

Curriculum Vitae

ACADEMIC BACKGROUND

- Master's Degree in Science and Techniques of Preventive and Adapted Physical Activities
San Raffaele Telematic University, Rome
- First-Level Master in "Theory and Methodology of Physical Preparation in Football"
University of Rome - Tor Vergata
- Bachelor's Degree in Sports and Exercise Sciences
University of Cagliari
- E-learning Training Course for the Development of Teaching Skills - DISCENTIA Project
University of Cagliari

LICENSES AND CERTIFICATIONS - FOOTBALL FIELD

- FMS (Functional Movement Screening): Level 1 and Y Balance - 2024
- UEFA C Coaching License - 2023
- FIFA Diploma in Football Medicine - 2019
- Professional Strength & Conditioning Coach - FIGC - 2018
- Youth Sector Strength & Conditioning Coach - FIGC - 2016

PROFESSIONAL EXPERIENCE - FOOTBALL FIELD

- First Team Strength & Conditioning Coach
Cagliari Calcio S.P.A. - 2019 to 2020
- Youth Sector Strength & Conditioning Coach
Cagliari Calcio S.P.A. - 2015 to July 2024
- Tutor and Instructor in Football and Team Sports Training Modules
2018 - Present
- Strength & Conditioning Coach - Futsal
Jasnagora Futsal Club - 2015
- Technical Coordinator and Instructor - "Io Calcio a 5" Project
2014
- Technical Collaborator - Club Esportiu Lleida, Preferente Juvenil
2013

AWARDS AND HONORS

- Selected among the Best Graduates of the University of Cagliari - Academic Year 2013/2014
- Merit Scholarship for on-time graduates - Academic Year 2013/2014

SCIENTIFIC PUBLICATIONS

- "Association Between ACTN-3 c.1729C>T (rs1815739) Polymorphism and Match-Play Maximal Running Speed in Elite Football Players: A Preliminary Report"

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Authors: Myosotis Massidda; Laura Flore; Mauro Baldus; Jacopo Secci; Giuseppe Allegra; Marco Scorcu; Naoki Kikuchi; Pawel Cieszczyk; Carla Maria Calò; Filippo Tocco