical Package for Social Science (SPSS, 26th version), R, and STATISTICA (12th version),

- EEG acquisition system and related software (e.g. ANT, Brainproduct)
- Neurostimulation systems (tDCS, tACS, tRNS, TMS. tVNS)
- fMRI acquisition system (Philips and Siemens) and related software (e.g., Brain Voyager)
- PowerLab (ADInstruments) bio signal acquisition system and related Chart software: (e.g. SCL, ECG, EMG, EEG, blood pressure, temperature)
- BioHarness (Zephyr Technology)
- Body Media® FIT Armband
- K4 (COSMED)
- Biofeedback and Neurofeedback (Thought Technology and Mind Media)
- Stimulus presentation: E-Prime, presentation
- Video-analysis and Motion captures: Dartfish; BTS system
- Laser system for shooting analysis: SCATT
- Psychological and psychomotor testing

2.7. Social, interpersonal and organizational competences

I have developed my interpersonal and organisational skills throughout my personal life and professional career. During my school years, I was elected as a student member onto the board of my Institute several times. My competitive sport experiences in soccer (fifth division), and track and field events during this time allowed me to further develop my social skills. After school, I attended the Universities courses in which I continued to develop my interpersonal and social skill with active participation to the educational life. Following Academic studies, I attended the Military Alpine School at Aosta where I became one of the best students. Here, I continued to build on my interpersonal and organisational skills, interacting effectively with both my superiors and peers. After military school, I commanded the Transport Company at the Logistic Alpine Battalion of Belluno (Italy), where I continued to refine my interpersonal and organisational skills. I later transferred these skills to a sport setting, where I supported numerous athletes and teams as a trainer, sports psychologist or scientific consultant. I was general coach of the National youth Modern Pentathlon team for five years and more recently, I worked with the junior Italian hockey team and a first division club which comprises athletes from five different European and South America countries. More recently I have been involved as scientific advisor for SP of the Romania Olympic committee which allowed me to have a more international perspective. I have attended many courses on the Group dynamics and leadership and I am also a trained psychotherapist. As Professor, in the school setting and later in the University setting, I have had the opportunity to establish good working relationships with many national and international research groups. My CV highlights my organisational competences, acquired through my military and sporting experiences, and during my professional experience in school and university setting. I was vice-Headmaster of the Institute school "De Gasperi" (1000 pupils), and vice-president of the sport club (Swimming, Modern Pentathlon, Triathlon, Paralympic sport, and Special Olympics) that comprises approximately 400 athletes and 40 instructors as well as 4.000 member per year, since we managed a sport facilities for more than 30 years. I have been elected onto the board of various professional and scientific associations including: Unione Italiana Chinesiologi (UNC); Associazione Italiana di Psicologia dello Sport (AIPS); Federazione Italiana Pentathlon Moderno (FIPM) and European Federation of Sport Psychology (FEPSAC) in which I have been the President from 2022 till 2026. These positions have allowed me to organise national and international conference and events. Moreover, during last year as Rector's delegate for international affairs I had the opportunity to interact with many Academics and Institutions around the world improving my competencies. Furthermore, my activity in sport setting helped me to interact with the industrial setting and increase my skills in the applied field

3. CARREER/EMPLOYMENT

3.1. Academics

2023 -	Coordinator of PhD in Kinesiology	“G. d’Annunzio”, Chieti-Pescara University
2023 - 2025	Coordinator of master’s degree in Preventive and Adapted Physical Activity Sciences	“G. d’Annunzio”, Chieti-Pescara University
2022 -	Professor of Sport and Exercise Sciences	“G. d’Annunzio”, Chieti-Pescara University
2016 -	Visiting Professor of Human Performance	University of Suffolk, Ipswich
2011 - 2021	Associate Professor of Methods and Didactics of Physical Activity (12 years - M-EDF/01)	“G. d’Annunzio”, Chieti-Pescara University
2005 - 2010	Assistant Professor of Methods and Didactics of Sport Activity (6 years - M-EDF/02)	“G. d’Annunzio”, Chieti-Pescara University
2002 – 2004	PE Teacher (part time)	Scuola Media di Tezze SB, Veneto District of Education (part time)
2000 – 2002	School psychologist	Istituto Comprensivo Mason (part time)
2000 – 2004	Supervisor of PE Veneto’s Teachers in SISS (M-EDF)	University of Venice (part time)
1995 – 1999	Vice- Headmaster and School psychologist	Istituto Comprensivo, Mason (VI)
1992 – 1995	PE Teacher	Scuola Media di Mason, Veneto District of Education, Italian Minister of Education
1990 – 1992	PE Teacher and Teacher for pupils with special needs	Scuola Media di Mason, Veneto District of Education, Italian Minister of Education
1988 – 1990	PE Teacher	Scuola Media di Mason, Veneto District of Education, Italian Minister of Education
1985 – 1988	PE Teacher	Veneto District of Education, Italian Minister of Education

3.2. Consulting and professional activity

2021 –	President of the Scientific Commission of the Italian Cycling Federation
2018 –	Scientific consultant for the Romanian Olympic Committee
2019 –	Member of the Board of the University Spin-off UdA-Analytics
2005 –	Scientific Consultant in Sport Psychology, Sport Science, and Kinesiology
1988 – 2017	CEO, Rari Nantes Marostica Club, Public Swimming Pool, Marostica, Multisport association for Swimming, Modern Pentathlon, Triathlon, Fitness, Special Olympics and Paralympics activity, Italy.
1999 – 2005	Private Consultant in Psychology and Psychotherapy with specific emphasis on children with learning disability and sport psychology
1997 – 2000	Director of Educational program for Modern Pentathlon Italian Federation
1995 – 2000	Manager and Coach of Italian Youth Modern Pentathlon team (Golden and Silver medal at European youth Championship: Hillerod (Dk), Pilzen (CZ), Ascoli (ITA), and at world youth championship: Orlando (USA))
1994 – 2004	Private Consultant in Pedagogy with particular emphasis on lifestyle, education,

learning and Adapted Physical Activity
 1990 – 1997 Modern Pentathlon Coach of Rari Nantes Marostica team
 1989 – 1991 Coordinator of youth soccer school, Bassano del Grappa (Coaches Djalma Santos and Cinesinho, Brazilian)
 1987 – 2016 General Manager, Rari Nantes Marostica team: Swimming, Triathlon, Modern Pentathlon, Paralympics sport activity
 1985 – 1990 Coordinator of youth soccer team Bassano (VI)
 1987 – 1997 Swimming Coach of Rari Nantes Marostica team
 1987 – 1997 Technical member of the regional Staff of Italian Olympic Committee
 1985 – 2004 Private Consultant in Kinesiology with particular emphasis in adapted physical activity and re-education
 1984 – 1992 Regional Delegate (Veneto) of soccer youth activity, Italian Federation of Football (FIGC)
 I would like to highlight that I was Physical Education Teacher in the public sector (MIUR) for 20 years from 1985 to 2004 in different Schools of Veneto region.

3.3. Affiliation and Memberships (and institutional roles)

2023 Member of the Scientific board of the European College of Sport Science
 2022– President of the European Federation of sport psychology (FEPSAC)
 2021– Director, BIND - Behavioural Imaging and Neural Dynamics Center, Chieti-Pescara University
 2021– President of the Scientific commission of the Italian Cycling Federation (FCI)
 2021–2023 Member of the Scientific Committee of the European College of Sport Science (ECSS)
 2019 – 2022 Vice President of the European Federation of sport psychology (FEPSAC) and director of Research & Communication team
 2019 – Member of the board of the Department of Medicine and Aging Sciences, Chieti-Pescara University
 2018 –2024 Rector’s delegate for international affairs at G. d’Annunzio University of Chieti-Pescara
 2015 – 2019 Member of the Managing Council of the European Federation of Sport Psychology (FEPSAC)
 2012 – 2014 Vice-president, Italian Association of Sport Psychology (AIPS)
 2011 – Faculty member, Department of Medicine and Aging Sciences, Chieti-Pescara University
 2010 – 2012 Board member Italian Association of Sport Psychology (AIPS)
 2010 – 2011 Faculty member, Department of Human Movement Sciences, Chieti-Pescara University
 2007 – 2021 Vice-director, BIND - Behavioural Imaging and Neural Dynamics Center, Chieti-Pescara University and director of sport science unit.
 2007 – Affiliated member at SISMeS, “Società Italiana di Scienze Motorie e Sportive”,
 2006 – 2010 Faculty member, Department of Basic and Applied Medical Sciences, Chieti-Pescara University
 2005 – 2006 Faculty member, Department of Clinical Sciences and Bioimaging, Chieti-Pescara University
 2005 – 2008 Affiliated member “Istituto Interuniversitario di Miologia” (IIM)
 2002 – 2005 Board member, Associazione Italiana di Psicologia dello Sport (AIPS)
 2000 – 2012 National Board member, Federazione Italiana Pentathlon Moderno (FIPM) and director of the research & Development department
 2000 – 2010 Affiliated member, ICHPER-SD-International Council Health Physical

- Education
- Recreation Sport and Dance
- 2000 – 2010 Board member, Unione Italiana Chinesiologi (UNC)
- 1998 – 2010 Affiliated member, Unione Italiana Chinesiologi (UNC)
- 1998 – Affiliated member International Association of Sport Psychology (ISSP)
- 1998 – Affiliated member, Associazione Italiana di Psicologia dello Sport (AIPS)
- 1998 – Affiliated member, FEPSAC Fédération Européenne de Psychologie des Sport et des Activités Corporelle

4. TEACHING AND STAFF ACTIVITY

4.1. University

- 2023 Coordinator of the PhD program in Kinesiology, G. d'Annunzio Chieti-Pescara University
- 2018 – Staff member of the PhD in BUSINESS AND BEHAVIOURAL SCIENCES, G. d'Annunzio Chieti-Pescara University (M-EDF/01)
- 2016 – 2019 Lecturer in Sport Science, Master Psychology for Football, University of Suffolk, UK
- 2013 – Lecturer in Sport Psychology, Master in Sport Psychology, University of Thessaly, (Grece)
- 2011 – Lecturer in Physical Activity for Different Age Groups, BSc Human Movement Sciences (2nd year), Faculty of Human Movement Sciences, Chieti University (Italy) (11 years M-EDF/01. I got a positive evaluation from the students with a yearly mean score of 3.2 out of 4 that was higher than the average of the UNICH, e. g. checking the report of the last year from UNICH my scoring was 3.33)
- 2010 – 2011 Lecturer in Motor Behaviour in the Framework of Kinesiology, MSc in Adapted Physical Activity, Faculty of Medicine, Foggia University (Italy) (1 year - M-EDF/01)
- 2010 – Supervisor of the compulsory post degree internship (one year) for psychologist in the field of psychophysiology of sport exercise and performance.
- 2009 – 2011 Lecturer in “*Theory, Technique and Didactics of team sport*”, BSc Human Movement Sciences (2nd year), Faculty of Human Movement Sciences, Chieti University (Italy) (3 years M-EDF/02. I got a positive evaluation from the students with a mean average of 3.3 out of 4)
- 2009 Staff member of the PhD in SCIENZE BIOMEDICHE, CITOMORFOLOGICHE E MOTORIE" Università degli Studi "G. d'Annunzio" CHIETI-PESCARA (one year M-EDF/02)
- 2008 – 2010 Lecturer in “*Sport Psychology*”, BSc Human Movement Sciences (3rd year), Faculty of Human Movement Sciences, Chieti University (Italy)
- 2008 – 2009 Board Member; Master “Esperto della Comunicazione in Ambito Sportivo” Faculty of Human Movement Science, Chieti University, Italy
- 2008 – 2009 Lecturer in “Communication in sport setting” MSc “Esperto della Comunicazione in Ambito Sportivo” Faculty of Human Movement Sciences, Chieti University (Italy)
- 2006 – 2007 Staff member and lecturer of the PhD in SCIENZE DEL SISTEMA MOTORIO, Università degli Studi "G. d'Annunzio" CHIETI-PESCARA (2 years M-EDF/02)
- 2005 – 2011 Member of the Board of Teachers, PhD Training Course in Human Movement Sciences, Faculty of Human Movement Sciences, Chieti University (Italy)
- 2005 – 2010 Supervisor *Lab of Methodology of Human Movement*”, BSc Human Movement Sciences (1st year), Faculty of Human Movement Sciences, Chieti University (Italy) (M-EDF/02)

- 2005 – 2008 Lecturer in *Methods and Didactics of sport physical activity in primary schools* master's degree in education, Faculty of Education, Chieti University (Italy) (4 years M-EDF02)
- 2005 – 2007 Lecturer in *Didactics of physical and sport activity*, Specialization in Education, School of Specialization for secondary Teacher (SISS), Chieti University (Italy) (M-EDF/02)
- 2005 – 2007 Lecturer in *Kinesiology*, MSc in Adapted Physical Activity, Faculty of Medicine, Foggia University (Italy)
- 2004 - Lecturer in *Psychomotricity*, MSc in Sciences and techniques of Adapted and preventive physical activity (2nd year), Faculty of Human Movement Sciences, Chieti University (Italy) (18 Years M-EDF/01. I got positive evaluation from the students with a yearly mean of 3.4, e. g. last year 3.42)
- 2003 – 2007 Lecturer in *Methods and Didactics of physical activity in primary schools* MSc in Education, Faculty of Education, Padova University (Italy) (M-EDF)
- 2002 – 2008 Lecturer in *Didactics of sport and physical activity* Specialization in Physical Education, School of Specialization for secondary Teacher (SISS), Venice University (Italy) (7 years M-EDF/02)
- 2000 – 2009 Lecturer in “*Motor Behaviour: Theory and Methodology of Human Movement*”, bachelor's degree in human Movement Sciences (1st year), Faculty of Human Movement Sciences, Chieti University (Italy) (6 years M-EDF/01)
- 2000 – 2004 Internship Supervisor School of Specialization for Secondary Teacher (SISS), Venezia University
- 2000 – 2002 Lecturer in *Didactics of individual sport* Specialization in Physical Education, School of Specialization for secondary Teacher (SISS), Venice University (Italy) (3 years M-EDF/02)
- 2000 – 2002 Lecturer in *Didactics of team sport* Specialization in Physical Education, School of Specialization for secondary Teacher (SISS), Venice University (Italy) (3 years M-EDF02)
- 1997 – 1999 Assistant Professor course *Swimming*, Istituto Superiore Educazione Fisica, Roma (main Professor Walter Magini) (M-EDF/02)

4.2. Secondary School

- 1999 – 2000 Teacher of Didactics of Physical Education, Habilitation course for Secondary school teachers, Vicenza, Italy
- 1999 – 2000 Teacher of psycho-pedagogy, Habilitation course for Primary school teachers, Vicenza, Italy
- 1998 – 1999 Member of the provincial group for Health Education, Vicenza, Italy
- 1996 – 2001 Elected Member of the Administrative Board of “Istituto comprensivo di Mason” (VI)
- 1996 – 2001 Member of the executive board of “Istituto comprensivo di Mason” (VI)
- 1995 – 1988 Member of the provincial group fight against early school leaving, Vicenza
- 1993 – 2000 Member of the provincial group for Handicap
- 1985 – 2004 PE teacher, School Psychologist and Headmaster in schools and Institute of Veneto District

4.3. Supervisory positions (and participation in exams)

4.3.1. Bachelor degree

Approximately 400 students from the Faculties of Human Movement Science, Psychology and Education at the University of Padova and Chieti-Pescara

4.3.2. Master degree

Approximately 150 students in the field of Education, Psychology, Medicine with the emphasis in Sport, Psychophysiology, Rehabilitation, Training and Testing, and Adapted Physical Activity at the University of Padova, Verona and Chieti-Pescara.

4.3.3. Specialisation at SISS (Scuola di Specializzazione Insegnamento Secondario)

Supervision of the thesis and final report of the following students: Muraro Lorenzo; Vegli Giorgia; Dalle Fusine Stefano; Usilla Nicoletta; Ruggiero Paolo; Agnolin Andrea; Merlo Roberto; Arsiè Alessandra; Fioravanzo Claudia; Fioravanzo Silvia; Pelloni Paola; Barberini Gianluca; Bulato Lisa; Vergnano Katia; Dalla Piana Silvia; Ziviani Enzo; Sartor Giustina; Mattesco Luca; Favero Marta; Mattesco Luca; Golin Natalina; Donà Ornella; Cannavacciuolo Rosanna; Vettore Marco; Meneghel Mascia, Marco Valenti, Marika Berchicci, Iodice Pierpaolo, Di Piedomenico Giuseppe, Marselletti Maurilio and many others at the University of Venice and Chieti-Pescara.

4.3.4. PhD and post-doc Students

Carlo Bertoncelli, Marika Berchicci, Melinda Pellizzari, Dina Labbrozzi, Massimiliano Stocchi (co-tutoring) Walter Nicola Falasca (co-tutoring), Cinzia De Luca (co-tutoring), Selenia Di Fronso, Caterina Mazzoni, Carla Cristiane (co-tutoring), Jozè Luis Dantas (co-tutoring), Edson Soares Medeiros Filho, Cristiana Conti, Esmaeel Saemi, Cristina Montesano, Zsanett Bondar (co tutoring), Dario Pompa, at the University of Chieti-Pescara and Londrina (Brazil). Moreover, I have participated in PhD commission in Italy, Germany, Brasil, France, UK.

4.3.5. Psychology post-degree compulsory internship and international internship

Starting from 2010 I have an average of four laureate in psychology who must attend a total of 1.000 hour of supervision each one per year before their exam for habilitation. I have also supervised about ten international sport psychologists in their internship's experience in our university.

4.3.6. Participation in exams and other commissions

Exams for bachelor and master level: I have participated in about 14 commissions of exams each year, during last 15 years, for a total of about 210 commissions

Final exams (thesis discussion) for bachelor's and master's degrees: I have participated in about 60 commissions of exams for thesis discussion

Final exams for the specialization of teaching in secondary school (SISS): 10 commissions in Veneto and Abruzzo

PhD commissions, post doc and researcher commissions: I have participated in about 20 commissions for PhD thesis discussion and comparative assessment for post doc and researcher positions

4.4. Other Academic services

2022	President of the FEPSAC Congress in Padova 11-17 July 2022
2022	Member of the PhD commission in Roma La Sapienza University
2021	Member of the PhD commission in Copenhagen, University of Copenhagen
2020	Member of the PhD commission in Munich, TUM
2019 –	Rector's delegate for UNISPORT ITALIA at University of Chieti
2018 –	Rector's delegate for international cooperation and partnership, University of Chieti
2016 –	Evaluator (CEV) for the Italian national agency for the evaluation of universities

	and research institutes (ANVUR-MIUR)
2016 –	Delegate for the Department of Medicine and Aging Science (University of Chieti) of the Erasmus exchange projects (Medicine, Health professions and Sport Science)
2016	Evaluator of research projects for the Canadian Research Council
2015– 2019	Member of Student-Professor Committee (Commissione paritetica) of the School of Medicine, Chieti
2015	Member of Scientific Evaluation Committee for Young Investigation Awards of the 14th FEPSAC conference
2015	Member of Scientific Evaluation Committee of 14 th FEPSAC conference
2015	Member of Scientific committee 50 th Anniversary of ISSP Seminar Rome (Italy)
2014	Member of Scientific committee 23rd ANT Burgundy Neurometing (France)
2014	Member of Scientific committee XX AIPS Congress Rovereto, Italy
2013	Member of the PhD commission in Padova University
2013	Member of the PhD commission in Roma (IUSM) University
2013	Member of the PhD commission in Torino University
2012	Member of the PhD commission in Roma (IUSM) University
2012	Member of Scientific committee XIX AIPS Congress Verona, Italy
2011	Member of the PhD commission in Roma (IUSM) University
2010	Member of Scientific committee and chair of organizational committee XVIII AIPS Congress Chieti, Italy
2008	Member of the PhD commission in Chieti-Pescara University
2008	Member of Scientific committee XVII AIPS congress, Senigallia, Italy
2007	Member of Scientific and organizational committee MOVI congress, Roma
2006	Member of organizational committee 17° ISBET Congress Chieti
2004– 2006	Member of Scientific and organizational committee “progetto Più Sport @ Scuola Regione del Veneto, Facoltà di Scienze Motorie dell’Università di Verona
2004	Member of Scientific and organizational committee XVI AIPS congress, Siena Italy
2003	Member of Scientific and organizational committee XXIII UNC Congress, Asti Italy
2001	Member of Scientific and organizational committee XXII UNC Congress, Marostica Italy

5. Research Activity

5.1. Main fields

Sport Science, Motor Behaviour, Sport Psychology, Sport Psychophysiology, Human Movement Science, Physical Education, Adapted Physical activity

5.2. Research interest

Performance optimization, Stress-recovery balance, Bio-psycho-physiological states underpinning performance, EEG and neurostimulation in sport, biofeedback and neurofeedback in sport, Mental Health in Sport, IZOF model, performance analysis and optimization, coordination dynamics, Developmental Coordination Disorders, Attentional Deficit and Hyperactivity Disorder.

5.3. Description of the research activity

I am committed to enhancing the understanding of the processes and mechanisms underlying the development, maintenance and improvement of human motor behaviour and performance. This

commitment is achieved through original research that combines the Sciences and the Humanities perspectives with particular emphasis on cognitive, emotional, and affective processes underpinning motor learning and development. In the framework of the current theories of human movement science, I address questions regarding perception, cognition and action, and how brain and behaviour interact and develop, from the prenatal to the elderly ages. I use a multimodal and multidisciplinary approach to examine how psychophysiological dynamics sustain motor behaviour and how behaviour can modulate the activity of large-scale brain networks and other physiological dynamics.

These processes can be studied with different approaches, ranging from those typical of basic research (i. e. investigation about coordination and motor learning), to applied research, (field-based studies in sport science and sport psychology), and ending with the practice-oriented research, and here the references are the studies on the didactics of sport and physical activity

5.3.7. Basic research

With other colleagues of the BIND Center, I am studying the behavioural and functional mechanisms underpinning motor coordination, with particular emphasis on the interaction between motor behaviour and brain activity. The studies combine behavioural observations and kinematics acquisitions with the monitoring of the brain function by means of fMRI, EEG and MEG systems.

Those projects, some of which are still in progress, are performed in collaboration with Italian and foreign research centers, as listed below:

1. Development of a non-magnetic equipment for the high spatio-temporal resolution monitoring of finger kinematics in bimanual coordination tasks. Specifically, novel equipment for the acquisition of kinematic information on finger movements during functional brain monitoring performed with fMRI, MEG or EEG was developed and validated.
2. Neural correlates of different bimanual coordination patterns in tasks that imply spontaneous or intentional switching. These studies were performed using the equipment mentioned above. The study on the neural correlates of intentional switching during bimanual coordination was performed in collaboration with the Center for Complex Systems and Brain Sciences, Florida Atlantic University - Boca Raton (FL - USA) (Prof. JAS Kelso), where 3T fMRI data were collected together with kinematic data, and replicated in collaboration with the Human Cognition and Neural Dynamics Laboratory, Western Washington University - Bellingham (Washington – USA) (Prof. KJ Jantzen), where HR-EEG data were collected together with kinematic data.
3. Longitudinal study of the functional response (Mu-rhythm) to prehension in children from 1-month-old to 6-years-old. This is a collaborative study, still in progress, with the Biomedical Research and Integrative NeuroImaging (BRaIN Imaging) Center, Health Sciences Center, University of New Mexico, Albuquerque – USA (Prof. Yoshio Okada e Dr. Julia Stevens). The functional data were acquired with the pediatric MEG system available there (Baby-SQUID) and the psychomotor development in infants was evaluated with dedicated tests.
4. Interpersonal coordination, team mental model in terms of share and complementary mental model. In collaboration with my colleagues at BIND we have investigated the mechanisms underpinning interpersonal coordination. This is an ongoing activity that is also part of the EU project Embrace (see specific section below).

5.3.8. Applied research

With my colleagues at BIND Center we investigate the psychological (cognitive, emotional, motivational), biological (bodily and somatovisceral), social (communicative),

biomechanical, and behavioural factors associated with the development, improvement, and optimization of motor performance in the context of physical activity and sport. We adopt the theoretical frame of the Individual Zones of Optimal Functioning (IZOF) model that provides a comprehensive conceptualization of psycho-bio-social (PBS) states related to performance. The IZOF model defines PBS states as situational, multimodal, and dynamic manifestations of total human functioning. This conceptualization is consistent with current holistic views that integrate the structural components of human performance, such as emotional/cognitive/motor processes, and the neurophysiological basis of these structural components. The specificity of our approach resides in the integration of behavioural, biological, and psychological data with functional brain monitoring, respectively performed with biomechanical, biomedical, and psychophysical methods including SCL-ECG-EEG recording. Data acquisition and synchronization are performed by means of Powerlab Acquisition System. By using the results of structural components of human performance, we aim at mapping behavioural and emotional information onto the brain activity. This is an interesting approach that permits to correlate motor tasks planning/execution and the emotional influence with brain commands. From a practical perspective, we want to study the effects of different structured, systematic, and individualized intervention programs intended to enhance athletes' self-regulation strategies prior to, during, and after competition. The individual's experiences and meta-experiences (i.e., knowledge, attitudes, beliefs, and preferences for specific performance-related states) developed over the course of successful and less successful performances are examined and then used to plan and apply emotion-focused and action-focused self-regulation. Self-regulation procedures take account of optimal and dysfunctional contents and intensities of individual states, as well as their dynamics, patterns, and fluctuations prior to, during, and post-performance during practice and competition. Interventions are aimed at identifying the individually optimal movement pattern, enhancing the individual's self-awareness of optimal conditions to perform, identifying functional and dysfunctional coping strategies, controlling and monitoring performance processes and outcomes.

Those projects, some of which are still in progress, are performed in collaboration with Italian and foreign research centers, as listed below:

1. **Bio-psycho-social states in elite athletes.** The purpose of this study was to combine psychological (emotion, bodily states), physiological (ECG, GSR, RF) and neural (EEG, EOG) data, and to correlate them with the performance of elite shooters and other sports. This studies were performed in collaboration with the Federazione Italiana Pentathlon Moderno - Italy (FIPM), the Unione Italiana Tiro a Segno - Italy (UITS), the NeuroLab, Institute of Sport Sciences (CONI), the Department of Human Physiology and Pharmacology, University "La Sapienza", Rome - Italy (Prof. Fabrizio Eusebi) and the Department of Biomedical Sciences, University of Foggia - Italy (Prof. Claudio Babiloni).
2. **MAP MODEL.** Recently we have developed a Multi Action Plan intervention Model to help athletes achieve and maintain optimal and consistent performance, particularly in competition. In these frameworks, in collaboration with prof Juri Hanin (Research Institute for Olympic Sports, Jvaskylä (Finland) and prof. Thomas Schack (Faculty of Psychology and Sport Science, University of Bielefeld) we aim to investigate the psychophysiological response during different type of performance
3. **Bio-psycho-social states in athletes and stress-recovery indices.** The purpose of this study is to investigate the stress-recovery factors in endurance and team sport athletes, combining psychological and physiological measures. We are concentrating our study on cyclists and team sport players. There is an ongoing collaboration with Micheal Kellmann at Ruhr University (Germany) and other experts in the field.
4. **Study of the neural correlates** and direction of information flow in the brain in muscle fatigue in different populations, such as athletes, soldiers, patients affected by the chronic

fatigue syndrome. This study is performed using EMG and EEG data that will be analysed using time-frequency analysis, coherence analysis, Granger causality and other signal processing techniques, in collaboration with the Centre for Sports Studies, University of Kent, UK (Prof. Samuele Marcora now moved at the University of Bologna).

5. **Optimal performance in athletes.** Athletes need to enhance their performance, reach a peak performance, and maintain an optimal performance during their competition. To this purpose I investigate the psychophysiological mechanisms underpinning optimal performance as well as the strategies to improve athletes performance using behavioural, biofeedback and neurofeedback techniques.

5.3.9. practice-oriented research

This research line aims at examining i) the effects of motor learning strategies on the acquisition, retention, and transfer of motor and perceptual skills, and decision-making; ii) the effects of motor re-education and rehabilitation procedures in assisting people to recover their skill proficiency after loss of skills, which may occur as a consequence of different causes. These causes include unexpected technical difficulties, instability of technique, failure to consistently attain expected results, sudden breakdowns of skills, habitual performance errors under stress, injury or other traumatic events, as well as a decreased motivation or other motor, cognitive, or perceptual skill deficits.

1. This project aims at studying the factors that motivate children and adolescents toward the adoption of an active lifestyle, within the theoretical standpoints of leading approaches in movement sciences and sport, such as achievement goal theory, self-efficacy theory, and self-determination theory. The project is conducted in collaboration with Paderborn (GER) Padova, Bologna, and Foggia Universities (PRIN 2009 P.I. Claudio Robazza).
2. A second level of investigation is related to the interaction between teachers and students to investigate the issues derived from this interaction, like burn out, enjoyment, motivation and teaching styles.
3. A third project aims at studying the Procedural Knowledge and Declarative Knowledge contribution across the stages of learning and developmental phases, and the influence of different strategies on the acquisition, retention, and transfer of complex motor skills.
4. A fourth project encompasses the study of psychomotor skill in infants and children and the application of psychomotricity in the field of adapted physical activity and its methodology and didactics
5. During last years, I am involved with applied sport science projects mainly in the field of soccer, cycling and strength and condition training related to attentional focus
6. A file rouge of my research is also related to well being and health in athletes

5.4. Scientific and/or Teaching collaborations

2021	Edinburg University with Howie Carson and Dave Collins on motor behavior and sport psychology
2020	Unicusano University with Laura Guidetti and Davide Curzi
2020 –	Humboldt University, Berlin Germany (Franziska Lautenbach, Sport Psychologist)
2020 –	University of Lyon, France (Emma Guillet, sport psychologist)
2018 –	Universidade Federal de Minas Gerais - UFMG (Prof. Maicon Albuquerque, Sport scientist)
2016 –	Université de Bourgogne, FR, (Prof. Michel Nicolas, Sport Psychologist)
2017 –	Uniwersytet Gdański, PL (Prof. Dagmara Budnik, sport psychologist)
2015 –	Akademia Wychowania Fizycznego im. Bronisława Czecha w Krakowie, Krakow, PL (Prof. Jan Blecharz and Malgorzata Siekanska Sport Psychologists)
2014 –	University Campus of Suffolk, UK, (Prof. Manos Georgiadis Sport Psychologist)

	and Marco Beato Sport scientist)
2013	Department of Physical Education and Sport Science at the University of Thessaly, Greece (Prof Sakis Papaioannou and Antonis Hatzgeorgiadis, Sport Psychologist)
2013	University of Jyväskylä, Faculty of Sport and Health Sciences, Department of Sport Sciences (Prof. Montse Ruiz)
2012 –	Ruhr University Bochum, Faculty of Sport Science, Unit of Sport Psychology (Prof. Dr. Michael Kellmann)
2011 –	eemagine Medical Imaging Solutions GmbH, Berlin, Germany
2011 – 2018	Centre for Sports Studies, University of Kent at Medway, United Kingdom (Prof. Samuele Marcora, Sport Scientist)
2011 –	Faculty of Psychology and Sport Sciences, Bielefeld University Prof. Thomas Schack Neurocognition and Action - Biomechanics"- Research Group, Sport Psychologist)
2010 –	Department of Engineering, University “Roma3”, Rome - Italy (Prof. Silvia Conforto, Biomedical engineer)
2010 – 2016	Departamento de Educacao Fisica, Universidade Estadual de Londrina, Londrina, Brazil (prof. Fabio Nakamura, Sport Scientist)
2008 – 2010	Department of Sport Science, Paderborn University (prof. Hans Peter Brandl Bredenback)
2007 – 2012	Department of Biomedical Sciences, Foggia University – Italy (Prof. Claudio Babiloni, physiologist)
2007 – 2009	Human Cognition and Neural Dynamics Laboratory, Western Washington University - Bellingham (Washington – USA) (Prof. KJ Jantzen, psychologist)
2007 – 2009	Department of Human Physiology and Pharmacology, University “La Sapienza”, Rome - Italy (Prof. Fabrizio Eusebi, sport physician and physiologist)
2006 – 2008	Dept. of Kinesiology, San Francisco State University, San Francisco, California USA. (Prof. David Anderson, Kinesiologist)
2006 – 2010	Biomedical Research and Integrative NeuroImaging (BRaIN Imaging) Center, Health Sciences Center, University of New Mexico, Albuquerque – USA (Prof. Yoshio Okada, neuroscientist, and Dr. Julia Stevens, physicist)
2006 – 2010	Center for Complex Systems and Brain Sciences, Florida Atlantic University - Boca Raton (FL - USA) (Prof. JAS Kelso, neuroscientist)
2003 –	Research Institute for Olympic Sports, Jväs kylä (Finland) Professor Emeritus Prof. Yuri L. Hanin, Sport Psychologist and prof. Montse Ruiz)
2003 –	Department of Neuroscience and Imaging, Chieti University,- Italy (prof. Silvia Comani, Physicist)
2003 –	Department of Human Movement Science, Chieti University,- Italy (prof. Laura Bortoli, Sport Psychologist)
2003 –	Department of Human Movement Science, Chieti University,- Italy (prof. Claudio Robazza, Sport Psychologist)
2003 –	Department of Education, Padova University,- Italy (prof. Attilio Carraro, Sport Pedagogist)

5.5. Visiting Scientist

August 2023	Marie Curie Fellow (Embrace project - at EEMAGINE, Berlin, Germany)
July- 2022	Marie Curie Fellow (Embrace project - at EEMAGINE, Berlin, Germany)
June 2019	University of Sevilla. Erasmus staff mobility exchange
September 2019	National Taiwan Normal University (invited by prof. ErnestHung)
September 2017	University of Suffolk. Erasmus staff mobility exchange
June 2016	Marie Curie Fellow (ANDREA project -Grant Agreement nr. 610950, call FP7-PEOPLE-2013-IAPP) at EEMAGINE, Berlin, Germany
April 2015	Marie Curie Fellow (ANDREA project -Grant Agreement nr. 610950, call FP7-

	PEOPLE-2013-IAPP) at EEMAGINE, Berlin, Germany
November 2013	Departamento de Educacao Fisica, Universidade Estadual de Londrina, Londrina, Brazil, prof. Fabio Nakamura lab
July 2012	Departamento de Educacao Fisica, Universidade Estadual de Londrina, Londrina, Brazil, prof. Fabio Nakamura lab
April 2012	Faculty of Psychology and Sport Sciences, Bielefeld University Prof. Thomas Schack Neurocognition and Action - Biomechanics"- Research Group
May – Aug 2010	School of Sport, Health and Exercise Science, University of Bangor (Wales, UK), prof Samuele Marcora lab
September 2009	Autumn School “Wiring the brain: anatomical and functional connectivity” University of Tubingen (Ger), prof. Hubert Preissl labs
April 2008	Affordances in perception and action laboratory, Minnesota University, Prof. Tom Stoffregen lab
May 2008	VENlab, Brown University, Prof. Bill Warren lab
Dec – Feb 2007	Center for Complex System and Brain Sciences, Florida Atlantic University, Prof. Scott Kelso lab
April 2006	Center for Complex System and Brain Sciences, Florida Atlantic University, Prof. Scott Kelso lab
April 2006	Department of Kinesiology, San Francisco State University, Prof. David Anderson lab
March 2006	BRAIN Institute of Albuquerque, New Mexico University, Prof. Yoshio Okada lab
February 2006	Kinesiology Fakulteta, University of Zagreb, Prof. Oreb lab
July 2000	International Stage, Modern Pentathlon training Budapest (H)
August 1996	International Stage Modern Pentathlon training, Copenhagen (DK)

5.6. Invited Speaker

- 2025 TMOK 1. Science Days Symposium 13 - 14 November 2025 Istanbul Turkey. My talk was on Integrated Training: The Contribution of Sport Psychology.
- 2025 13th EFSMA Congress of Sports Medicine - Bucharest, Romania, 25-27 September 2025. My talk was Sports medical challenges requesting support from the sport psychologist
- 2025 Cycling Science Symposium Flanders 2025. My talk was on Stress-recovery balance and well-being in cycling: Psychological tips for performance optimization
- 2024 Science Cycling Florence 26 27 June 2024. My talk was on Stress-recovery balance and well-being in cycling: psychological tips for performance optimization.
- 2024 Journées d'études de SFPS 22 24 May 2024. My talk was Les relations entre le stress et la récupération, et les capacités d'autorégulation, dans la compréhension de la survenue de blessures sportives.
- 2024 6th annual conference “Psychology in sport” on May 2nd, 2024 Bratislava Slovakia. My talk was on integrated periodization in sport psychology
- 2022 Symposium «Actual problems of psychophysiology of sport». University of San Petersburg. My talk was: Using Brain Technologies in Practice in Sports Setting: Neural efficiency and IAPF
- 2022 INSEP Paris, Psychologie du sport : prévention des blessures, santé mentale. My talk was: Stress-recovery balance and self-regulation to prevent injuries. Les modèles théoriques seront présentés, expliquant les relations entre le stress et la récupération, et les capacités d'auto-régulation, dans la compréhension de la survenue de blessures sportives.
- 2022 Romanian Olympic Commetee. Post Tokio update for Coaches: My talk was Reinvention and details that make the difference: The psychophysiological contribution
- 2022 Cooperação Ibérica da Psicologia do Desporto: história e futuro. XXIII Jornadas da

- Sociedade Portuguesa de Psicologia do Desporto (SPPD) X Galego-Português IV Luso-andaluz de Psicología de la Actividad Física y el Deporte at the University of Maia Portugal. My talk was about “Mental Health and Performance Optimization in Sport”
- 2021 ISSP-2021 15TH WORLD CONGRESS. The Future of Sport and Exercise Psychology: New Horizons beyond the Olympic and Paralympic Games in the Pandemic World September 30-October 04, 2021 in Taipei. My talk was about “Mobile Brain-Body Imaging in Sport, Exercise and Performance Psychology”
- 2021 The fourth International Scientific Conference Health, Sport, Recreation “May 14, 2021 Beograd (Serbia). My talk was about “Psychological states in athletes and coaches during COVID-19 pandemic: an allostatic perspective of stress-recovery balance”
- 2021 Conference Practical Sport Psychology May 13th 2021, organised by Gdansk University with Krakow Physical Academy. My talk was about “Using Brain Technologies in practice in sport setting”.
- 2019 University of Krakow for the Third International Scientific Conference 'Motor Abilities in Sport - Theoretical Assumptions and Practical Implications' that will take place in Krakow, on 19th -21th September 2019.
- 2019 National Taiwan Normal University, Taiwan in September for a talk to the Department of Physical Education on Brain.Body Technologies in sport.
- 2018 Slovak conference of Sport Psychology, 5-9 September 2018, invited symposium on “stress recovery in sport”, Bratislava, SK
- 2018 Polish conference of Sport Psychology, 10-11 May 2018, invited symposium on “stress recovery in sport”, Bratislava, SK
- 2017 University of Krakow, PL 28 June, 2018, invited symposium on “Using brain technologies in practice for performance improvement and regulation”, Krakow, PL
- 2017 BASES-FEPSAC conference, 28-29 November 2017, invited symposium on “sport psychophysiology”, Nottingham, UK
- 2017 Congrès ACAPS – Dijon, 29-31 October 2017. Invited symposium on “Fatigue, burnout et recuperation”
- 2017 COLLOQUE CROPS / FSSEP, LILLE 2 PREPARATION MENTALE, 11-12 may, 2017 Invited key note “La Zone Optimale de Fonctionnement et le lien avec les émotions”.
- 2016 12th ENYSSP conference, Warsaw, (Poland), Keynote, “Brain Proficiency: How to monitor and improve performance using a multimodal psychophysiological approach”
- 2015 14th FEPSAC conference, Bern, (Switzerland), symposium, “Psychophysiological monitoring and intervention in sport”
- 2015 50th Anniversary of ISSP Seminar Rome (Italy), with the workshop “Neuro-technology in sport, exercise and performance psychology”
- 2014 23rd ANT Burgundy Neurometing, with the talk “Sport Science and EEG: Cortical patterns of athletic performance”
- 2013 VIII International Sport and Exercise Psychology Congress (CONBIPE), November 6th to 9th, 2013 with the talk “Emotion- and action-centered strategies in sport” and the workshop on “Bio-Neuro-Technologies to Monitor and Improve Performance”.
- 2013 Faculty of Kinesiology, University of Zagreb, Croatia, April 2013, with the talk “Psychophysiological and Cortical Pattern of Athletic Performance Within Multi-Action Plan Model”
- 2012 Departamento de Educacao Fisica, Universidade Estadual de Londrina, Londrina, Brazil June 2012, with the talk “Psychophysiological Patterns of Performance Within MAP Model”
- 2012 Departamento de Educacao Fisica, Universidade Estadual de Maringá, Maringá, Brazil June 2012, with the talk “Psychophysiological Patterns of Performance Within MAP Model”

- 2012 Faculty of Psychology and Sport Sciences, Bielefeld University Prof. Thomas Schack Neurocognition and Action - Biomechanics"- Research Group May 2012, with the talk "Bio-Neuro-Technologies to Monitor and Improve Performance" during "cognitive interaction in sport" conference.
- 2011 D'AnnaPer & CAPDI conference "Il Benessere Dello Studente: L'educazione Fisica E Sportiva Per Vivere Meglio", with the talk *L'Educazione fisica e sportiva: Aspetti didattici e metodologici*, Palermo, 9 Marzo 2011
- 2010 School of Sport, Health and Exercise Science, University of Bangor (Wales, UK), with the talk *Performance optimization in elite athletes*, July 2010
- 2010 D'AnnaPer & CAPDI conference, "Il Benessere Dello Studente: L'educazione Fisica E Sportiva Per Vivere Meglio" with the talk *L'Educazione fisica e sportiva: Aspetti didattici e metodologici (Prima Parte)*, Torino, 12 Febbraio 2010
- 2010 D'AnnaPer & CAPDI conference, "Il Benessere Dello Studente: L'educazione Fisica E Sportiva Per Vivere Meglio" with the talk *L'Educazione fisica e sportiva: Aspetti didattici e metodologici (Seconda parte)*, Cagliari, 5 Marzo 2010
- 2010 CONI- MIUR, Alfabetizzazione motoria, with the talk Sviluppo delle funzioni cognitive, emotive e motorie tra i 5 e 10 anni, Roma, ottobre 2010
- 2009 Erasmus project, Departamento De Education Fisica e Deportiva, Facultade De Ciencias Do Deporte e de Education Fisica (Inef Galicia), Spain, With the talk "Can Neuroscience Provide a Mental Edge in Sport Sciences?", La Coruna, 6 Maggio 2009
- 2009 Erasmus project, Departamento De Education Fisica e Deportiva Facultade De Ciencias Do Deporte e a Education Fisica (Inef Galicia), Spain, With the talk "Emotions & Skilled Athletic Performance?", La Coruna, 5 Maggio 2009
- 2009 D'AnnaPer & CAPDI conference, "Il Benessere Dello Studente: L'educazione Fisica E Sportiva Per Vivere Meglio" with the talk *L'Educazione fisica e sportiva: Aspetti didattici e metodologici*, (prima parte), D'AnnaPer & CAPDI, Catania, 19 Febbraio 2009
- 2009 D'AnnaPer & CAPDI conference, "Il Benessere Dello Studente: L'educazione Fisica E Sportiva Per Vivere Meglio" with the talk *L'Educazione fisica e sportiva: Aspetti didattici e metodologici (seconda parte)*, D'AnnaPer & CAPDI, Bergamo, 5 Marzo 2009
- 2009 Associazione Nazionale Coordinatori Educazione Fisica Sportiva, with the talk *Le competenze chiave per la cittadinanza attiva e gli assi culturali di riferimento collegati alle scienze motorie e sportive. Le indicazioni Nazionali per il curriculum*, Folgaria, TN, 19 Novembre 2009
- 2008 D'AnnaPer & CAPDI conference, "Il Benessere Dello Studente: L'educazione Fisica E Sportiva Per Vivere Meglio" with the talk *L'Educazione fisica e sportiva: Aspetti didattici e metodologici*, (prima parte), D'AnnaPer & CAPDI, La Spezia, 29 Febbraio 2008
- 2008 D'AnnaPer & CAPDI conference, "Il Benessere Dello Studente: L'educazione Fisica E Sportiva Per Vivere Meglio" with the talk *L'Educazione fisica e sportiva: Aspetti didattici e metodologici (seconda parte)*, D'AnnaPer & CAPDI, Vicenza, 6 Marzo 2008
- 2008 VenLab, Brown University, Providence (RI – USA), with the talk "Research lines at BIND Center: overview and prospective ideas", April 2008
- 2008 VenLab, Brown University, Providence (RI – USA), with the talk "Psycho-bio-physical state in shooters", April 2008
- 2008 Faculty of Kinesiology, Minnesota University, with the talk: *Coordination dynamics in sport*, April 2008
- 2006 Department of Kinesiology, San Francisco State University (SFSU), San Francisco (USA), with the talk "Measurement of finger dynamics in bimanual coordination experiments", April 2006
- 2007 MOVI conference "Il corpo in Movimento, ponte tra conoscenze benessere" with the talk "Physical activity and health", Roma, 26/28 ottobre 2007

- 2009 Educational seminar: “Quali competenze motorie per la scuola secondaria”, IRRE lombardia, with the talk *Dalle capacità alle competenze motorie*, Milano 4 maggio 2006
- 2006 IX conference, “Patologia immune e malattie orfane”, with the talk “*Attività fisiche, motorie, sportive, benessere psicologico e promozione della salute*”, Torino 20 21 gennaio 2006
- 2005 XIX National Congress UNC “Sport di squadra, abilita’ motorie, tecnica, prevenzione, traumatologia e recupero funzionale, Catania 16-17 aprile, 2005 with the talk il profilo di prestazione negli sport di squadra,
- 2005 Biblioteca Comunale di Marostica, with the talk “Attività motoria e obesità”, Marostica (VI) marzo 2005
- 2004 Biblioteca comunale di Marostica, with the talk “La preparazione mentale nello sport” Marostica (VI) Febbraio 2004
- 2004 XV National Congress on Sport Psychology (AIPS), with the talk “I mestieri dello sport”, L’aquila, 21-23 maggio 2004
- 2003 Biblioteca comunale di Marostica, with the talk “Attività Motoria e salute” Marostica (VI) Marzo 2003
- 2002 Centro interuniversitario di ricerca in Bioingegneria e Scienze Motorie delle Università degli Studi di Brescia, Trento e Verona, with the talk “Il ruolo della fMRI nell’apprendimento motorio”, Rovereto, Italia 8 Ottobre 2002
- 2002 XIV National Congress on Sport Psychology (AIPS). Round table "L'intervento in Psicologia dello Sport: psicologi, tecnici, atleti e dirigenti a confronto", Siena, 15 giugno 2002,
- 2002 XIV National Congress on Sport Psychology (AIPS). Round table "La formazione in psicologia dello sport", Siena, 13 giugno 2002
- 2002 National conference Exposanità “Attività fisica tra salute e sanità” with the talk “*L’attività fisica come dosaggio farmacologico nelle psicopatologie della vita quotidiana*”, Bologna 25 maggio 2002
- 2001 Biblioteca Comunale di Marostica, with the talk “Psicologia e sport”, Marostica (VI) Novembre 2001;
- 2001 Istituto comprensivo di Cogollo del Cengio with the talk “Movimento, corporeità e sviluppo del bambino” Cogollo, (VI) 27 marzo 2001
- 2000 Conference IRRSAEV, “Dai programmi al curricolo”, with the talk “Il curricolo verticale affettivo”, Padova 25 ottobre 2000
- 1998 National Seminar “referenti CAS e Scuola FIPM” CONI FIPM with the talk “*Il progetto scuola FIPM MPI*”, Asti 2-4 ottobre 1998
- 1998 Residential education course, Provveditorato agli studi di Vicenza, Introductory talk “Il ruolo del docente referente nell’organizzazione scolastica che cambia” Farra di Soligo (TV) and San Cristoforo al Lago (TN), Ottobre 1998
- 1997 Educational course, Scuola Media di Rosà with the talk “Introduzione alla multimedialità nella didattica” Rosà, Novembre 1997
- 1996 Educational course, Scuola Media Montesilvano with the talk “*I linguaggi non verbali*” Montesilvano (Pe), 10 dicembre 1996

5.7. Awards

ITALIAN KNOWLEDGE LEADER by Convention Bureau, 2022

AIPS AWARDS, Italian Association Sport Psychology (AIPS), Best Italian researcher in Sport Psychology, 2002.

5.8. Research projects funded by National or International Institutions

2023-2026 Erasmus+ SPORT KA220-YOU-423DC8C4 – FAITH – 101184222 - Program for Sport Psychologist Coaches € 87.700,00 coordinator for Chieti unit

2024-2027	Erasmus+ TEAM 101184222 - Tackling mental health stigma in young football – This project wants to uncover the current status of mental health topics among young athlete (football) environment € 55.500,00 coordinator for Chieti unit
2024-2027	Erasmus+ MOVE ON UP 101182755- Project focused on the relevance of Physical activity among Parkinsons’ disease patients € 59.960,00 coordinator for Chieti unit
2024-2026	Erasmus+ Irecover 101184238 - Project focused on the recovery of injuries in football € 45.000,00 coordinator for Chieti unit
2023-2025	Erasmus+ COACHING PLUS 101134167 - This project is focused on the development of positive youth coaching programs € 40.000,00 coordinator for Chieti unit
2023-2025	Erasmus+ Sport SameSame 101089933- A Capacity Building and Empowerment e Mentorship Program for People with Intellectual/Developmental Disabilities (IDD) € 56.780,00 coordinator for Chieti unit
2023-2025	Erasmus+ Sport iPREVENT 101089425- injuries in grassroots and amateur sports by using digital tools € 52.000,00 coordinator for Chieti unit
2022-2024	Erasmus+ Sport SeNate 101050646 - Seniors active at home € 53.000,00 coordinator for Chieti unit
2022-2024	Erasmus+ Sport 4me4all 101050398 - For me for all € 400.000,00 coordinator of the EU consortium for FEPSAC
2022-2023	Erasmus+Sport VR-MS 101050758 - Mental Skills Training with Virtual Reality € 10.000,00 coordinator for Chieti Unit
2021-2022	Erasmus+ Sport Project #Digital Active Regions Europe – Outdoor #DARE-O project. Application No 623061-EPP-1-2020-1-DE-SPO-SCP € 53.000,00 coordinator for Chieti unit
2020-2021	Cordinator of the Project funded by Romanian Olympic Committee on the evaluation of the impact on performance and psychophysiological indices of the Integrated Body Intelligence Quantakinetic Operational Fitness (IBQ) intervention. € 10.800,00
2020-2023	component of the UNICH unit for the tEchnology for Multimodal inter-BRain dynAmiCs investigation - EMBRACE project Agreement (GA 101007521). € 818.800,00
2016-2019	co-coordinator for UNICH of the ESFA Equal Sport for All; Agreement number 2016-3719/001-001). ERASMUS plus sport collaborative partnership € 40.000,00 for Chieti unit
2014-2017	Collaborator and assistant coordinator (http://www.andreaproject.eu/people) of The EU Project Active Nanocoated DRy-electrode for Eeg Applications (ANDREA - http://www.andreaproject.eu/), wich is coordinated by BIND center (prof. Silvia Comani) € 1. 595.310,00
2015-2017	Research funds provided by Chieti University for the project: Psychophysiological Monitoring of endurance performance, for a post doc position € 46.800,00
2013	Research funds provided by Chieti University for an international bilateral agreement for teaching activity, research and training programs with university of Londrina (Brasil) € 5.000,00
2012	Research funds provided by Chieti University for an international bilateral agreement for teaching activity, research and training programs with university of Londrina (Brasil) € 3.600,00
2011	Research funds provided by the Faculty of Medicine, Chieti University € 2.500,00
2009	Collaborator in PRIN (Italian reasearch projects) . Title: “Processi

- motivazionali, stati psicobiosociali, fattori morfologici e prestativi nelle attività motorie e sportive giovanili: confronto tra modelli teorici e strategie di intervento per la tutela della salute e l'adozione di stili di vita attivi".
- 2008 Research funds provided by the Italian Federation of Modern Pentathlon (FIPM) for a project on the psychophysiological intervention in elite athletes– Italy. Coordinator of the project € 10.000,00
- 2005-2021 Research funds provided by the Chieti University based on the personal scientific production whit internal ranking and competition. € 105.000,00

5.9. Reviewer ad hoc for the following scientific journals:

- Acta Psychologica
- Adapted Physical Activity Quartely
- Authonomic Neuroscience
- Brazilian Journal of Kinanthropometry and Human Performance
- Chinesiologia
- European Journal of Applied Physiology
- European Journal of Sport Science
- Giornale Italiano di Psicologia dello Sport
- Frontiers in Psychology
- Frontiers in Neuroscience
- Human Movement Science
- International Journal of Sport and Exercise Psychology
- International Journal of Sport Physiology and Performance
- Journal of Applied Sport Psychology
- Journal of Clinical Sport Psychology
- Journal of Cognitive Enhancement
- Journal of Human Kinetics
- Journal of Motor Behaviour
- Journal of Physical Education and Sport
- Journal of Sport and Exercise Psychology
- Journal of Sport and Health Science
- Journal of Sports Sciences
- Journal of Sports Sciences: Science and Medicine in Football
- Journal of Strenght and Conditioning Reasearch
- Neuroscience
- PeerJ
- Perceptual and Motor Skill
- Physiological Research
- Physiology & Behavior
- Plos-one
- Psychology of Sport and Exercise
- Psychiatry Research
- Research Quarterly for Sport and Exercise
- Scientific World Journal
- Social Behaviour and Personality
- Sport Science for Health
- Sport, Exercise, and Performance Psychology
- Sports
- The Open Sport Science Journal

- The Physicians and Sports Medicine

5.10. Member of the Editorial Board for the following scientific journals and books series:

- International Journal of Sport and Exercise Psychology, Associate Editor
- Frontiers in Psychology: Movement Science and Sport Psychology. Associate Editor
- Frontiers in Motor Neuroscience, Associate Editor
- Heliyon, Associate Editor
- PEERJ, Academic Editor
- Journal of Sports Sciences, Editorial board
- Psychology of Sport and Exercise, Editorial board
- The Open Journal of Sports Sciences, Editorial board
- Sports, editorial board
- International Journal of Environmental Research and Public Health, Editorial board
- Book series “Scienze del comportamento nello sport”, Franco Angeli, Editorial board
- Chinesiologia (dal 2000 al 2009)
- Giornale Italiano di Psicologia dello sport, Associate Editor (dal 2003 al 2019)
- Psicologia dello sport (PSE), Editorial Board

6. SCIENTIFIC PUBLICATIONS

6.1. Publication Metrics

Author and co-author of 256 scientific publications, in international and national journals, conference proceedings, and books, recorded in UGOV and CINECA system. My scientific life started in 1999 (27 years ago) with the first scientific publication. My scientific production is referred to both bibliometric and non-bibliometric sectors. The first publication indexed in scientific databases dated back to 2006. H index: 37 retrieved on Scopus; i10-index: 116 retrieved on: <https://scholar.google.com/citations?user=dPHILS4AAAAJ&hl=en>

Publication metrics vary according to the database we choose. According to SCOPUS <https://www.scopus.com/authid/detail.uri?authorId=14039954100>,

I have published 159 papers in international peer reviewed journals receiving 4,422 citations with an average of 221 citations per year, starting from 2006 (date of the first publication in ranked journals) till 2026 with an average of 6.36 publications per year in 25 years . Below are reported in detail all the metrics retrieved from SCOPUS, PUBLONS (WoS), and SCHOLAR.

SCOPUS

Bertollo, Maurizio

University of G. d'Annunzio Chieti and Pescara, Chieti, Italy • Scopus ID: 14039954100 •  0000-0002-0972-9178 [↗](#)

[Show all information](#)

4,422

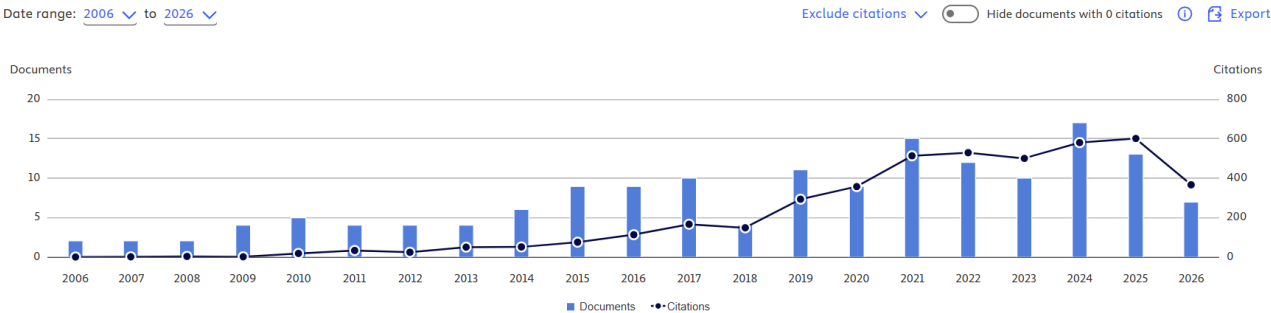
Citations by 3,467 documents

159

Documents

37

[h-index](#)



Publons (WoS)



Maurizio Bertollo

Edit

G d'Annunzio University of Chieti-Pescara - CHIETI, ITALY

Identifiers

Web of Science ResearcherID: K-5469-2013
<https://orcid.org/0000-0002-0972-9178>

Subject Categories

Psychology; Sport Sciences; Social Sciences - Other Topics; Neurosciences & Neurology; Science & Technology - Other Topics

Profile summary

- 279 Total documents
- 153 Publications indexed in Web of Science
- 147 Web of Science Core Collection publications
- 3 Preprints
- 0 Dissertations or Theses
- 126 Non-indexed publications
- 0 Verified peer reviews
- 6 Verified editor records
- 0 Awarded grants

Web of Science Core Collection metrics

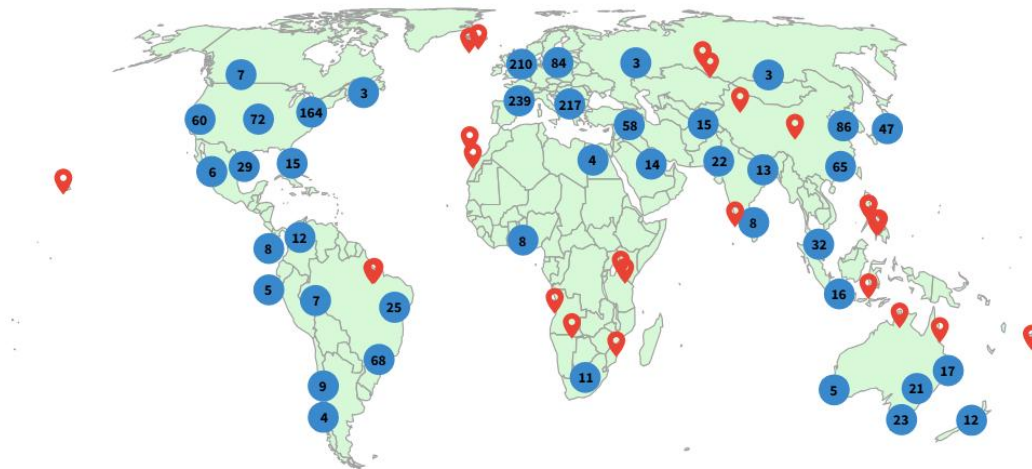
33 H-Index 147 Publications

3,663 Sum of Times Cited 2,943 Citing Articles

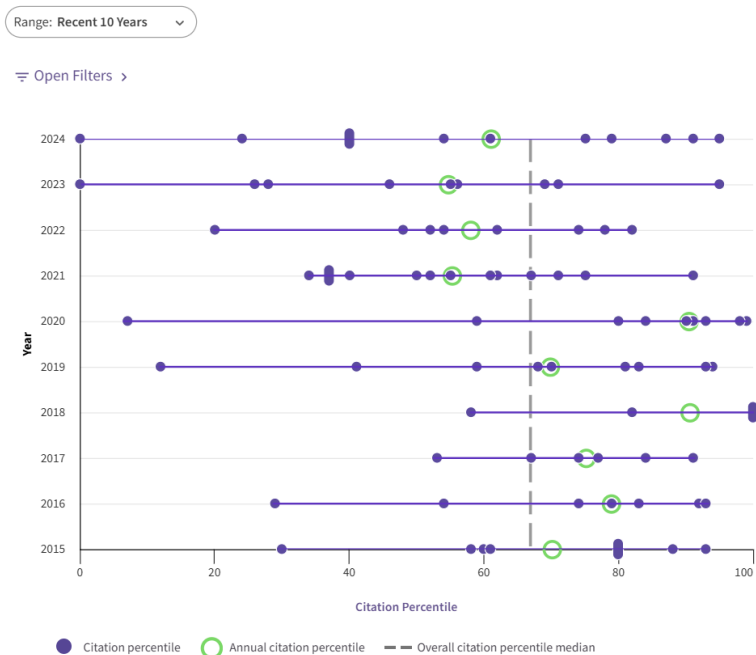
3,374 Sum of Times Cited 2,855 Citing Articles

without self-citations without self-citations

Citation distribution across the world



Author Impact Beamplot



SCHOLAR



Maurizio Bertollo

Professor of Sport and Exercise Science, BIND center, Dept. Medicine, [Chieti University](#)
Verified email at unich.it - [Homepage](#)

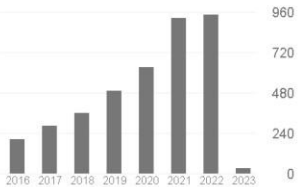
Sport and Exercise Psychol... Motor Behaviour Sport Science Psychophysiology Neuroscience

FOLLOWING

Cited by VIEW ALL

	All	Since 2018
Citations	4602	3411
h-index	37	32
i10-index	71	67

TITLE	CITED BY	YEAR
☐ Recovery and performance in sport: consensus statement M Kellmann, M Bertollo, L Bosquet, M Brink, AJ Coutts, R Duffield, ... International journal of sports physiology and performance 13 (2), 240-245	534	2018
☐ FEPSAC position statement: Mental health disorders in elite athletes and models of service provision K Moesch, G Kenttä, J Kleinert, C Quignon-Fleuret, S Cecil, M Bertollo Psychology of Sport and Exercise 38, 61-71	219	2018
☐ The effects of COVID-19 pandemic on perceived stress and psychobiosocial states in Italian athletes B Bertollo, S Cecil, M Bertollo, P Di Stefano, P Di Stefano, P Di Stefano, ...	186	2022



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- 6.2.2. SCARAMUZZA C., BOVOLON L., BERCHICCI M., BERTOLLO M. (2026) Binding Mind and Body: The Psychophysiological Approach in Sport and Exercise. The Evolution of Sport and Exercise Psychology In THIERRY R.F. MIDDLETON, DIANE L. GILL, DANIEL J. BROWN AND STUART J. H. BIDDLE HISTORICAL and Global Perspectives , Francis & Taylor, UK
- 6.2.3. DI FRONSO, SELENIA, BERTOLLO, MAURIZIO, ROBAZZA, CLAUDIO (2024) Yoga for recovery and well-being in athletes. Fostering Recovery and Well-being in a Healthy Lifestyle: Psychological, Somatic, and Organizational Prevention Approaches DOI: 10.4324/9781003250654-12
- 6.2.4. PODLOG, L., CONTI, S., DI FRONSO, S., BERTOLLO, M. (2023) Underrecovery in elite athletes: Antecedents, implications and prevention strategies, In Kellman and Beckmann (Eds) *The Importance of Recovery for Physical and Mental Health: Negotiating the Effects of Underrecovery* London: Routledge DOI: 10.4324/9781003250647-5
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- 6.2.9. PRETE I., BERTOLLO M., TOMMASI L. (2020) Brain stimulation techniques and sports performance. In BERTOLLO, M. (ED.), FILHO, E. (ED.), TERRY, P. C. (ED.). (2021) *Advancements in Mental Skills Training*. London: Routledge, *Advancements in Mental Skills Training*. In DOI: 10.4324/9780429025112-15
- 6.2.10. DI FRONSO, S., WERTHNER, P., CHRISTIE, S., & BERTOLLO, M. (2020). Using technology for self-regulation in sport. In Ruiz & Robazza, *Feelings in sport: Theory, research, and practical implications for performance and well-being* (pp. 178-186), Taylor & Francis.
- 6.2.11. BERTOLLO M, ROBAZZA C. & DOPPELMYR M. (2020). Using Brain Technologies in Practice. In Eklund & Tenenbaum (Eds). *Handbook of Sport Psychology 4th Edition*. Viley, USA.
- 6.2.12. McCORMICK S, DI GRUTTOLA F, & BERTOLLO M (2019). The theoretical and applied implications of using imagery to improve the performance and well-being of endurance performers. In Meijen C. & Marcora S. (Eds). *The Psychology of Endurance Performance*. Viley, UK
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- 6.2.14. BERTOLLO, M, NAKAMURA, FY, BORTOLI, L, & ROBAZZA C (2018).Psychophysiological Features of Soccer Players' Recovery-Stress Balance during the In-Season Competitive Phase In Kellmann & Kallus (Eds). Sport, Recovery and Performance: Interdisciplinary Insights, UK Pearson
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- 6.3.6.** POMPA, D., CARSON, H. J., ROMAGNOLI, R., LUCADAMO, A., LAGALA, F., BOVOLON, L., CAPORALE, A. S., MANZI, V., BEATO, M., SARTOR, F., BERCHICCI, M., & BERTOLLO, M. (2026). Effect of movement goal on countermovement jump performance in athletes across different sports. *Scientific reports*, 16(1), 9748. <https://doi.org/10.1038/s41598-026-40260-9>
- 6.3.7.** DUARTE-MENDES, P., RAMALHO, A., BERTOLLO, M., NEIVA, H. P., & MARINHO, D. A. (2025). To move without moving: a perspective article on motor imagery. *Frontiers in psychology*, 16, 1697086. <https://doi.org/10.3389/fpsyg.2025.1697086>
- 6.3.8.** SARTOR, F., ROSITO, S. A., RAIMO, M., BEATO, M., & BERTOLLO, M. (2026). Artificial intelligence in sport psychology: Implications for the identification and development of talent. *Psychology of sport and exercise*, 82, 102977. <https://doi.org/10.1016/j.psychsport.2025.102977>
- 6.3.9.** BUGLIONE, A., POMPA, D., BEATO, M., ROCCHI, M. B. L., SAVOIA, C., BERTOLLO, M., CURZI, D., SISTI, D., & PERRONI, F. (2025). Measured vs. Estimated $\dot{V}O_{2\max}$ in the Yo-Yo Endurance Test: An Exploratory Study in Professional Soccer Players. *Sports (Basel, Switzerland)*, 13(12), 424. <https://doi.org/10.3390/sports13120424>
- 6.3.10.** HAMDI, F., OVIEDO, G. R., NUNES, R., DI PINTO, G., BOVOLON, L., ROSITO, S. A., & BERTOLLO, M. (2025). Physical activity mentoring programs for people with intellectual and developmental disabilities: A scoping review. *Journal of intellectual & developmental disability*, 1–14. Advance online publication. <https://doi.org/10.3109/13668250.2025.2572175>
- 6.3.11.** DUARTE-MENDES, P., BERTOLLO, M., RAMALHO, A., & MARINHO, D. A. (2025). Editorial: Exploring motor imagery across the lifespan - gaps between practical applications and theoretical frameworks. *Frontiers in psychology*, 16, 1696821. <https://doi.org/10.3389/fpsyg.2025.1696821>
- 6.3.12.** POMPA, D., BOVOLON, L., CARSON, H. J., CAPORALE, A., DI FRONSO, S., BEATO, M., DIGNO, M., BERCHICCI, M., & BERTOLLO, M. (2025). Effect of Idiosyncratic and Relevant Focus-of-Attention Strategies in Explosive Strength Tasks: An Exploratory Study. *International journal of sports physiology and performance*, 20(9), 1278–1284. <https://doi.org/10.1123/ijsspp.2024-0511>
- 6.3.13.** BOVOLON, L., DE FANO, A., DI PINTO, G., ROSITO, S. A., SCARAMUZZA, C., TANET, E., & BERTOLLO, M. (2025). Integrating brain-body-behavior data for performance optimization: Augmented technologies for the next generation of sport psychologists. *Psychology of sport and exercise*, 81, 102954. <https://doi.org/10.1016/j.psychsport.2025.102954>
- 6.3.14.** CASTILLO, D., MARQUÉS-JIMÉNEZ, D., BERTOLLO, M., LÓPEZ-FLORES, M., BOVOLON, L., DE FANO, A., & POMPA, D. (2025). A systematic review and meta-analysis of various injury prevention programs in youth soccer players. *BMC sports science, medicine & rehabilitation*, 17(1), 190. <https://doi.org/10.1186/s13102-025-01246-8>
- 6.3.15.** PREDOIU, R., BERTOLLO, M., PIOTROWSKI, A., STĂNESCU, R., HAMDI,

- F., SZABO, G., & COSMA, G. (2025). Psychological resilience in Olympic combat sports. *Frontiers in psychology*, 1605765. <https://doi.org/10.3389/fpsyg.2025.1605765>
- 6.3.16.** DE FANO, A., FIEDLER, P., ZAPPASODI, F., BERTOLLO, M., & COMANI, S. (2025). Non-verbal joint action in healthy adults: a systematic scoping review of EEG-hyperscanning research. *Social cognitive and affective neuroscience*, 20(1), nsaf050. <https://doi.org/10.1093/scan/nsaf050>
- 6.3.17.** SILVESTRI, F., CAMPANELLA, M., MARCELLI, L., FERRARI, D., GALLOTTA, M. C., HAMDI, F., ALBUQUERQUE, M. R., BERTOLLO, M., & CURZI, D. (2025). Gross-Motor Coordination and Executive Functions Development in Soccer and Artistic Gymnastics Preadolescent Female Athletes. *Journal of functional morphology and kinesiology*, 10(1), 85. <https://doi.org/10.3390/jfmk10010085>
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- 6.3.19.** PANOULAS, O.; BERCHICCI, M.; BOVOLON, L.; TZORMPATZAKIS, M.; PROSKINITOPOULOS, T.; GALANIS, E.; STAVROU, N.; BERTOLLO, M.; HATZIGEORGIADIS, A. (2025). Strategic Self-Talk and Readiness Potential in Pistol Shooting: A Pilot Study on the Attentional Self-Talk Mechanism. *Neuroregulation*. doi: 10.15540/nr.12.3.165
- 6.3.20.** BEATO, M., LATINJAK, A. T., BERTOLLO, M., & BOULLOSA, D. (2025). Confirmation Bias in Sport Science: Understanding and Mitigating Its Impact. *International journal of sports physiology and performance*, 20(9), 1306–1311. <https://doi.org/10.1123/ijssp.2024-0381>
- 6.3.21.** SAVOIA, C., LATERZA, F., LUCADAMO, A., MANZI, V., AZZONE, V., PULLINGER, S. A., BEATTIE, C. E., BERTOLLO, M., & POMPA, D. (2024). The Relationship Between Playing Formations, Team Ranking, and Physical Performance in the Serie A Soccer League. *Sports (Basel, Switzerland)*, 12(11), 286. <https://doi.org/10.3390/sports12110286>
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- 6.3.23.** BOVOLON, L.; MALLIA, L.; DE MARIA, A.; BERTOLLO, M.; BERCHICCI, M. (2024). Modulatory role of sport factors on amateur and competitive athletes' aggressive and antisocial behaviors. *Heliyon*. doi: 10.1016/j.heliyon.2023.e23321
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- 6.3.25.** TEQUES, A. P., DE OLIVEIRA, R. F., BEDNARIKOVA, M., BERTOLLO, M., BOTWINA, G., KHOMUTOVA, A., TURAM, H. E., DINÇ, İ., LÓPEZ-FLORES, M., & TEQUES, P. (2024). Social and Emotional Skills in at-Risk Adolescents through Participation in Sports. *Sports (Basel, Switzerland)*, 12(7),

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- 6.3.27.** POMPA, DARIO; CAPOREALE, ALESSANDRA; CARSON, HOWIE J.; BEATO, MARCO; BERTOLLO, MAURIZIO (2024) Influence of the constraints associated with the numerical game situations on the technical-tactical actions of U-11 football players in Spain: A commentary on Garcia. *International journal of sports science & coaching* doi: 10.1177/17479541241268148
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- 6.3.30.** BUDNIK-PRZYBYLSKA, D., SYTY, P., KAŻMIERCZAK, M., PRZYBYLSKI, J., DOLIŃSKI, Ł., ŁABUDA, M., JASIK, P., KASTRAU, A., DI FRONSO, S., & BERTOLLO, M. (2024). Psychophysiological strategies for enhancing performance through imagery-skin conductance level analysis in guided vs. self-produced imagery. *Scientific reports*, 14(1), 5197. <https://doi.org/10.1038/s41598-024-55743-wP>
- 6.3.31.** DI FRONSO, S., ROBAZZA, C., POMPA, D., & BERTOLLO, M. (2024). Dreaming while awake: The beneficial effects of yoga Nidra on mental and physical recovery in two elite karate athletes. *Heliyon*, 10(1), e24180. <https://doi.org/10.1016/j.heliyon.2024.e24180>
- 6.3.32.** POMPA, DARIO; CARSON, HOWIE J.; BEATO, MARCO; DI FRONSO, SELENIA; BERTOLLO, MAURIZIO (2024) Attentional Focus Effects on Lower-Limb Muscular Strength in Athletes: A Systematic Review. *Journal of strength and conditioning research* . doi: 10.1519/jsc.0000000000004714
- 6.3.33.** BONDÁR, RÉKA ZSANETT; BERTOLLO, MAURIZIO; DI FRONSO, SELENIA; ROBAZZA, CLAUDIO (2024) Mindfulness to performance enhancement: a systematic review of neural correlates. *International review of sport and exercise psychology*. doi: 10.1080/1750984X.2021.1949742
- 6.3.34.** GRECO, F., QUINZI, F., CHIODO, S., CERULLI, C., TRANCHITA, E., BERTOLLO, M., & EMERENZIANI, G. P. (2024). The effects of pre-task music on choice visual reaction time in elite taekwondo athletes. *Journal of science and medicine in sport*, 27(4), 276–280. <https://doi.org/10.1016/j.jsams.2024.01.002>
- 6.3.35.** DAGMARA BUDNIK-PRZYBYLSKA, PAWEŁ SYTY, MARIA KAŻMIERCZAK, MARTA ŁABUDA, ŁUKASZ DOLIŃSKI, ADRIAN KASTRAU, PATRYK JASIK, JACEK PRZYBYLSKI, SELENIA DI FRONSO & MAURIZIO BERTOLLO (2023). Exploring the influence of personal factors on physiological responses to mental imagery in sport. *Scientific Report* 13, 2628. <https://doi.org/10.1038/s41598-023-29811-6>
- 6.3.36.** SERGIO COSTA, MARIKA BERCHICCI, VALENTINA BIANCO, PIERPAOLO CROCE, FRANCESCO DI RUSSO, FEDERICO QUINZI, MAURIZIO BERTOLLO, FILIPPO ZAPPASODI (2023) Brain dynamics of

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