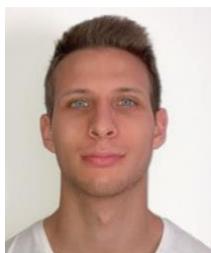


C U R R I C U L U M V I T A E

PAOLO TECCHIO



PERSONAL DETAILS

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CURRENT POSITION

Graduated in sports and physical performance with experience in sport and rehab. I'm interested in research, specifically the interplay between muscle-tendon mechanics and physiological demands. In my master thesis, I studied the role of the Achilles tendon elasticity on the energy expenditure and on the mechanical efficiency of hopping.

From 2017, I work in a swimming pool doing rehabilitation to pre / post-surgery or injury subjects.

EDUCATION

- **2018-2020 University of Verona: MSc in Sport sciences and Physical performance** thesis title: "*ultrasound analysis of fascicle and MTU mechanics during hopping*"
- **2018-2020 Wall Street English (Bassano del Grappa): English school**
- **2014-2017 University of Verona: BSc in Sport Sciences** thesis title "*biomechanical and physiological effects of the wrong posture during smartphone usage*"
- **2009-2014 I.T.I.S. E. Barsanti (Castelfranco V.to): Computer Science Diploma** (Subjects: informatics, electronics, statistics, maths, physics, chemistry)

AREAS OF RESEARCH

Neuromechanical adaptations, muscle-tendon behavior, exercise physiology, motor control

INTERNATIONAL EXPERIENCES AND COLLABORATIONS

November – December 2019: Short term mobility at **Norwegian School of Sport Science (NIH) under the supervision of Prof. Olivier Seyynes and Dr. Amelie Werkhausen.** Research internship aimed to improve knowledge on muscle-tendon behavior and how to study it properly in different conditions.

PUBLICATIONS	<ul style="list-style-type: none"> Gentilin, P. Zanini, F. Beccarello, P. Tecchio, E. Tam. <i>Cyclic cadence variability as new technique to assess movement motor control and set bicycle measures</i>. <i>Sport Sci Health</i> 15, S77 (2019). (Submitted) <i>Journal of Experimental Biology</i>: "The influence of in-vivo mechanical behaviour of Achilles tendon on the mechanics and energetics of human hopping" 		
SCIENTIFIC CONFERENCES (Please specify if presenter or co-author)	<ul style="list-style-type: none"> Oral Presentations (Presenter) at SiSMES XI NATIONAL CONGRESS, Bologna, 27-29 sept. 2019: cyclic cadence variability as new technique to assess movement motor control and set bicycle measures 		
AWARDS	Short Term Mobility (30 days) studentship		
LANGUAGES (Common European Framework Of Reference For Languages)	English	French	
Reading	C1	A2	
Writing	B2	A2	
Speaking	B2	A2	
COMPUTER	Computer literate-experience with Windows, Mac OS, Linux, Unix		
Programming Language	C#, C++, PHP, Arduino, Matlab, Python, MySql		
Software	Microsoft Office, Image J, Tracker, Kinovea, Graphpad Prism, Vicon, Qualisys, EchoWave		
Lab Instruments experience	<p><i>Physiological device:</i> Cosmed CPET, K4, K5, Lactate measurements, Treadmill and Ergometers</p> <p><i>Biomechanical device:</i> motion capture (Vicon and Qualisys), force plates (AMTI and Kistler), EMG, Ultrasound (Healthcare, Philips, Telemed)</p>		
Other Titles	Postural course APA, Kinesiotaping, CCNA Cisco Network protocols (Level 1 and 2)		

During BSc and MSc, I collected more than 700hours of experience with different internships in different sports-related fields: school, sports, rehab, research and laboratories at the university.