

CURRICULUM VITAE



PERSONAL DETAILS

Name and Surname	Gianluca Vernillo
Address	Via del Campo 20/a, 20874 Busnago (MB)
Mobile Phone Number	+39.339.87.16.910 +39.366.56.17.301 (Italian Winter Sports Federation)
e-mail	gianluca.vernillo@unimi.it
Nationality	Italiana
Date of Birth	28-12-1981

POSITION

- Post-Doc Research Fellow, CeRiSM, Research Center 'Sport, Mountain and Health', University of Verona, Rovereto (TN), Italy
- Fitness Coach of the Italian Winter Sports Federation, Snowboard Sector
- 2009-, European College of Sport Science (ECSS) member

WORK EXPERIENCES

- | | |
|-------------|--|
| • From – to | <ul style="list-style-type: none">• 2009/2010: Fitness Coach U.S. Caravaggio (5th Division, Soccer), Caravaggio (Bergamo, Italy)• Stagione 2008/2009: Fitness Coach A.S.D. Pedrengo Calcio (6th Division, Soccer), Pedrengo (Bergamo, Italy)• July 2007-July 2009 (Italy/Kenya/Namibia): Assistant coach of Kenyan Marathon Runners (Rosa Nike Running Team)• September 2006-December 2006: Fitness Coach of the Vavassori Tennis Team, Palazzolo s/Oglio (Brescia, Italy)• April 2006: Probationer at Internazionale F.C (Milano, Italy)• March-April 2006: Probationer at Atalanta B.C (Bergamo, Italy)• December 2003-May 2004: Fitness Coach Assistant A.C. Palazzolo (4th Division, Soccer), Palazzolo s/Oglio (Brescia, Italy) |
|-------------|--|

EDUCATION	
• From – To • Institution • Grade	Gennaio 2009-Dicembre 2011 Department of Sport, Nutrition and Health Sciences, Faculty of Exercise Sciences, Università degli Studi di Milano, Milan, Italy PhD in 'Sport and Physical Activities'
• From – To • Institution • Grade	February 2008-April 2008 Italian Football Federation (FIGC), Technical Department, Coverciano, Florence, Italy Graduation in Soccer Professional Fitness Coaching
• From – To • Institution • Grade	November 2004-July 2006 Faculty of Exercise Sciences, Università degli Studi di Milano, Milan, Italy MSc in Sport Sciences
• From – To • Institution • Grade	Settembre 2001-Ottobre 2004 Faculty of Exercise Sciences, Università degli Studi di Milano, Milan, Italy BSc in Sport and Motor Sciences
MOTHER TONGUE	Italian
OTHER LANGUAGES	English
• Reading • Writing • Comprehension	Very Good Very Good Very Good
	French
• Reading • Writing • Comprehension	Scholastic Scholastic Scholastic

PEER-REVIEWED PAPERS

- Padulo J, Annino G, D'Ottavio S, **Vernillo G**, Smith L, Migliaccio GM, Tihanyi J. *Footstep analysis at different slopes and speeds in elite racewalking*. J Strength Cond Res, doi:
- **Vernillo G**, Agnello L, Piacentini MF, Drake A, Padulo J, La Torre A. *An Observational Study on the Perceptive and Physiological Variables During a 10,000-m Race Walking Competition*. J Strength Cond Res, doi: **10.1519/JSC.0b013e318242a33c**
- **Vernillo G**, Silvestri A, La Torre A. *The Yo-Yo Intermittent Recovery Test in Junior Basketball Players According to Performance Level and Age Group*. J Strength Cond Res, doi: **10.1519/JSC.0b013e31823f2878**
- La Torre A., **Vernillo G**, Agnello L, Berardelli C, Rampinini E. *Is It Time to Consider a New Performance Classification for High-Level Male Marathon Runners?* J Strength Cond Res, 25 (12): 3242-3247, 2011
- **Vernillo G**, Piacentini MF, Drake A, Agnello L, Fiorella P, La Torre A. *Exercise intensity and pacing strategy of a 5-km indoor race walk during a world record attempt: a case study*. J Strength Cond Res, 25(7): 2048-2052, 2011

ORAL PRESENTATION

- **Vernillo G**, Agnello L, Piacentini MF, La Torre A. *Quantifying the training load during a 10000-m race walk*. (abs). J Sports Med Phys Fitness, 2010; 3(S1): 22.
- **Vernillo G**, Impellizzeri FM, La Torre A. *Technical warnings-related effects on the performance during a 50-km race walk competition*. in: Korkusuz F, Ertan H, Tsolakidis E (eds), European College of Sport Science: Book of Abstracts of the 15th Annual Congress, 2010: 45-46.
- La Torre A, Agnello L, Fiorella P, **Vernillo G**. *Training for the 20 km race walk. What has changed and what might change?* (abs). J Sports Sci, 2009; 27(S2): S18.

POSTER PRESENTATION

- Maggioni MA, La Torre A, Merati G, **Vernillo G**, Veicstainas A, Castagna C. *Effect of sprint versus ball-drill training on physical fitness in young basketball players*. III Congresso nazionale della Società Italiana delle Scienze Motorie e Sportive (SISMES). J Sports Med Phys Fitness, 2011; 3(S1): 37
- **Vernillo G**, Berardelli C, Agnello L, Maggioni MA, La Torre A. *Anthropometric characteristics of elite kenyan marathon runners*. in: Cable TN, George K (eds), European College of Sport Science: Book of Abstracts of the 16th Annual Congress, 2011: 203.
- Padulo J, Annino G, Lebone P, **Vernillo G**, La Torre A, Tihanyi J, d'Ottavio S. *Slopes and speed related effects on kinematic and emg patterns in elite race walking*. in: Cable TN, George K (eds), European College of Sport Science: Book of Abstracts of the 16th Annual Congress, 2011: 450.
- **Vernillo G**, Impellizzeri FM, Parcesepe P, La Torre A. *Variations of perceived exertion in relation to heart rate responses in an international level race walkers before a 50-km race*. in: Cable TN, George K (eds), European College of Sport Science: Book of Abstracts of the 16th Annual Congress, 2011: 653.
- **Vernillo G**, Agnello L, Piacentini MF, La Torre A. *Quantifying the training load during a 10000-m race walk*. II Congresso nazionale della Società Italiana delle Scienze Motorie e Sportive (SISMES). J Sports Med Phys Fitness, 2010; 3(S1): 22.
- **Vernillo G**, Agnello L, Drake A, Piacentini MF, La Torre A. *Pacing strategy*

during 50-km race walking events. in: Korkusuz F, Ertan H, Tsolakidis E (eds), European College of Sport Science: Book of Abstracts of the 15th Annual Congress, 2010: 175.

- **Vernillo G**, Agnello L, Drake A, Fiorella P, La Torre A. *Physical activity intensity, heart rate, blood lactate concentration and RPE during 5-km men's and 3-km women's indoor race walk*. in: Loland S, Bø K, Fasting K, Hallén J, Ommundsen Y, Roberts G, Tsolakidis E (eds), European College of Sport Science: Book of Abstracts of the 14th Annual Congress, 2009: 180.
- La Torre A, **Vernillo G**, Rodigari A, Maggioni MA, Merati G. *Valutazione della forza esplosiva in giocatrici di calcio a 7 e di calcio a 11*. in: Roi GS e Della Villa S (eds), Health, Prevention and Rehabilitation in Soccer, Calzetti-Mariucci Editori, 2007: 261-264.

NON-PEER-REVIEWED PAPERS

- Riva M, La Torre A, **Vernillo G**, Lovecchio N. *Valutazione della preparazione atletica nel calcio tramite Scala di Borg*. Scienza&Sport, 2012, n° 14: 44-47.
- Pavei G, **Vernillo G**, La Torre A. *Analisi descrittiva della caduta di potenza nella marcia*. Atletica Studi, 2010, n° 1-2: 57-64.
- Agnello L, **Vernillo G**, Piacentini MF, La Torre A. *Nelle discipline di endurance ed ultra endurance le donne possono raggiungere le performance degli uomini?* Atletica Studi, 2009, n° 4: 11-18.
- **Vernillo G**, Piacentini MF, Agnello L, Fiorella P, La Torre A. *Determinazione dell'intensità dello sforzo nelle gare indoor di marcia*. Atletica Studi, 2009, n° 2: 11-19.
- Berardelli C, **Vernillo G**, Agnello L, La Torre A. *Il fenomeno Kenya nella maratona: numeri, allenamento ed organizzazione*. Scienza&Sport, 2009, n° 3: 52-57.
- La Torre A, Agnello L, Piacentini MF, **Vernillo G**. *Le differenze di prestazione tra uomini e donne*. Scienza&Sport, 2009, n° 2: 36-41.
- La Torre A, **Vernillo G**, Fiorella P, Clara M, Agnello L. *Combined endurance and circuit resistance training in highly trained/top level females race walkers: a case report*. Sport Sci Health, 2008; 4: 51-58.
- La Torre A, **Vernillo G**, Guerrini G, Dotti A, Agnello L. *Il circuit training: storia, ricerche scientifiche, possibilità applicative*. SDS Anno XXVII, n. 79: 19-26.
- Agnello L, Fiorillo E, Perricelli G, Dotti A, **Vernillo G**, La Torre A. *L'allenamento combinato di forza e endurance per le discipline di resistenza : La marcia*. Atletica Studi 2008; 3: 36-53.
- La Torre A, **Vernillo G**, Rodigari A, Maggioni MA, Merati G. *Explosive strength in female 11-on-11 versus 7-on-7 soccer players*. Sport Sci Health 2007; 2: 80-84.

BOOKS

- La Torre A, **Vernillo G**. *The training for the 20-km. what has changed and what might change?* In: Pupis M (ed), World race walking research, 2010: 80-94. ISBN: 978-80-557-0159-2.
- La Torre A, **Vernillo G**. *L'evoluzione delle performances nella marcia – Uomini e Donne a confronto*. in: Personeni C e Ducceschi R, La marcia femminile (1980-2009) e Sesto San Giovanni, Akropolis Editore, 2009: 186-187.