

**EUROPEAN  
CURRICULUM VITAE  
FORMAT**



**PERSONAL INFORMATION**

*Name*

**LAGINESTRA FABIO GIUSEPPE**

*Address*

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*Citizenship*

*Italian*

*Date of Birth*

*04/08/1992*

**EDUCATION**

- *Dates (from – to)* *October 2018 – present*
- *Name and type of organization providing education* *University of Verona - Department of Neuroscience, Biomedicine and Movement – Verona (Italy)*
- *Position* *Ph.D Student*
  
- *Dates (from – to)* *August 2015 – June 2017*
- *Name and type of organization providing education* *Norwegian University of Science and Technology (NTNU) – Faculty of Medicine and Health Sciences – Trondheim (Norway)*
- *Title of qualification awarded* *Master of Science in Exercise Physiology and Sport Sciences*
  
- *Dates (from – to)* *October 2011 – September 2014*
- *Name and type of organization providing education* *University of Insubria – Faculty of Medicine and Surgery – Varese (Italy)*
- *Title of qualification awarded* *Bachelor of Science in Movement Sciences*
  
- *Dates (from – to)* *September 2006 – July 2011*
- *Name and type of organization providing education* *Liceo Scientifico Ettore Majorana - Genzano di Lucania (Italy)*
- *Title of qualification awarded* *High School Diploma in Scientific Studies*

## WORK EXPERIENCE

- *Dates (from – to)* November 2018 – January 2019
  - *Employer* University of Verona - Department of Neuroscience, Biomedicine and Movement – Verona (Italy)
  - *Position held* Teaching Assistant
  - *Main activities* Teaching assistant to the course “Methods and planning of physical activity and training”
- *Dates (from – to)* October 2017 – November 2017
  - *Employer* Coldeportes High Performance Center, Bogotá (Colombia)
  - *Position held* Laboratory Assistant
  - *Main activities* Assistance in laboratory and field testing of elite athletes (race walkers), participation in Journal Club meetings
- *Dates (from – to)* January 2014 – September 2014
  - *Employer* Nuova Dimensione Sport – Collaboration with Team Colombia
  - *Position held* Laboratory Assistant
  - *Main activities* Assistance in laboratory and field testing of elite athletes (cyclists), training planning and power data analysis.
- *Dates (from – to)* September 2012 – June 2014
  - *Employer* ASD Osl Garbagnate, ASD Paderno Dugnano
  - *Position held* Football instructor – Motor learning instructor
  - *Main activities* Teaching and developing basic motor and technical skills in 5-13 years old kids in football

## SCIENTIFIC PUBLICATIONS

- 1) *Work in progress – Co-authors: Eivind Wang, PhD, Jan Helgerud, PhD, Ole Kristian Berg MSc, Stian Kwak Nyberg, MD. Topic: Left ventricular response to prolonged exercise at moderate intensity.*

## RESEARCH INTERESTS

- *Central and peripheral cardiovascular response to exercise*
- *Physiological adaptations to Maximal Strength Training and High-Intensity Interval Training*
- *Physiological limits of human performance*

## MOTHER TONGUE

*Italian*

## OTHER LANGUAGES

- *Reading*
- *Writing*
- *Speaking*

*English*

*C2  
C2  
C2*

*Spanish*

*C1  
C1  
C1*

*Norwegian*

*A2  
A2  
A2*

## TECHNICAL SKILLS

*Cortex Metamax metabolimeter, Cosmed CPET, Logiq Ultrasound System, NIR Spectroscopy, Kistler Force Platform.*

## COMPUTER SKILLS AND SOFTWARES KNOWLEDGE

*Microsoft Office (Word, Excel, Powepoint), SPSS, Prism Graphpad, GPower.*