

MAURIZIO BERTOLLO
Curriculum Vitae et Studiorum
Januuary 2018



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,
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Current Position: Associate Professor of Motor Behaviour @ University of Chieti-Pescara, IT; Visiting Professor of Human Performance @ University of Suffolk, Ipswich, UK

2. EDUCATION, TRAINING AND PROFICIENCY

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

- 2003 MSc 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 Olivieri
- 1999 Specialisation in Psychotherapy, Mondragone. Tutor: Danilo Redaelli
- 1998 Specialisation in Sport Psychology, Institute of Sport, Rome. Tutor: Claudio Robazza and Stefano Tamorri
- 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 Federation 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, 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 C2 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)
- ELearning platform (e.g., BSCW and Moodle)
- Statistical Package for Social Science (SPSS, 22th version) and STATISTICA (10th version)
- EEG acquisition system and related software (e.g., ANT)
- fMRI acquisition system (Philips and Siemens) and related software (e.g., Brain Voyager)
- PowerLab (ADIstruments) biosignal 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 (BFE Foundation, Thought Technology and Mind Media)
- Stimulus presentation: E-Prime
- Video-analysis: Dartfish
- 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, 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 the first division club which comprises athletes from five different European and South America countries.

I have attended many courses on the Group dynamics and leadership. 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. 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). These positions have allowed me to organise national and international conference and events.

3. CAREER/EMPLOYMENT

3.1. Academics

2016 -	Visiting Professor of Human Performance	University of Suffolk, Ipswich
2011 -	Associate Professor of Methods and Didactics of Physical Activity	“G.d’Annunzio”, Chieti-Pescara University
2005 - 2010	Assistant Professor of Methods and Didactics of Sport Activity	“G.d’Annunzio”, Chieti-Pescara University
2002 – 2004	PE Teacher	Scuola Media di Tezze SB, Veneto District of Education (part time)
2000 – 2002	School psychologist	Istituto Comprensivo Mason (part time)
2000 – 2004	Supervisor Veneto’s Teachers	University of Venice (part time)
1995 – 1999	Vice- Headmaster and School psychologist	Istituto Comprensivo, Mason
1992 – 1995	PE Teacher	Scuola Media di Mason, Veneto District of Education
1990 – 1992	Teacher for pupils with special needs	Scuola Media di Mason, Veneto District of Education
1988 – 1990	PE Teacher	Scuola Media di Mason, Veneto District of Education
1985 – 1988	PE Teacher	Veneto District of Education. Italian Minister of Education

3.2. Consulting and professional activity

2005 –	Scientific Consultant in Sport Psychology, Sport Science, and Kinesiology
2001 –	CEO, Rari Nantes Marostica Club, Public Swimming Pool, Marostica, 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 life style, 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 –	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 of soccer youth activity, Italian Federation of Football (FIGC)

3.3. Affiliation and Memberships

- 2015 - Member of the Managing Council of the European Federation of Sport Psychology (FEPSAC)
- 2014 - Erasmus mobility coordinator of Department of Medicine and Aging Sciences, Chieti-Pescara University
- 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 – Vice-director, BIND - Behavioural Imaging and Neural Dynamics Center, Chieti-Pescara University
- 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)
- 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 – Affiliatyed memebr 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 ACTVITY

4.1. University

- 2016 – Lecturer in Sport Psychology, Master in 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)
- 2010 – 2011 Lecturer in Motor Behaviour in the Framework of Kinesiology, MSc in Adapted Physical Activity, Faculty of Medicine, Foggia University (Italy)
- 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)

- 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)
- 2005 – 2011 Member of the Board of Teachers, PhD Training Course in Human Movement Sciences, Faculty of Human Movement Sciences, Chieti University (Italy)
- 2005 – Supervisor *Lab of Methodology of Human Movement*”, BSc Human Movement Sciences (1st year), Faculty of Human Movement Sciences, Chieti University (Italy)
- 2005 – 2008 Lecturer in *Methods and Didactics of physical activity in primary schools* Master degree in Education, Faculty of Education, Chieti University (Italy)
- 2005 – 2007 Lecturer in *Didactics of physical activity*, Specialization in Education, School of Specialization for secondary Teacher (SISS), Chieti University (Italy)
- 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)
- 2003 – 2007 Lecturer in *Methods and Didactics of physical activity in primary schools* MSc in Education, Faculty of Education, Padova University (Italy)
- 2002 – 2008 Lecturer in *Didactics of physical activity* Specialization in Physical Education, School of Specialization for secondary Teacher (SISS), Venice University (Italy)
- 2000 – 2009 Lecturer in “*Motor Behaviour: Theory and Methodology of Human Movement*”, Bachelor degree in Human Movement Sciences (1st year), Faculty of Human Movement Sciences, Chieti University (Italy)
- 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)
- 2000 – 2002 Lecturer in *Didactics of team sport* Specialization in Physical Education, School of Specialization for secondary Teacher (SISS), Venice University (Italy)
- 1997 – 1999 Assistant Professor course *Swimming*, Istituto Superiore Educazione Fisica, Roma (main Professor Walter Magini)

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

4.3.1. Bachelor degree

Approximately 150 students from the Faculties of Human Movement Science, Psychology and Education at the University of Padova and Chieti-Pescara

4.3.2. Masters degree

Approximately 100 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; Cannavacciulo Rosanna; Vettore Marco; Meneghel Mascia, Marco Valenti, Marika Berchicci, Iodice Pierpaolo, Di Piedomenico Giuseppe, Marelletti 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), Jozé Luis Dantas (co-tutoring), Edson Soares Medeiros Filho, Cristiana Conti, Esmaeel Saemi at the University of Chieti-Pescara and Londrina (Brazil).

4.4. Other Academic services

2016	Responsible for the Department of Medicine and Aging Science (University of Chieti) of the Erasmus exchange projects (Medicine, Health professions and Sport Science)
2015	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 Neuromeeting (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

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

5.2. Current research interest

Performance optimization, Stress.recovery balance, Bio-psycho-physiological states underpinning performance, EEG and neurostimulation in sport, biofeedback and neurofeedback in sport, IZOF model, 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 psychology), and ending with the practice-oriented research, and here the references are the studies on the didactics of sport and physical activity

5.3.1. 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 paediatric MEG system available there (Baby-SQUID) and the psychomotor development in infants was evaluated with dedicated tests.

5.3.2. Applied research

With my colleague of 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 shooters.** 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. This study was 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 framework, in collaboration with prof Juri Hanin (Research Institute for Olympic Sports, Jyväskylä (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 indeces.** The purpose of this study is to investigate the stress-recovery factors in endurance and team sport athletes, combining psychological and physiological measures. In particular, we are concentrating our study on cyclists and soccer players.
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 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)

5.3.3. 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.

5.4. Scientific and/or Teaching collaborations

- 2014 – University Campus of Suffolk, UK, (Prof. Manos Georgiadis Sport Psychologist)
- 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)
- 2011 – eemagine Medical Imaging Solutions GmbH, Berlin, Germany
- 2011 – 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 Engeneering, University "Roma3", Rome - Italy (Prof. Silvia Conforto, Biomedical engeneer)
- 2010 – 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, Jyväskylä (Finland) Professor Emeritus Prof. Yuri L. Hanin, Sport Psychologist)
- 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

- 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
May 2009	Facultade De Ciencias Da Actividade Física E Do Deporte, University of La Coruna, (Erasmus project), prof. Ezquerro García-Noblejas Milagros, Gómez Varela Joaquín and Fernández del Olmo Miguel 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

- 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 Neuromeeting, 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 Maringà, Maringà, 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 curricolo*, 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, abilità 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

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

5.8. Research projects funded by National or International Institutions

2014-2017	Collaborator (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 perfromancer, 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) – Italy. € 10.000,00
2005	Research funds provided by the Specialization school for Secondary Teaching University of Venice – Italy. € 22.000,00
2005-2016	Research funds provided by the Chieti University based on the personal scientific production whit internal ranking and competition. € 65.000,00

5.9. Reviewer ad hoc for the following scientific journals:

- 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
- International Journal of Sport and Exercise Psychology
- International Journal of Sport Physiology and Performance
- Journal of Applied Sport Psychology
- Journal of Motor Behaviour
- 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
- Research Quarterly for Sport and Exercise
- Scientific World Journal

- Social Behaviour and Personality
- Sport Science for Health
- Sport, Exercise, and Performance Psychology
- 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:

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

6. SCIENTIFIC PUBLICATIONS

Author and co-author of approximately 170 scientific publications, in international and national journals, conference proceedings, and books. H index: 13 retrieved on Scopus; i10-index: 25 retrieved on: <http://scholar.google.it/citations?user=dpHILS4AAAAJ&hl=it>

6.1. Book chapters and Monographs

- 6.1.1. BERTOLLO M, ROBAZZA C. & DOPPELMYR M. (2018). Using Brain Technologies in Practice. In Eklund & Tenenbaum (Eds). Handbook of Sport Psychology 4th Edition. Viley, USA.
- 6.1.2. McCORMICK S, DI GRUTTOLA F, & BERTOLLO M (2018). The theoretical and applied implications of using imagery to improve the performance and well-being of endurance performers. In Meijen C. & Marcra S. (Eds). The Psychology of Endurance Performance. Viley, UK
- 6.1.3. FILHO, E., DI FRONSO, S., ROBAZZA, C., & BERTOLLO, M. (2018). Exergaming. In S. Razon, & M. Sachs (Eds.), Applied exercise psychology: The challenging journey from motivation to adherence. USA: Routledge.
- 6.1.4. 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
- 6.1.5. ROBAZZA, C, FORZINI, F, di FRONSO, S., & BERTOLLO M. (2018). Recovery-Stress Balance and Psychobiosocial States Monitoring of Road Cyclists. In Kellmann & Kallus (Eds). Sport, Recovery and Performance: Interdisciplinary Insights, UK Pearson.
- 6.1.6. SCHACK, T., BERTOLLO, M., KOESTER, D. & ESSIG, K. (2014). Technological advancements in sport and exercise psychology (pp. 953-966). In: A. Papaioannou & D. Hackfort (eds.), Fundamental concepts in sport and exercise psychology. International Society of Sport Psychology (ISSP). Taylor & Francis Print ISBN: 9781848721289.
- 6.1.7. BERCHICCI M., BERTOLLO M. (2014). The role of physical activity in the treatment of ADHD. In Carraro A., Probst M. (Eds) Mental Health and Physical activity. Milano: EdiErmes (ITA).

- 6.1.8.** BERTOLLO M. (2007). Trasformare le capacità in competenze e padronanze motorie: Le strategie didattiche. In: EID L. Le competenze nelle scienze motorie e sportive. Verso una Literacy motoria europea. (pp. 22-35). ISBN: 978-88-464-9016-6. MILANO: Franco Angeli (ITALY).
- 6.1.9.** CARRARO A, BERTOLLO M. (2005). Le Scienze Motorie e Sportive nella Scuola Primaria. (pp. 1-426). ISBN: 88-7178-414-6. PADOVA: CLEUP (ITALY).
- 6.1.10.** BERTOLLO M. (2004). Dalle capacità alle competenze motorie. In: CARRARO, A. LANZA M. Insegnare apprendere in educazione fisica. (pp. 109-154). ROMA ARMANDO (ITALY).
- 6.1.11.** BERTOLLO M. (2004). 100 domande e risposte sull'educazione dei figli. In: PASQUALOTTO L. MUZZOLON C. 100 domande e risposte sull'educazione dei figli. TRENTO: ERICKSON (ITALY).
- 6.1.12.** CARRARO A, ZOCCA E, LANZA M, BERTOLLO M. (2003). La formation des professeurs d'éducation physique en Italie: Problèmes épistémologiques. In: P. SIMONET, L. VERAY. L'empreinte de Joinville 150 ans de sport. (pp. 465-481). ISBN: 2-86580-143-8. PARIS: INSEP (FRANCE).
- 6.1.13.** BERTOLLO M. (1997). Gli aspetti psicopedagogici del nuoto pinnato. In: CIAVARELLA M. BOTTAZZI S. GIUSTI R. Didattica e Tecnica del Nuoto Pinnato. ROMA: FIPS (ITALY).

6.2. International peer review journals

- 6.2.1.** KELLMANN M, BERTOLLO M, BOSQUET L, ET AL. (2018). Recovery and performance in sport: Consensus statement. *International Journal Sports Physiology and Performance*. In press.
- 6.2.2.** HEIDARI, J., BECKMANN, J., BERTOLLO, M., C, BRINK, M., KALLUS, W., ROBAZZA, C., & KELLMANN, M., (2018). Multidimensional monitoring of recovery status and implications for performance. *International Journal Sports Physiology and Performance*. In press.
- 6.2.3.** FRONSO, S. DI, ROBAZZA, C., BORTOLI, L., & BERTOLLO, M. (2017). Performance Optimization in Sport: A Psychophysiological Approach. *Motriz: Revista de Educação Física*, 23(4). doi:10.1590/s1980-6574201700040001
- 6.2.4.** IODICE, P., CALLUSO, C., BARCA, L., BERTOLLO, M., RIPARI, P., & PEZZULO, G. (2017). Fatigue increases the perception of future effort during decision-making. *Psychology of Sport and Exercise*, 33, 150-160. doi:10.1016/j.psychsport.2017.08.013
- 6.2.5.** BORTOLI, L., BERTOLLO, M., FILHO, E., DI FRONSO, S., & ROBAZZA, C. (2017). Implementing the TARGET model in physical education: Effects on perceived psychobiosocial and motivational states in girls. *Frontiers in Psychology*, 8(SEP) doi:10.3389/fpsyg.2017.01517
- 6.2.6.** CHRISTIE, S., DI FRONSO, S., BERTOLLO, M., & WERTHNER, P. (2017). Individual alpha peak frequency in ice hockey shooting performance. *Frontiers in Psychology*, 8(MAY) doi:10.3389/fpsyg.2017.00762
- 6.2.7.** PROIETTI R, DI FRONSO S, LUCAS AP, BORTOLI L, ROBAZZA C, FABIO YN, BERTOLLO M. (2017). Heart rate variability discriminates competitive levels in professional soccer players. *Journal of Strength & Conditioning Research*. doi: 10.1519/JSC.00000000000001795.
- 6.2.8.** SILVA CARLA CRISTIANE, BERTOLLO MAURIZIO, REICHERT FELIPE FOSSATI, BOULLOSA DANIEL ALEXANDRE, NAKAMURA FÁBIO YUZO (2017). Reliability of heart rate variability in children: Influence of sex and body position during data collection. *Pediatric Exercise Science*, 29(2), 228-236.

- doi:10.1123/pes.2016-0085
- 6.2.9. ROBAZZA, C., BERTOLLO, M., RUIZ, M. C., & BORTOLI, L. (2016). Measuring psychobiosocial states in sport: Initial validation of a trait measure. *PLoS ONE*, 11(12) doi:10.1371/journal.pone.0167448
- 6.2.10. FILHO, E., BERTOLLO, M., TAMBURRO, G., SCHINAIA, L., CHATEL-GOLDMAN, J., DI FRONSO, S., . . . COMANI, S. (2016). Hyperbrain features of team mental models within a juggling paradigm: A proof of concept. *PeerJ*, 2016(9) doi:10.7717/peerj.2457
- 6.2.11. BERTOLLO M, DI FRONSO S, FILHO E, CONFORTO S, SCHMID M, BORTOLI L, COMANI S, ROBAZZA C. (2016) Proficient brain for optimal performance: the MAP model perspective. *PeerJ4:e2082* doi: 10.7717/peerj.2082.
- 6.2.12. ROBAZZA, C., BERTOLLO, M., FILHO, E., HANIN, Y., & BORTOLI, L. (2016). Perceived control and hedonic tone dynamics during performance in elite shooters. *Research Quarterly for Exercise and Sport*, 87(3), 284-294. doi:10.1080/02701367.2016.1185081
- 6.2.13. FILHO, E., PIERINI, D., ROBAZZA, C., TENENBAUM, G., & BERTOLLO, M. (2016). Shared mental models and intra-team psychophysiological patterns: A test of the juggling paradigm. *Journal of Sports Sciences*, 1-12. doi:10.1080/02640414.2016.1158413
- 6.2.14. NAKAMURA, F. Y., PEREIRA, L. A., RABELO, F. N., FLATT, A. A., ESCO, M. R., BERTOLLO, M., & LOTURCO, I. (2016). Monitoring weekly heart rate variability in futsal players during the preseason: The importance of maintaining high vagal activity. *Journal of Sports Sciences*, 1-7. doi:10.1080/02640414.2016.1186282
- 6.2.15. DI FRONSO S., ROBAZZA C., FILHO E., BORTOLI L., COMANI S., BERTOLLO M. (2016) Neural Markers of Performance States in an Olympic Athlete: An EEG Case Study in Air-Pistol Shooting. *Journal of Sports Science and Medicine* (15), 214 - 222
- 6.2.16. MURGIA, M., FORZINI, F., FILHO, E., DI FRONSO, S., SORS, F., BERTOLLO, M., & AGOSTINI, T. (2016). How do mood states change in a multi-stage cycling competition? Comparing high and low performers. *THE JOURNAL OF SPORTS MEDICINE AND PHYSICAL FITNESS*, 56- 336-342.
- 6.2.17. VITOR-COSTA M, OKUNO NM, BORTOLOTTI H, BERTOLLO M, BOGGIO PS, FREGNI F, ET AL. (2015) Improving Cycling Performance: Transcranial Direct Current Stimulation Increases Time to Exhaustion in Cycling. *PLoS ONE* 10(12): e0144916. doi:10.1371/journal.pone.0144916
- 6.2.18. D'ANNA, C., SCHMID, M., BIBBO, D., BERTOLLO, M., COMANI, S., & CONFORTO, S. (2015). The effect of continuous and discretized presentations of concurrent augmented visual biofeedback on postural control in quiet stance. *PLoS ONE*, 10(7) doi:10.1371/journal.pone.0132711
- 6.2.19. TOMMASI V., PRETE G., DI FRONSO, S., SCHINAIA, L., LUCAFÒ C., TOMMASI, L., ROBAZZA C., BERTOLLO M. (2015). The Effect of tRNS on Performance: A Pilot Study With a Skilled Air-Pistol Shooter. *BIOFEEDBACK MAGAZINE*.
- 6.2.20. FILHO, E., BERTOLLO, M., ROBAZZA, C., & COMANI, S. (2015). The juggling paradigm: A novel social neuroscience approach to identify neuropsychophysiological markers of team mental models. *FRONTIERS IN PSYCHOLOGY*, 6(JUN) doi:10.3389/fpsyg.2015.00799
- 6.2.21. FILHO, E., DI FRONSO, S., FORZINI, F., MURGIA, M., AGOSTINI, T. BORTOLI, L. ROBAZZA, C., BERTOLLO, M., (2015). Athletic Performance and

- Recovery-Stress Factors in Cycling: An Ever Changing Balance. EUROPEAN JOURNAL OF SPORT SCIENCE,
- 6.2.22. BORTOLI, L., BERTOLLO, M., VITALI, F., FILHO, E., & ROBAZZA, C. (2015). The effects of motivational climate interventions on psychobiosocial states in high school physical education. *Research Quarterly for Exercise and Sport*, 86(2), 196-204. doi:10.1080/02701367.2014.999189
- 6.2.23. BERTOLLO, M., DI FRONSO, S., FILHO, E., LAMBERTI, V., RIPARI, P., REIS, V. M., . . . ROBAZZA, C. (2015). To focus or not to focus: Is attention on the core components of action beneficial for cycling performance? *Sport Psychologist*, 29(2), 110-119. doi:10.1123/tsp.2014-0046
- 6.2.24. DE FREITAS, V. H., PEREIRA, L. A., DE SOUZA, E. A., LEICHT, A. S., BERTOLLO, M., & NAKAMURA, F. Y. (2015). Sensitivity of the yo-yo intermittent recovery test and cardiac autonomic responses to training in futsal players. *INTERNATIONAL JOURNAL OF SPORTS PHYSIOLOGY AND PERFORMANCE*, 10(5), 553-558. doi:10.1123/ijspp.2014-0365
- 6.2.25. EDSON FILHO, SELENIA DI FRONSO, CATERINA MAZZONI, CLAUDIO ROBAZZA, LAURA BORTOLI, MAURIZIO BERTOLLO (2015). My heart is racing! Psychophysiological dynamics of skilled racecar drivers. *JOURNAL OF SPORTS SCIENCES*, 9, 945-959.
- 6.2.26. VLADIMIROV A., VLADIMIROVA N., ANDRIYASHEK, Y., BERTOLLO M. (2015). Medical pole walking and cardiovascular health among pregnant women with anemia. *SPORT SCIENCES FOR HEALTH*, 1-6. Doi: 10.1007/s11332-014-0203-z
- 6.2.27. BORTOLI L., BERTOLLO M., FILHO E., ROBAZZA C. (2014). Do psychobiosocial states mediate the relationship between perceived motivational climate and individual motivation in youngsters?. *JOURNAL OF SPORTS SCIENCES*, vol. 32, p. 572-582, ISSN: 0264-0414, doi: 10.1080/02640414.2013.843017
- 6.2.28. FILHO E, DI FRONSO S, FORZINI F, AGOSTINI T, BORTOLI L, ROBAZZA C, BERTOLLO M (2013). Stress/recovery balance during the Girobio: profile of highly trained road cyclists. *SPORT SCIENCES FOR HEALTH*, vol. 9, p. 107-112, ISSN: 1824-7490, doi: 10.1007/s11332-013-0153-x
- 6.2.29. SELENIA DI FRONSO, FABIO Y. NAKAMURA, LAURA BORTOLI, CLAUDIO ROBAZZA, MAURIZIO BERTOLLO (2013). Stress and Recovery Balance in Amateur Basketball Players: Differences by Gender and Preparation Phase. *INTERNATIONAL JOURNAL OF SPORTS PHYSIOLOGY AND PERFORMANCE*, vol. VIII, p. 618-622, ISSN: 1555-0265
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