

## LUCA FESTA – CURRICULUM VITAE

Via Verdi, 51 – Roè Volciano - 25077 – 3457348520 – [luca.festa@univr.it](mailto:luca.festa@univr.it) - Italian – 02/28/1984

### CURRENT POSITION

Ph.D in Neurosciences, Department of Neurosciences, Biomedicine and Movement Sciences,  
University of Verona – Italy

### EDUCATION

University of Verona – Italy

Department of Neurosciences, Biomedicine and Movement Sciences

**Ph.D in Neuroscience**

**2014 – to date**

Subject : “Bioenergetics in different endurance locomotion”

Tutor: prof. Federico Schena

University of Verona – Italy

Department of Neuroscience, Biomedicine and Movement Science

**MSc. in Sport Science and Physical Performance**

**2014**

Thesis: “ Effects of combine endurance and flywheel strength training in master endurance runners” Top Grade

University of Verona – Italy

Department of Neuroscience, Biomedicine and Movement Science

**BSc. in Sport and Exercise Science**

**2012**

Thesis: “Training and Running Economy”

ITCG C. Battisti – Salò (Brescia) - Italy

**High school leaving qualification in Quantity Surveyor**

**2003**

### RESEARCH EXPERIENCE

University of Verona – Italy

Department of Neuroscience, Biomedicine and Movement Science

**Research project “Different strategy to manage intensity in endurance programs” 2016**

Written project, data collection, data analysis, and written paper

University of Verona – Italy

Department of Neuroscience, Biomedicine and Movement Science

**Research project**

**“Lower fatigability of locomotor vs non- locomotor muscles in endurance runners” 2015**

Data collection

University of Verona – Italy

Department of Neuroscience, Biomedicine and Movement Science

**Research project**

**“DNA injury is acutely enhanced in response to increasing bulks of aerobic exercise”2015**

Data collection

University of Verona – Italy

Department of Neuroscience, Biomedicine and Movement Science

**Research project**

**“Combined endurance and flywheel strength training in master endurance runners”2014**

Written project, data collection, data analysis, and written paper

PUBLICATIONS (3)

1. Lippi G, Buonocore R, Tarperi C, Montagnana M, **Festa L**, Danese E, Benati M, Salvagno GL, Bonaguri C, Roggenbuck D, Schena F. DNA injury is acutely enhanced in response to increasing bulks of aerobic physical exercise. Clin Chim Acta. 2016 Jun 30;460:146-151.
2. Boccia G, Dardanello D, Tarperi C, **Festa L**, La Torre Antonio, Schena F, Rainoldi A. Lower fatigability of locomotor than non-locomotor muscles in endurance runners. *Sport Sci Health* 30/06/2016
3. Boccia G, Dardanello D, Tarperi C, Rosso V, Festa L, La Torre A, Pellegrini B, Schena F, Rainoldi A. Decrease of muscle fiber conduction velocity correlates with strength loss after an endurance run. *Physiological Measurement* 2017, 38(2); 233-240

ABSTRACTS (4)

1. Festa L, Tarperi C, Skroce K, La Torre A, Schena F. Effects of combine endurance and eccentric strength training in master endurance runner. ECSS Congress 2015 – University of Malmö
2. Festa L, Tarperi C, Skroce K, La Torre A, Schena F. Effects of eccentric strength training on RE in recreational endurance runner. Endurance Research Conference 2015 – University of Kent

3. Piacentini MF, Molinari L, Annis F, La Torre A, **Festa L**, Tarperi C, Skroce K, Schena F. Differences in mood and pacing during an official and a simulated half marathon competition. SISMES VI National Congress 2014
4. Tarperi C, Skroce K, **Festa L**, Schena F. Estimating the best performance in RunForScience half marathon by laboratory and field evaluations. SISMES VI National Congress 2014

TEACHING EXPERIENCE

University of Verona – Italy

Department of Neuroscience, Biomedicine and Movement Science

**Teaching Assistant – to professor Schena Federico in Training Techniques and Methodology**  
**2014 – 2015 - 2016**

Collaborated on curriculum and exam development, met with students upon request, and graded all written work, including final exam papers.

University of Verona – Italy

Department of Neuroscience, Biomedicine and Movement Science

**Teaching Assistant – to professor Schena Federico in Planning and coaching of training for Physical Preparation**  
**2016**

Collaborated on curriculum and exam development, met with students upon request, and graded all written work, including final exam papers.

WORK EXPERIENCE

**Performance Coach**

**2017 – to date**

Functional evaluation, training programs, coaching

TEAM NOVO NORDISK PRO CYCLING TEAM

**Freelance**

**2012 – to date**

Functional evaluation with my lactate analyzer, my ergometer of several athletes of Cycling, Running, Triathlon. Writing training programs.

University of Verona – Italy

Department of Neuroscience, Biomedicine and Movement Science

**Marathon Training Center**

**2012 – to date**

Functional evaluation with metabolimeter, lactate analyzer, ergometer of several athletes of Cycling, Running, Triathlon. Writing training programs.

A.C. SanBonifacese (Verona)

**Physical football trainer category Juniores National**

**2013 - 2014**

PATENTS

FITRI Italian Federation of Triathlon – CONI - Roma

**Triathlon Coach II level**

**2015**

LANGUAGES

Italian native language

English – speak, read, and write B1 Intermediate level

IT SKILLS

Formation in Windows, OsX Macintosh, Office, Metabolimeter software, Golden Cheetah, SFR Data and analysis.

MEMBERSHIPS

European College of Sport Science ECSS