



Alessandro Colosio, PhD

Setting goals. creating plans. making things happen.



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www.researchgate.net/profile/Alessandro_Colosio



PROFILE

- *Exercise Physiologist with many years of experience in world recognized laboratories*
- *Highly motivated and task oriented*
- *Great organization skills and teamwork capacity*
- *Strength and Conditioning Coach with ten years of experience*



SKILLS

- *Oxygen Consumption & Kinetics Analysis*
- *Near-infrared Spectroscopy & Surface Electromyography*
- *Profound knowledge of a wide range of techniques for functional evaluation*
- *Lab and field experience*

LANGUAGES

	ITA	● ● ● ● ● ● ● ●
	ENG	● ● ● ● ● ● ● ●
	NED	● ● ● ● ● ● ● ●
	FRA	● ● ● ● ● ● ● ●



CURRENT POSITIONS

2020 - now

Research Fellow - *University of Verona*

2019 - now

Director Of S&C - *Strength Training Research Centre*



EDUCATION

2016 - 2020

PhD in Exercise Physiology - *University of Verona*

2015 - 2016

Adv. Master In Exercise Prescription for Patients - *Uni. of Verona*

2013 - 2015

MSc in Sports Performance - *University of Verona*

2009 - 2012

BSc in Sports Sciences - *University of Verona*



PUBLICATIONS

8 as first author # 8 as second or second last author

24 conference participations



STAYS ABROAD

2018/19

Ghent University (Belgium), 8 months

2017

University of Calgary (Canada), 2 months

2015

Liverpool John Moores University (UK), 2 months



EXTRA CURRICULAR ACTIVITIES

Fitness & Strength Training

Writing

Volunteering

Videogames

Rugby Union

