

## University Academic Curriculum Vitae

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### Personal information

Name: Attilio Carraro

Place and date of birth: [REDACTED]

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### Education

- First degree: 6/3/1987, *Diploma ISEF*, 110/110 cum laude, ISEF of Bologna, Italy;
- Post-graduate degree: 25/2/1998, *Laurea in Pedagogia*, 110/110 cum laude, University of Ferrara, Italy;
- Post-graduate degree: 2000, *Laurea in Scienze Motorie*, 110/110 cum laude, University of Urbino, Italy;
- PhD: 12/2/2015, Sport sciences, "Physical activity to promote mental health: strategies and interventions", UTAD (Universidade de Trás-Os-Montes e Alto Douro), Vila Real, Portugal.

### University habilitation

- Habilitations: 2002, M-PED/03 (*Didattica e Pedagogia Speciale - Didactic and Special Education*), senior lecturer (ricercatore), University of Padova; 2006, M-EDF/01 (*Metodi e Didattica delle Attività Motorie - Methods and Didactic of Physical Activities*); associate professor, University of Padova; 2017, national habilitation to full professor (*professore di prima fascia*), settore concorsuale 11/D2 (*Didattica, Pedagogia speciale e ricerca educativa - Didactic, Special Education and Educational Research*), settore scientifico disciplinare M-EDF/01; 2018, national habilitation to full professor (*professore di prima fascia*), settore concorsuale 06/N2 (*Scienze dell'Esercizio Fisico e dello Sport - Exercise and Sport Sciences*).

### Present appointments

- Level of appointment: From July 1<sup>st</sup> 2019 full professor at the Faculty of Education of the University of Bolzano, Italy
- At today, Professore associato / Associate professor at the Department of Biomedical Sciences of the University of Padua, Italy, SSD M-EDF/01, SC 06/N2
- Start of the current appointment: October 2006
- Employer: University of Padua, Italy
- Brief description of the main current responsibilities: at the Department of Biomedical Sciences of the University of Padua, I am the co-director of the Health, Sport and Exercise Sciences Research Unit, the head of the Sport Pedagogy lab, and the vice-dean of the *Scienze Motorie e Sportive* (Human Movement and Sport Sciences) undergraduate programme. At the University of Padua, I am currently teaching at both the Schools of Humanities (in the postgraduate programme *Scienze della Formazione Primaria - Primary school teacher*

Initial preparation) and Medicine (undergraduate programme *Scienze Motorie* and post-graduate programme *Scienze e Tecniche delle Attività Motorie Preventive e Adattate* – Preventive and adapted physical activities). I am in charge of the Erasmus agreements and exchanges in the area of sport sciences; and I am a member of the council of teachers of the PhD programme on *Scienze Pedagogiche, dell' Educazione e della Formazione* (Pedagogical, Educational and Instructional Sciences).

I am acting as a scientific consultant, with the role of director of the Psychomotor Therapy Unit at the Parco dei Tigli Psychiatric Hospital, Villa di Teolo (PD).

I am (July 2018-present) the treasurer and a member of the executive board of the AIESEP (*Association Internationale des Écoles Supérieures d'Éducation Physique* - International Association for Physical Education in Higher Education).

I am the coordinator of the Sport Pedagogy and Physical Education research group of the SISMES (*Società Italiana per le Scienze Motorie e Sportive* - Human Movement and Sport Sciences Italian Scientific Society).

#### Professional experience

From / to	Job title	Name of academic Institution	Academic level	responsibilities
Oct 1981 / Sept. 1987	Primary school teacher	Primary school	teacher	Classroom teacher
Oct. 1987 / Nov. 2002	Secondary school teacher	Second level secondary school	teacher	Physical education teacher
May 1998-present	Consultant, Director of the Psychomotor Therapy Service	Casa di Cura Parco dei Tigli	n/a	Research and coordination of activities
Dec. 2002 / Sept. 2006	Ricercatore (senior lecturer)	University of Padova, Faculty of Education	ricercatore (senior lecturer)	Research and teaching
Jan. 2003 / Sept. 2008	Ricercatore and Associate professor	SSIS del Veneto (Scuola di Specializzazione per la formazione di Insegnanti della scuola Secondaria – School for the Initial Preparation of Secondary school Teachers)	ricercatore and Associate professor	Director of the physical education programme
May-July 2017 and June-July 2018	Visiting professor	University of Augsburg, Germany	Associate professor	Research and teaching

#### Experience in academic teaching during the last five years

- *Fondamenti e didattica delle attività motorie* (Fundaments and teaching of physical education), from 2012-13 present, University of Padua, School of Humanities, Department FISPPA (Filosofia, Sociologia, Pedagogia e Psicologia Applicata – Philosophy, Sociology, Pedagogy and Applied Psychology), SSD M-EDF/01, post-graduate (single cycle) programme

*Scienze della Formazione Primaria* (Primary school teachers initial preparation).

- *Teoria e metodologia del movimento umano* (Theory and methodology of human movement), from 2012-13 present, University of Padua, School of Medicine, Department of Biomedical Sciences, SSD M-EDF/01, undergraduate programme *Scienze Motorie e Sportive* (Human movement and sport sciences).
- *Research methods in physical activity* (course held in English), from 2012-13 present, University of Padua, School of Medicine, Department of Medicine, SSD M-EDF/01, post-graduate programme *Scienza e Tecniche delle Attività Motorie Preventive e Adattate* (Science and techniques of Adapted and preventive physical activity).
- *Values-based education through sport and physical education* (course held in English), *Modul: Sportpaedagogische Kompetenz*, 2017, post-graduate level, University of Augsburg, Germany, Institute for Sport Sciences.
- *Physical activity and mental health* (course held in English), 2018, post graduate level, University of Augsburg, Germany.
- *Metodi e didattiche delle attività motorie* (Methods and didactic of physical education), 2015-16 and 2016-17, University of Padua, School of Humanities, Department FISPPA, SSD M-EDF/01, CSAS (Corso Speciale Abilitazione per il Sostegno, Special course for the habilitation of teachers for students with special needs), post-graduate level.
- *Corpo, movimento, salute: la prospettiva inclusiva*, 2016-17 and 2017-18, University of Padua, *General Course Diritti umani e inclusione* (General course human rights and inclusion), the course is offered to both under- and post-graduate students.
- *How to prepare a conference poster and an oral communication* (course held in English), 2012-13 present, University of Padua, PhD programme on Pedagogy and Education.
- In the last five years, I supervised five PhD students (Dr. Erica Gobbi, Dr. Ilaria Ferri, Dr. Matteo Cucchelli, Dr. Massimiliano Marino and Dr. Marco Maselli) in the area of sport pedagogy at the PhD course on Pedagogical, Educational and Instructional Sciences of the University of Padua.

#### Other academic responsibilities

#### Internal appointments to faculty and university boards

- Department of Biomedical Sciences, University of Padua, co-director of the Health, Sport and Exercise Sciences Research Unit, head of the Sport Pedagogy lab.
- Department of Biomedical Sciences, University of Padua, vice-dean of the *Scienze Motorie e Sportive* (Human Movement and Sport Sciences) under-graduate programme.
- Department of Biomedical Sciences, University of Padua, head of the GAV (Gruppo Auto-Valutazione della didattica – Group for the self-assessment of the teaching quality).
- PhD programme on *Scienze Pedagogiche, dell'Educazione e della Formazione* (Pedagogical, Educational and Instructional Sciences), member of the PhD programme teachers council.
- University of Padua, member of the SAFI (Supporto di Ateneo per la Formazione degli Insegnanti – University support for teachers' preparation).

- University of Padua, member of the Placement Commission.
- University of Padua, member of the Centre for Mechanics of Biological Materials Council.

**External appointments at national and international level**

- Casa di Cura Parco dei Tigli, Villa di Teolo (Padova), Italy: scientific consultant, director of the Psychomotor Therapy Unit.
- SISMES (Società Italiana per le Scienze Motorie e Sportive - Human Movement and Sport Sciences Italian Scientific Society): Head of the sport pedagogy and physical education research group.
- AIESEP (*Association Internationale des Écoles Supérieures d'Éducation Physique* - International Association for Physical Education in Higher Education): treasurer and member of the Executive Board.

**Responsibilities for organizing conferences/seminars/exhibitions**

- Padova, 13/04/2016, conference "Il benessere dello studente: dalle scienze all'educazione fisica" (Student's wellness: from science to physical education), University of Padua & D'Anna Editore [congress president].
- Padova, 4-5/04/2014, conference "Healthy Active Lives", University of Padua & HeAL International Group [congress president].
- Director of the international Summer school "A Holistic Approach to Workplace Health-Promotion and Corporate Wellness " held in Izola, Slovenia from 10 to 15 September 2015, and jointly organized by the Universities of Padua (Italy), Augsburg (Germany), Basel (Switzerland) and Primorska (Slovenia)

**Memberships**

**Membership of academic or professional bodies**

- Member of the AIESEP (*Association Internationale des Écoles Supérieures d'Éducation Physique*)
- Member of the ECSS (European College of Sport Sciences)
- Member of the SISMES (Società Italiana Scienze Motorie e Sportive)
- Member of the SIEMeS (Società Italiana Educazione Motorie e Sportiva)
- Member of the editorial board of the international journal *Movimento*.
- Member of the editorial committee of the series "Neurodidattica", published by Edisud, Salerno.
- Member of the editorial committee of the series "Embodied Cognitive Science" published by Edizioni Nuova Cultura, Roma.
- Member of the editorial committee of the series "Attività motorie, educazione fisica e sport. Approccio interdisciplinare ed implicazioni metodologiche", published by Pensa Multimedia, Lecce.

**Research and scholarships**

**Summary of current funded research**

- I am currently the PI of the Italian Unit in the Erasmus+ Sport project IMPACT (Identifying and Motivating youth who mostly need Physical ACTivity), funded by the European Commission.
- I am currently the PI of the Italian Unit in the Erasmus+ Sport project LUDUS (Just Move have Fun: development of preschool PA program for grassroots sports, funded by the European Commission.

**Summary of funded research and scholarships during the previous five years**

- I was the PI of the international project "Values-based education through sport: the tool-kit project", funded by WADA, UNESCO, IOC, IPC, ICSSPE and IFPC and organized in collaboration with the University of Augsburg, Cork, Londrina, Limerick, Hong Kong, Basel, Queensland.
- I was the PI of the Italian Unit in the Erasmus+ strategic partnership project PETEU (Physical Education Teachers Education In Europe), funded by the European Commission.
- I was the PI of the Italian Unit in the SIMPAQ international project, funded by the UNSW, University of New South Wales, Australia
- I was the PI of the project "Affective response to aerobic exercise with different machines", funded by Technogym SpA.
- I was the PI of the Italian Unit in the project "Physical literacy - A way to promote physical activity in inactive groups", funded by the Coca-Cola Foundation.
- I was the PI of the Unit based at the University of Padua in the PRIN project "Motivational processes and psychobiosocial states in physical education and sport: interaction between individual and situational factors, and evaluation of instructional strategies".
- I was the PI of the project "Promoting mental health through physical activity: a comparison of different strategies", funded by the University of Padua (PRAT).
- I attracted the resources for the scholarship (6 months in Padua) attributed to Prof. Dr. Marcia Greguol, University of Londrina, Brazil (January-July 2013).
- I won the competitive selection for the scholarship (3 months in Padua) attributed to Prof. Dr. Philippe Ward, University of New South Wales, Australia (September, October, November 2016).
- I won the competitive selection for the scholarship (6 months in Padua) attributed to Prof. Dr. Athanasios Papaioannou, University of Thessaly, Greece (February-July 2016).
- I won the competitive selection for the scholarship (3 months in Padua) attributed to Dr. Simon Rosenbaum, University of New South Wales, Australia (September, October, November 2018).

**Research projects currently under review**

- I am the PI of the PRIN-2017 application "Sport as a means to promote values, inclusion and citizenship in children and adolescents", submitted in cooperation with the Universities of Chieti, Rome Foro Italico and Foggia.

**Main research grants**

Date granted / to	Award Holder(s)	Funding Body	Title	Amount received
01/2018 current	Attilio Carraro	EU Commission	LUDUS (Just Move have Fun): development of preschool PA program for grassroots sports, 2018-2019	48.000 €

01/2017 current	Attilio Carraro	EU Commission	IMPACT (Identifying and Motivating youth who mostly need Physical ACTivity)	65.000 €
01/2017 current	Attilio Carraro	EU Commission	PETEU (Physical Education Teachers Education in Europe)	16.000 €
01/2016 10/2017	Attilio Carraro	JNSW, University of New South Wales, Australia	The SIMPAQ (SIMple Physical Activity Questionnaire) project	6.000 USD
05/2015 04/2015	Attilio Carraro	Technogym SpA	Affective response to aerobic exercise with different machines	12.000 €
03/2014 12/2017	Attilio Carraro	WADA, UNESCO, IOC, IPC, ICSSPE, IFPC	Values-based education through sport: the tool-kit project	75.000 USD
06/2010 05/2013	Attilio Carraro	The Coca-Cola Foundation	Physical literacy - A way to promote physical activity in inactive groups	32.000 €
01/2011 10/2013	Attilio Carraro	MIUR (PRIN)	Motivational processes and psychosocial states in physical education and sport: Interaction between individual and situational factors, and evaluation of instructional strategies	37.000 €
01/2011 12/2013	Attilio Carraro	University of Padua (PRAT)	Promoting mental health through physical activity: a comparison of different strategies	43.000 €

## Publications

Summary: 169 publications in the last 15 years (4 books, 2 edited books, 24 book chapters, 13 papers in conference proceedings, 42 abstracts of conference papers in journals, 60 papers in peer-reviewed academic journals, 4 articles in professional journals).

H-index (Scopus) 9, 275 citations; H-index (Web of Science) 10, 330 citations (329 without self-citations); H-index (Google Scholar) 14, I10-index 18, 656 citations.

### List of the main publications

#### Books - authored

Carraro, A. & Gobbi, E. (2016). *Muoversi per star bene. Una guida introduttiva all'attività fisica*. Roma: Carocci. ISBN: 9788874666973

Carraro, A. (2008). *Educare al movimento*. Lecce: Pensa MultiMedia. ISBN: 9788882325893

Carraro, A., & Bertolio M. (2005). *Le scienze motorie e sportive nella scuola primaria*. Padova: CLEUP. ISBN: 8871784146

Carraro, A. (2003). *Metodologia e didattica delle attività motorie*. Padova: Edizioni Progetto. ISBN: 9788887331653

#### Books - edited

- Probst, M., & Carraro, A. (Eds.) (2014). *Physical activity and mental health: a practice oriented approach*. Milano: EdiErmes. ISBN-10: 8870513866
- Carraro, A., & Lanza, M. (Eds.) (2004). *Insegnare/Apprendere in Educazione Fisica, problemi e prospettive*. Roma: Armando Editore. ISBN: 8883585356

#### Chapters in books

- Carraro, A. (2019). Atividade física e saúde mental. In M. Greguol, & R. F. Da Costa (Eds.). *Atividade Física Adaptada: qualidade de vida para pessoas com necessidades especiais 4ª Edição* (pp. 410-433), Tamboré, Brasil: Editora Manole. ISBN: 9788520456217
- Carraro, A. & Gobbi, E. (2019). Corpo, movimento, salute: la prospettiva inclusiva. In T. Pievani, M. Mascia, L. Nota & (a cura di), *Diritti umani e inclusione* (pp. 265-280). Bologna, Italy: Il Mulino. ISBN: 88-15-28390-0
- Carraro, A., & Gobbi, E. (2019). Physical Education Teacher Education in Italy. In A. McPhail, D. Tannehill, and Z. Avsar (Eds.), *European physical education teacher education practices*, 153-171. Munich, Germany: Meyer & Meyer. ISBN978-1-78255-177-5
- Biancato, M. & Carraro, A. (2017). I "campi verdi" estivi: valutazione di un'esperienza. In A. D'Antone (Ed.), *Per un'ecologia di comunità. Processi e pratiche educative di sviluppo sostenibile* (pp. 29-36). Bergamo: Zeroseiup. ISBN: 978-88-99338-38-1.
- Carraro, A., McCuaig, L., Marino, M., & Gobbi, E. (2017). Values-based education through physical education and sport: A toolkit for teachers. In D. Colella, B. Antala, S. Epifani (Eds.). *Physical education in primary school. Researches, best practices, situation* (pp. 223-240). Lecce: Pensa MultiMedia. ISBN: 978-88-6760-474-6.
- Gobbi, E., & Carraro, A. (2017). Play fighting as a strategy to cope with aggressive behaviours among youth with social disadvantages in Italy. In A. J. S. Morin, C. Maiano, D. Tracey, R. G. Craven (Eds.), *Inclusive Physical Activities: International Perspectives* (pp. 163-182). USA: Information Age Publishing. ISBN: 978-1-68123-852-4
- Carraro, A. (2014). The role of exercise in alcohol dependence recovery. In M. Probst & A. Carraro (Eds.), *Physical activity and mental health: a practice-oriented approach* (pp. 61-69). Milano: Edi.Ermes.
- Carraro, A., & Probst, M. (2014). Assessment and evaluation instruments of physical activity to use in people with mental health problem. In M. Probst & A. Carraro (Eds.), *Physical activity and mental health and: a practice-oriented approach* (pp. 173-179). Milano: Edi.Ermes.
- Gobbi, E., Ferri, I., Carraro, A. (2014). Physical activity and people with Intellectual disability. In M. Probst & A. Carraro (Eds.), *Physical activity and mental health and: a practice-oriented approach* (pp. 153-158). Milano: Edi.Ermes.
- Probst, M., & Carraro, A. (2014). Introduction: why physical activity and mental health. In M. Probst & A. Carraro (Eds.), *Physical activity and mental health and: a practice-oriented approach* (pp. 1-6). Milano: Edi.Ermes.
- Carraro, A. (2013). Atividade física e saúde mental. In M. Greguol, & R. F. Da Costa (Eds.). *Atividade Física Adaptada* (pp. 545-575), Tamboré, Brasil: Editora Manole.

- Carraro, A. (2012). La battaglia della bottiglia: alcol, sport, esercizio. In M. Sibillo (Ed.), *La dimensione pedagogica ed il valore inclusivo del corpo e del movimento* (pp. 102-110), Lecce: Pensa Editore.
- Carraro, A. (2012). Il corpo come strumento della didattica: relazioni tra attitudini corporee e burnout in un gruppo di insegnanti di educazione fisica. In: M. Sibillo. *I significati del movimento nella ricerca didattica Approcci di ricerca e protocolli sperimentali a confronto* (pp. 23-30), Napoli: Liguori Editore.
- Ferri, I., Gobbi, E., & Carraro, A. (2012). Attività fisica e disabilità intellettive. In: M. Sibillo (Ed.), *La dimensione pedagogica ed il valore inclusivo del corpo e del movimento* (pp. 252-260), Lecce: PensaMultimedia Editore.
- Carraro, A. (2011). Alcohol misuse and exercise. In: M. Adamkova Ségard & B. Hatlova (Eds.), *Psychomotor therapy*. (pp. 71-78), Usti nad Labem, Czech Republic: University J. E. Purkyne Press.
- Carraro, A. (2011). Obezita, psychiatrické poruchy a fyzická aktivita. In: B. Hatlova, J. Kirchner, & Coll. (Eds.) *Kapitoly z teorie psychomotorické terapie* (pp. 137-141), Praha, Czech Republic: European Art and Science Publishing.
- Carraro, A., & Gobbi, E. (2011). Cancro e attività fisica: alcune evidenze. In: I. Testoni. *Dopo la notizia peggiore elaborazione del morire nella relazione* (pp. 197-212), Padova: Piccin.
- Scarpa, S., & Carraro, A. (2011). El nacimiento de la Educación Física en la escuela italiana: de la Ley Casati a la Reforma Gentile. In: P. Scharagrodsky (Ed.), *La invención del homo gymnasticus Fragmentos históricos sobre la educación de los cuerpos en movimiento* (pp. 213-223), Buenos Aires, Argentina: Editorial Prometeo.
- Carraro, A. (2008). Stress and burnout in physical education teachers: exploring the determinants. In: Seghers J. & Vangrunderbeek H. (Eds.), *Physical education research what's the evidence* (pp. 125-138), Leuven, Belgium: Acco.
- Carraro, A. (2006). La dimensione del corpo in educazione. Per una visione olistica dell'educazione. In: E. Toffano Martini (Ed.), *Sfide alla professione docente corporeità disabilità convivenza* (pp. 27-39), Lecce: Pensa MultiMedia.
- Martinuzzi, A., & Carraro, A. (2005). La disabilità motoria. In P. Tessari & R. Caldin (Eds.), *Disabili & Abili manuale per educatori professionali* (pp. 269-277), Padova: Cleup.
- Carraro, A. (2004). Educazione Fisica e Scienze Motorie: quale epistemologia? In A. Carraro & M. Lanza (Eds.), *Insegnare/Apprendere in Educazione Fisica, problemi e prospettive delle scienze motorie nella scuola* (pp. 17-50), Roma: Armando Editore. ISBN: 88-8358-535-6
- Carraro, A. (2004). Sport = educazione? Una riflessione critica. In N. Filippi, G.F. Fumagalli, B. Sanguanin (Eds), *Sport, formazione umana & interazioni sociali* (pp. 73-83). Padova:CLEUP.
- Carraro, A., Zocca, E., Lanza, M., & Bertollo, M. (2003). La formation des professeurs d'éducation physique en Italie Problèmes épistemologiques. In P. Simonet, L. Veray (Eds.), *L'empreinte de Joinville 150 ans de sport* (pp. 465-481). Paris, France: INSEP.

#### Papers in peer-reviewed academic Journals

- Carraro, A., Elliot, C., & Gobbi, E. (2019). Perceived treadmill function is correlated with enjoyment of use in trained runners: a user-centered approach. *Applied Ergonomics*, 74, 37-40.



- Carraro, A. & Gobbi, E. (2018). Play fighting to cope with children aggression: a study in primary school. *Journal of Physical Education and Sport*, 18(3), 1455-1458. DOI: 10.7752/jpes.2018.03215
- Carraro, A., Paoli, A., & Gobbi, E. (2018). Affective response to acute resistance exercise: A comparison of machine and free weights. *Sport Sciences for Health*. DOI: 10.1007/s11332-018-0427-4
- Gobbi, E., Greguol, M., & Carraro A. (2018). Brief report: Exploring the benefits of peer-tutored physical education programme among high school students with intellectual disability. *Journal of Applied Research in Intellectual Disabilities*, 1-5. DOI: 10.1111/jar.12437
- Greguol, M., Malagodi, B. M., Carraro, A. (2018). Inclusion of students with disabilities in physical education classes: Teachers' attitudes in regular schools. *Revista Brasileira de Educação Especial*, 24(1), 33-44.
- Maselli, M., Gobbi, E., & Carraro, A. (2018). Effectiveness of Individual counselling and activity monitors to promote physical activity among university students. *The Journal of Sports Medicine and Physical Fitness*. DOI: 10.23736/S0022-4707.17.07981-6
- Maselli, M., Gobbi, E., Probst, M., & Carraro, A. (2018). Prevalence of primary and secondary exercise dependence in leisure time practitioners of different sport activities. *International Journal of Mental Health and Addiction*. DOI: 10.1007/s11469-017-9867-3
- Maselli, M., Ward, P., Gobbi, E., & Carraro, A. (2018). Promoting physical activity among university students: a systematic review of controlled trials. *American Journal of Health Promotion*. DOI: 10.1177/0890117117753798
- Gobbi, E., Greguol, M., Barboza Seron, B. Carraro, A. (2017). Um estudo exploratório da tendência "anti-obesidade" entre professores e estudantes de educação física Italianos. *Movimento*, 23(3), 963-974.
- Carraro, A. & Marino, M. (2016). Lo sport che educa: tra miti e realtà. *Formazione & Insegnamento*, (14)3/s, 13-23.
- Carraro, A., Gobbi, E., & Moè, A. (2016). More gyms or more psychological support? Preventing burnout and supporting job satisfaction in physical education teachers. *Sport Sciences for Health*. DOI: 10.1007/s11332-016-0332-7
- Gobbi, E. & Carraro, A. (2016). Effects of a combined aerobic and resistance exercise program in people with multiple sclerosis: a pilot study. *Sport Sciences for Health*, 12(3), 437-442.
- Gobbi, E., Elliot, C., Varnier, M., & Carraro, A. (2016). Psychometric Properties of the Physical Activity Questionnaire for Older Children in Italy: Testing the Validity among a General and Clinical Pediatric Population. *PLoS ONE*, 11(5), e0156354.
- Greguol, M., Gobbi, E., & Carraro, A. (2015). Physical activity practice among children and adolescents with visual impairment - influence of parental support and perceived barriers. *Disability and Rehabilitation*, 37(4), 327-330.
- Pavan, P., Cardaioli, M. Ferri, I., Gobbi, E., & Carraro, A. (2015). A contribution to validation of Wii Balance Board for the assessment of standing balance. *European Journal of Sport Sciences*, 1-6.
- Carraro, A., Gobbi, E. & Moè, A. (2014). Play fighting to curb self-reported aggression in adolescents. *Journal of Adolescence*, 37, 1303-1307.
- Carraro, A. & Gobbi, E. (2014). Exercise intervention to reduce depressive symptoms in adults with intellectual disabilities. *Perceptual & Motor Skills*, 119(1), 1-5.

- Carraro, A., Gobbi, E., Ferri, I., Benvenuti, P., & Zanuso S. (2014). Enjoyment perception during exercise with aerobic machines. *Perceptual & Motor Skills*, 119(1), 146-155.
- Greguol, M., Gobbi E., & Carraro A. (2014). Physical activity practice, body image and visual impairment: a comparison between Brazilian and Italian children and adolescents. *Research in Developmental Disabilities*, 35, 21-26.
- Carraro, A., & Gobbi, E. (2013). Sportunterricht in Italien, Ursprünge, Probleme, Zukunftsperspektiven. *Sportunterricht*, 8(62), 240-245.
- Greguol, M., Gobbi E., & Carraro A. (2013). Formação de professores para a educação especial: uma discussão sobre os modelos brasileiro e italiano. *Revista Brasileira de Educação Especial*, 19(3), 307-324.
- Vancampfort, D., Probst, M., De Herdt, A., Corredeira, R., Carraro, A., De Wachter, D., & De Hert, M. (2013). An impaired health related muscular fitness contributes to a reduced walking capacity in patients with schizophrenia: a cross-sectional study. *BMC Psychiatry*, 13(5).
- Carraro, A. (2012). Valutare il piacere nelle attività motorie: il PACES-It. *Giornale Italiano della Ricerca Educativa*, 5, 259-265.
- Carraro, A., & Gobbi, E. (2012). Effects of an exercise programme on anxiety in adults with intellectual disabilities. *Research in Developmental Disabilities*, 33, 1221-1226.
- Gobbi, E., Ferri, I., & Carraro, A. (2012). I giochi di lotta in educazione fisica: effetti sull'aggressività degli adolescenti. *Giornale Italiano della Ricerca Educativa*, 5, 64-70.
- Scarpa, S., Carraro, A., Gobbi, E., & Nart, A. (2012). Peer-victimization during physical education and enjoyment of physical activity. *Perceptual and Motor Skills*, 115(1), 319-324.
- Vancampfort, D., Probst, M., Knapen, J., Carraro, A., & De Hert, M. (2012). Associations between sedentary behaviour and metabolic parameters in patients with schizophrenia. *Psychiatry Research*, 200, 73-78.
- Zanuso, S., Sieverdes, J.C., Smith, N., Carraro, A., & Bergamín, M. (2012). The effect of a strength training program on affect, mood, anxiety, and strength performance in older individuals. *International Journal of Sport Psychology*, 43(1), 53-66.
- Carraro, A., Scarpa, S., Paggiaro, A., & Ventura, L. (2011). Un contributo alla validazione italiana della Scala Multidimensionale di Vittimizzazione tra Pari. *Giornale Italiano di Psicologia*, 38(1), 177-188.
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**Conference papers - Papers in conference proceedings**

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- Carraro, A., Ferri, I., Gobbi, E., & Fiorellini, A. (2013). Motivation to physical activity in obese psychiatric patients. In e-book of Abstract – ISBNPA International Conference. Ghent, Belgium.
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#### Conference papers - Abstracts in Journals

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- Maselli, M., Ward, P. B., Gobbi, E., & Carraro, A. (2017). Promoting physical activity among university students: a systematic review of controlled trials. *Sport Sciences for Health*, 13(Suppl.1), S42.
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- Gobbi, E., Ferri, I., & Carraro, A. (2012). Implicit and explicit anti-fat bias among university students. *Sport Sciences for Health*, vol. 8 Supplement 1, p. 50, ISSN: 1824-7490, doi: 10.1007/s11332-012-0030-z.
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- Carraro, A., Mioni, D., & Pessa, G. (2003). Analisi dell'abitudine all'esercizio fisico in pazienti con patologie alcol correlate. *Alcologia, Suppl. XVIII Congresso Nazionale Società Italiana di Alcologia SIA*, pp. 45-46.
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#### Journal articles in professional Journals

- Carraro A. & Gobbi, E. (2018). Il progetto IMPACT. *La Rivista di Educazione Fisica, Scienze Motorie e Sport*, Ottobre/Dicembre 2017, pp. 40-41.
- Carraro, A. (2017). Critical friend: In barca sul fiume Arar. *La Rivista di Educazione Fisica, Scienze Motorie e Sport*, Aprile/Giugno 2017, p. 4.
- Scarpa, S., & Carraro, A. (2008). Fondamenti teorici ed epistemologici delle scienze motorie: un contributo. *Educazione Fisica e Sport nella Scuola*, 213-214, 53-58.
- Carraro, A., Zocca, E., Lanza, M., & Bertollo, M. (2003). Nodi epistemologici nella formazione degli insegnanti di Educazione Fisica. *Scuola e Didattica*, 17, 13-18.

#### Further data

##### Some selected presentations at scientific conferences over the past 3 years

Carraro, A., Maselli, M., Gobbi, E. (2016). Comparing the effectiveness of individual counselling and activity monitors to promote physical activity among university students: a randomized controlled trial. AIESEP International Conference "Blazing New Trails: Future Directions for Sport Pedagogy and Physical Activity". Laramie, USA, 8-11 Giugno 2016.

Key-note "L'educazione ai valori attraverso l'educazione fisica e lo sport: una riflessione critica", national conference "Il benessere dello studente: dalle scienze all'educazione fisica", Padova, 13-04-2016.

Invited presentation "No health without mental health ... no mental health without physical activity", Global Forum for Physical Education Pedagogy (GoFPEP), Ankara, Turchia, 26-05-2016 / 28-05-2016.

Invited presentation "Results of the One Resource Kit for Teachers project " and oral communication "Comparing the effectiveness of individual counselling and activity monitors to promote physical activity among university students: a randomized controlled trial", AIESEP international conference, Laramie, Wyoming, USA, 08-06-2016 / 11-06-2016.

Chair of the invited symposium "Values-Based education through sport and physical education: myths and reality", speakers Attilio Carraro, Fiona Chambers, Márcia Greguol, Doune Macdonald, ICSEMIS (International Convention on Science, Education and Medicine in Sport ), Say yes to diversity, Santos, São Paulo, Brasile, 31-08-2016 / 04-09-2016.

Invited presentation "Toward a position stand of the SISMeS PE&SP Research Group: the role and mission of Physical Education and Sport Pedagogy in Italy" and oral communication "Affective response to acute resistance exercise: a comparison of machine and free weights", SISMeS national conference, Roma, 07-10-2016 / 09-10-2016.

Invited presentation "Unhealthy behaviours and fitness in young people with psychiatric diseases: a comparison with the general population in Italy", international symposium "Promoting recovery of young people with psychosis, Milano, 19-10-2016.

Invited presentation "Peer tutoring in Educazione Fisica: una pratica che valorizza sé stesso e l'altro", at the MIUR Veneto conference "Peer teaching e inclusione a scuola: io risorsa per l'altro", 25-03-2017.

Invited presentation "On rules and roles: A reflection on the referees' figure" and oral presentation "The validity of the Italian version of the Simple Physical Activity Questionnaire to measure physical activity in healthy young adults", SISMeS national congress, Brescia, 29-09-2017 / 01-10-2017.

Invited presentation "Attività fisica e obesità: dalla prescrizione all'azione", Parma, Obesity week, alimentazione, salute, cultura, 06-10-2017.

Key-note, "Perché le persone con diabete sono sedentarie? Il ruolo chiave della motivazione", Trento, convegno Diabete e attività fisica in Trentino, nuove evidenze per un nuovo progetto, 16-11-2017.

Invited presentation "Motivare all'attività fisica il paziente con diabete", Belluno, Convegno Diabete e Still di Vita, 01-12-2017 / 02-12-2017.

Oral communication "Valutazione della sedentarietà e personalizzazione degli interventi psicomotori nei disturbi resistenti" and "Il ruolo dello sport nella riabilitazione psichiatrica", XXII Congresso della Società Italiana di Psicopatologia, Roma, 21-02-2018 / 24-02-2018

Carraro, A., Gobbi, E., (2018). Measuring sedentary and active behaviours in university students: The validity of the Italian version of the Simple Physical Activity Questionnaire. AIESEP World Congress: Creating Thriving and Sustainable Futures, Edinburgh 25-28 Luglio 2018.

**Language competence**

Written and spoken competence according to CERF levels:  
Italian, mother language  
English, B2 level  
Spanish, B1 level



Portuguese, A2 level

I attended with proficiency the Summer school "English as a medium of instruction", organized from July 28<sup>th</sup> to August 7<sup>th</sup> 2013 by the CLA (Centro Linguistico di Ateneo – University language center) of the University of Padua. The school aimed to provide competences for lecturers teaching their subjects through the medium of English.

I attended with proficiency the "Academic English course, CLApplus 2018", organized by the CLA of the University of Padua in April-June 2018.

Padova, May 2<sup>nd</sup>, 2019



1995