



CURRICULUM VITAE



PERSONAL INFORMATION | Name and Surname: Valerio Bonavolontà

Department: Applied Clinical and Biotechnological Sciences

Address (work): Via Vetoio, Coppito (AQ) City: L'Aquila postal code 67100

Nation: Italy

E-mail address (work): valerio.bonavolonta@univaq.it

CURRENT POSITION

Assistant Professor in Methods and Didactics of Sport Activities (RTDb)

EDUCATION OTHER QUALIFICATIONS

2011: Ph.D in "Biomedical and Methodological Aspects of the Preventive and Adapted Physical Activities" at the University of Rome "Foro Italico" (IUSM), with a thesis on "Short- and medium-term evaluation through rasterstereography of dorsal and lumbar spine with different types of load".

2007: Master of Science in "Evaluation of Physical and Sport Activities" at the University of Tràs-os-Montes e Alto Douro (UTAD), Vila Real, Portugal with a thesis on "Evaluation of two portable lactate analyzers versus a reference system in accuracy, reliability and linearity".

2005: Bachelor Degree in "Movement and Sport Sciences" at the University of Rome "Foro Italico" (IUSM) with a thesis on "A TMS Study of Expert and Novice Tennis Players: tool specific representations in body schema during mental rehearsal".

2022: achievement of the National Scientific qualification as associate in the Italian higher education system, in the call 2021/2023 (Ministerial Decree n. 553/2021 and 589/2021) for the disciplinary field of 06/N2 - Physical training and sports sciences. (Academic Recruitment Field 06/N - Technology and methodology in medicine, nursing and sport sciences, according to the national classification).

Second Level Tennis Instructor certified by the Italian Tennis Association (F.I.T.).

Athletic Trainer certified by the Italian Tennis Association (F.I.T.).

ACADEMIC APPOINTMENTS

2022 -present: Assistant Professor in Methods and Teaching of Sport Activities, Department of Applied Clinical and Biotechnological Sciences, University of L'Aquila, Italy.

2019 -2022: Assistant Professor in Methods and Teaching of Sport Activities, Department of Basic Medical Sciences, Neuroscience and Sense Organs, University of Bari "Aldo Moro", Italy.

2019 -present: Adjunt Professor at e-Campus University, Novedrate (CO), Italy.







TEACHING EXPERIENCE

In-person

Academic Year 2022/23: Neuromechanical of the movement in the Master Degree Program of Preventive and Adapted Physical Activities, University of L'Aquila, Italy.

Academic Year 2022/23: Theory, Methodology and Didactic of the Human Movement in the Graduate Program of Sport Sciences, University of L'Aguila, Italy.

Academic Year 2021/22: "Theory and Methodology of Sport Training" in the Graduate Program of Sport Sciences, University of Bari "Aldo Moro", Italy

Academic Year 2019/20 – present: "Theory and Methodology of Advanced Sport Training" in the Master Degree Program of Sport Sciences, University of Bari "Aldo Moro", Italy (online synchronous in 2020/21).

Academic Year 2019/20 – 2020/21: "Strenght Training", "Theory of Motor Learning and development"

Academic Year 2019/20 – 2020/21: "Theory and Didactics of Physical and Sport Activities for People with Disabilities" in the Graduate Program of Sport Sciences, University of Bari "Aldo Moro", Italy (online synchronous in 2020/21).

Academic Year 2010/11 - 2011/12: "Technique and Didactic of Tennis" in the Graduate Program of Wellness Sciences, University of Molise, Campobasso, Italy.

Academic Year 2006/07 - 2014/15: Instructor - "Methods and Techniques of the Physical Activities" in the Graduate Program of Movement Sciences, University of Rome "Foro Italico".

Online (asynchronous and partly synchronous)

Academic Year 2019/20 - present: "Preventive and Adapted Physical Activities" in the Graduate Program of Sport Sciences, e-Campus University, Novedrate, Italy

RESEARCH ACTIVITIES

09/20/2005 to 02/20/2008: Participation in a scientific research group with international collaboration afferent to the Social and Cognitive Neuroscience Laboratory, responsible Prof. Salvatore Maria Aglioti of the University La Sapienza of Rome, including Dr. Alissa Dora Fourkas of the National Institute of Health in Bethesda, MD, USA.

01/01/2007 to 06/14/2009: Participation in a scientific research group with international collaboration, afferent to the Laboratory of "Exercise and Sport Sciences" of the University of Rome "Foro Italico," including Prof. António José Silva of the "Universidade de Tras-os-Montes e Alto Douro (UTAD) Vila-Real Portugal, for research entitled "Evaluation of Accuracy, reliability and linearity in two different hand-portable lactate analyzers".

01/15/2010 to 05/17/2013: Participation in a scientific research group with international collaboration, afferent to the Laboratory of Exercise and Sport Sciences" of the University of Rome "Foro Italico", Head Prof. Carlo Baldari, including Prof. V. Reis from Universidade de Tras os Montes e Alto Douro (UTAD), Vila Real, Portugal, for the project entitled:







- "Rasterstereography: intra and inter-day reliability".
- 05/10/2010 -10/11/2014: Participation in a scientific research group with national collaborations afferent to the Laboratory of Exercise and Sport Sciences of the University of Rome "Foro Italico", responsible Prof. Carlo Baldari
- 01/01/2014 -12/31/2018: Technical-scientific collaborator of functional assessment with functions of data collection and processing and applied research on "Postural and biomechanical surveys and drafting of training protocols for the improvement of body balance in athletes of national and Olympic interest" at the Department of Sport Science, Institute of Medicine and Sport Science "Antonio Venerando", Italian National Olympic Committee, Rome.
- 07/06/2018 -10/31/2020: Collaborator of the Laboratory of Exercise and Sport Sciences at the Department of Exercise, Human and Health Sciences, University of Rome "Foro Italico", Head, Prof. Laura Guidetti.
- 07/01/2018 -09/04/2021: Participation in a scientific research group, with national collaborations, Head, Prof. MC Gallotta of the University of Rome "Foro Italico".
- 10/01/2019 to 02/19/2021: Participation in a scientific research group with international collaborations, afferent to the Laboratory of Prof. G.P. Emerenziani of the University "Magna Graecia" of Catanzaro, which included Prof. Saavedra of the UTAD University of Vila Real (PT).
- 10/09/2019 -07/31/2022: Participation in an international scientific research group including Prof. Francesco Fischetti, head of the Laboratory of Didactics of Physical Activities and Sport at the University of Bari "Aldo Moro"
- 01/10/2021 -01/24/2022: Participation in a national scientific research group under the Scientific Research Program of Significant National Interest (PRIN), entitled "Physiopathology, Epidemiology and Genetics of primary pArathyroid hormone deficiency and reSistance: a mUlticenter italian Study (PEGASUS)" Unit Head Prof. Silvia Migliaccio.
- 04/11/2022 -07/31/2022: participation in a national scientific research group funded under the University Competitive Call Horizon Europe Seeds with a project entitled "Promotion and protection of health and psychophysical well-being in the workplace" Identification Code:S70-CUP: H91I21001730006; Principal Investigator, Prof. Fischetti.

Speaker at national/international conferences and congresses.

- Oral presentation at the XI SISMeS National Congress, with paper entitled: "Children's attention performance in running (closed) and racket (open) sports" held in Bologna at the University "Alma Mater Studiorum" from 09-27/2019 to 09/29/2019.
- Oral presentation at the Costa Blanca Sports Science, Summer Event, international conference organized by the Universidad d'Alicante, with paper entitled: "Physical activities and enjoyment during the lockdown:







effect of home-based supervised training among children and adolescents" held in Alicante, Spain from 09/25/2020 to 09/26/2020.

Oral presentation at the International Online Congress "Outdoor Education. Life span motor development Science and Application" with paper entitled: "Changes in body image perception following a Physical Education program in school outdoor environment" organized by the Free University of Bolzano, Italy from 12/03/2020 to 12/05/2020.

Oral presentation at the Costa Blanca Sports Science, Autumn Event, international conference organized by Universidad d'Alicante, with paper entitled: "Linking psycho-physical profiles to different training condition during Covid-19 confinement" held in Alicante, Spain from 12/18/2020 to 12/19/2020.

Oral presentation at Costa Blanca Sports Science, Winter Event, international conference organized by Universidad d'Alicante with paper entitled: "Plyometric training on sand versus grass: effects on sprinting, jumping, agility and balance in soccer players" held in Alicante, Spain from 03/22/2021 to 03/23/2021.

Oral presentation at the 12th SISMeS National Congress, with paper entitled: "Effects of different strength training protocols on sprint performance in youth soccer: horizontal vector exercises vs vertical vector exercises" held in Padua, Italy, October 8-10, 2021.

Oral presentation at the 2nd REN (Research on Educational Neuroscience) Conference entitled: "Efficacy of a complex school-based physical activity program on learning ability: a pilot study on the prevention of academic failure among students" held in Rome, Nicolò Cusano University from 03/31- to 04/1- 2022.

Invited speaker at the 1st Meeting on Tele-exercise and Health organized by eCampus University as part of the European Union co-funded project "Teleexe4all" with a paper entitled "The tele-support of the physical trainer in the athlete's training routine", held in Novedrate (CO) on 01/25/2023.

RESPONSIBILITY IN ACADEMIC ACTIVITIES

Elected to the Department Council of "Health Sciences" of the University of Rome "Foro Italico" as a representative of Doctoral Students for the academic triennium 2009-2012.

Member of the Organizing Committee of the "SFRR-Europe Meeting 2009" held in Rome August 26-29, 2009.

From A.Y. 2019/20 to A.Y. 2021/22: Member of the Internship Commission of the Three-Year Course of Study in Exercise and Sport Sciences and the Master's Course of Study in Sport Sciences and Techniques, School of Medicine, University of Bari "Aldo Moro".

From A.Y. 2019/20 to A.Y. 2021/22: member of the Committee for the assignments of teaching positions pertaining to SSD M-EDF/01 and 02 for all Courses of Study of the School of Medicine, University of Bari "Aldo Moro".

A.Y. 2021/22: Appointed aggregate member of the Examining Board of the







competition for admission to the single-cycle master's degree course in Medicine and Dentistry and Dental Prosthetics at the University of Bari Aldo Moro.

A.A. 2022/23: Appointed Component of the Internationalization Commission of the Department of Applied Clinical and Biotechnological Sciences of the University of L'Aquila (C. Dip. resolution of 03/16/23).

EDITORIAL BOARD, EDITORIAL ACTIVITIES, SOCIETY MEMBERSHIP

Guest Editor for "International Journal of Environmental Research and Public Health", "Sustainability", "Frontiers in Psychology" and "Frontiers in Sports and Active Living".

Topic Advisory Panel Member of "International Journal of Environmental Research and Public Health".

Editorial Board member for "PLOS One".

Member of European College of Sport Science (ECSS) since 2008.

Member of the American College of Sport Medicine (ACSM) since 2010.

Member of the Italian Society of Physical and Sport Sciences (SISMES) since 2019.

Member of the Italian Society of Physical and Sport Education Sciences (SIEMeS) since 2020.

SCIENTIFIC ACHIEVEMENTS BIBLIOMETRIC INDICATORS

Scopus Author ID: 25931971700 https://orcid.org/0000-0003-2955-0498 (Hirsch (H) Index 10, i10-Hirsch (H) 10, normalized Index 11, total number of quotes 499, median number of quotes by article 13,5

SELECTED PUBLICATIONS

- Alissa D. Fourkas, Valerio Bonavolontà, Alessio Avenanti, Salvatore M. Aglioti. Kinaesthetic imagery and tool-specific modulation of corticospinal representations in expert tennis players. Cerebral Cortex. October 2008; 18:2382-2390. [DOI: 10.1093/cercor/bhn005]
- Baldari C, Bonavolontà V, Emerenziani GP, Gallotta MC, Silva AJ, and Guidetti L. Accuracy, reliability, linearity of Accutrend and Lactate Pro versus EBIO plus analyzer. Eur J Appl Physiol. 2009 Sep;107(1):105-11. [ISSN 1439-6319 (Print) 1439-6327 (Online) DOI: 10.1007/s00421-009-1107-5. PMID: 19526366]
- 3. Baldari C, Macone D, Bonavolontà V, Guidetti L. Effects of music during exercise in different training status. J Sports Med Phys Fitness, 50(3):281-287,2010. [ISSN: 0022-4707]
- Gallotta MC, Guidetti L, Franciosi E, Emerenziani GP, Bonavolontà V, and Baldari C. Effects of varying type of exertion on children's attention capacity. Med Sci Sports Exerc. 2012 Mar;44(3):550-[ISSN:01959131, DOI: 10.1249/MSS.0b013e3182305552]
- Guidetti L, Bonavolontà V, Tito A, Reis VM, Gallotta MC, and Baldari C. Intra- and Inter- day Reliability of Spine Rasterstereography. BioMed Research International Volume 2013 (2013), Article ID 745480, 5 pages. DOI: 10.1155/2013/745480







- Gallotta MC, Bonavolontà V, Emerenziani GP, Franciosi E, Tito A, Guidetti L, Baldari C, Acute effects of two different tennis sessions on dorsal and lumbar spine of adult players. Journal of Sports Sciences 2015; 33 (11): 1173-81. DOI: 10.1080/02640414.2014.987157
- 7. Di Castro A, Bonavolontà V, Cirami I, Gianfelici A. Il Kitesurf. Medicina dello Sport 2015 Dicembre: 68 (4): 667-72
- 8. Gianfelici A, Bonavolontà V, Tesauro M. II padel. Medicina dello Sport 2016 Giugno; 69(2):281-3
- 9. Valerio Bonavolontá, Stefania Cataldi, Gianpiero Greco, Francesco Fischetti. The effectiveness of physical and sport activities in children and adolescents with learning and developmental disabilities: state of the art, didactic implications and future research. Giornale Italiano di Educazione alla Salute, Sport e Didattica Inclusiva. Vol. 3 (4) 2019. DOI: 10.32043/gsd.v3i4.151
- 10.G. Zimatore, M. C. Gallotta, L. Innocenti, V. Bonavolontà, G. Ciasca, M. De Spirito, L. Guidetti, and C. Baldari. Recurrence quantification analysis of heart rate variability during continuous incremental exercise test in obese subjects. Chaos 30, 033135, 2020; doi: 10.1063/1.5140455.
- 11. Fischetti F., Cataldi S., Bonavolontà V., Francavilla V. C., Panessa P., Messina G. Hypertrophic adaptations of lower limb muscles in response to three different resistance training regimens. Acta Medica Mediterranea, 2020, 36: 3235. Doi: 10.19193/0393-6384 2020 5 499
- 12. Gallotta M.C., Bonavolontà V., Zimatore G., Iazzoni S., Guidetti L., Baldari C. Effects of Open (Racket) and Closed (Running) Skill Sports Practice on Children's Attentional Performance. The Open Sport Sciences Journal, 2020, 13.
- 13. Bonavolontà, V., Cataldi, S., Coluccia, A., Giunto, A., & Fischetti, F. (2020). Sustainable Intervention for Health Promotion and Postural Control Improvement: Effects of Home-Based Oculomotor Training. Sustainability, 12(24), 10552. Doi: 10.3390/su122410552.
- 14.Bonavolontà V.*, Greco, F., Sabatini, U., Saavedra, F.J., Fischetti, F., Baldari, C.; Guidetti, L., Vaccaro, M.G., Emerenziani, G.P. Effects of Ballroom Dance on Physical Fitness and Reaction Time in Experienced Middle-Aged Adults of Both Genders. Int. J. Environ. Res. Public Health 2021, 18, 2036. Doi:10.3390/ ijerph18042036.
- 15. Cataldi, S., Francavilla, V.C., Bonavolontà, V*., de Florio, O., Carvutto, R., De Candia, M., Latino, F., Fischetti, F. Proposal for a Fitness Program in the School Setting during the COVID 19 Pandemic: Effects of an 8-Week CrossFit Program on Psychophysical Well-Being in Healthy Adolescents. Int. J. Environ. Res. Public Health 2021, 18, 3141. Doi: 10.3390/ijerph18063141
- 16. Bonavolontà, V., Cataldi, S., & Fischetti, F. Changes in body image perception after an outdoor physical education program. Journal of Physical Education and Sport 2021 21, (S1), 632 637.







- Doi:10.7752/jpes.2021.s1074
- 17. Cataldi, S., Bonavolontà, V., & Fischetti, F. Starting a sport as outdoor education in infancy: orienteering, visual spatial memory for empowering school learning. Journal of Physical Education and Sport 2021 21, (S1), 696-701. Doi: 10.7752/jpes.2021.s1085
- 18. Gallotta M.C., Bonavolontà V., Guidetti L., Baldari C., Innocenti L., Cardinali L., et al. Initial validation of the Italian version of the Volition in Exercise Questionnaire (VEQ-I). PLoS ONE 2021 16(4): e0249667. Doi: 10.1371/journal.pone.0249667
- 19. Latino F., Cataldi S., Carvutto R., De Candia M., D'Elia, F., Patti, A., Bonavolontà, V.*, Fischetti, F. The Importance of Lipidomic Approach for Mapping and Exploring the Molecular Networks Underlying Physical Exercise: A Systematic Review. International Journal of Molecular Sciences. 2021, 22, 8734. Doi: 10.3390/ ijms22168734
- 20.Bonavolontà V., Cataldi S., Latino F., Carvutto R., De Candia M., Mastrorilli G., Messina G., Patti A., Fischetti F. The Role of Parental Involvement in Youth Sport Experience: Perceived and Desired Behavior by Male Soccer Players. International Journal of Environmental Research and Public Health. 2021; 18(16):8698. https://doi.org/10.3390/ijerph18168698
- 21.Francavilla G., Bonavolontà V., Cataldi S., Fasano V.F., Messina G., Fischetti, F. (2021). Relationship between functional movement screen results and physical performance parameters in basketball players: preliminary results. Medicina dello Sport, 74(3), 559-72. Doi: 10.23736/S0025-7826.21.03984-3
- 22.Latino F., Cataldi S., Bonavolontà V.*, Carvutto R, De Candia M., Fischetti F. (2021) The Influence of Physical Education on Self-Efficacy in Overweight Schoolgirls: A 12-Week Training Program. Frontiers in Psychology. 12:693244. doi: 10.3389/fpsyg.2021.693244
- 23. Bonavolontà V., Cataldi S., Latino, F., & Fischetti, F. (2021). Educazione fisica e bullismo scolastico: stato dell'arte, implicazioni pratiche e proposte di ricerca. FORMAZIONE & INSEGNAMENTO. Rivista internazionale di Scienze dell'educazione e della formazione, 19(3), 034-041.
- 24. Fischetti F., Latino F., Bonavolontà V.*, & Cataldi, S. (2021). Effectiveness of a 12-week extracurricular multilateral training on body image dissatisfaction and body-size self-perception among adolescents. FORMAZIONE & INSEGNAMENTO. Rivista internazionale di Scienze dell'educazione e della formazione, 19(3), 070-083.
- 25. Bonavolontà V., Cianferotti L., Iolascon G., Moretti A., Brandi M.L., Fischetti, F., Lenzi A., Baldari C., Migliaccio, S. (2022). Which physical activity in patients affected by hypoparathyroidism? A review of the literature and practical recommendations. Journal of Endocrinological Investigation, 1-7. https://doi.org/10.1007/s40618-022-01756-z







- 26. Silva A.F., Oliveira R., Cataldi S., Clemente F.M., Latino F., Badicu G., Greco G., Leão C., Bonavolontà V*, Fischetti F. Weekly Variations of Well-Being and Interactions with Training and Match Intensities: A Descriptive Case Study in Youth Male Soccer Players. International Journal of Environmental Research and Public Health. 2022; 19(5):2935. https://doi.org/10.3390/ijerph19052935
- 27.Gallotta, M.C., Zimatore, G., Cardinali, L., Falcioni, L., Bonavolontà, V., Curzi, D., Guidetti L., Baldari, C. (2022). Physical Education on the Beach: An Alternative Way to Improve Primary School Children's Skill-and Health-Related Outcomes during the COVID-19 Pandemic. International Journal of Environmental Research and Public Health, 19(6), 3680. https://doi.org/10.3390/ijerph19063680
- 28.Cataldi S., Bonavolontà V., Poli L., Clemente F.M., De Candia M., Carvutto R., Silva A.F., Badicu G., Greco G., Fischetti F. The Relationship between Physical Activity, Physical Exercise, and Human Gut Microbiota in Healthy and Unhealthy Subjects: A SystematicReview. Biology. 2022; 11(3):479. https://doi.org/10.3390/biology11030479
- 29.Aidar F.J., Cataldi S., Badicu G., Silva A.F., Clemente F.M., Bonavolontà V., Greco G., Getirana-Mota M., Fischetti F. Does the Level of Training Interfere with the Sustainability of Static and Dynamic Strength in Paralympic Powerlifting Athletes? Sustainability. 2022; 14(9):5049. https://doi.org/10.3390/su14095049
- 30. Faria J., Quaresma L., Cataldi S., Clemente F.M., Bonavolontà V., Badicu G., Greco G., Brandão A., De Candia M., Frontini R., Latino F., Fischetti F. Pre- and Post-Activity Anxiety for Sustainable Rafting. Sustainability. 2022; 14(9):5075. https://doi.org/10.3390/su14095075
- 31.Latino, F., Cataldi, S., Bonavolontà, V., & Fischetti, F. Efficacy of a complex school-based physical activity program on learning ability: a pilot study on the prevention of academic failure among incoming first-year high school students. 2022. Giornale Italiano di Educazione alla Salute, Sport e Didattica Inclusiva, 6(1).
- 32. Farì, G.; Megna, M.; Fiore, P.; Ranieri, M.; Marvulli, R.; Bonavolontà, V.; Bianchi, F.P.; Puntillo, F.; Varrassi, G.; Reis, V.M. Real-Time Muscle Activity and Joint Range of Motion Monitor to Improve Shoulder Pain Rehabilitation in Wheelchair Basketball Players: A Non-Randomized Clinical Study. Clinics and Practice. 2022, 12, 1092–1101. https://doi.org/10.3390/ clinpract12060111
- 33. Farì, G.; Megna, M.; Ranieri, M.; Agostini, F.; Ricci, V.; Bianchi, F.P.; Rizzo, L.; Farì, E.; Tognolo, L.; Bonavolontà, V.; et al. Could the Improvement of Supraspinatus Muscle Activity Speed up Shoulder Pain Rehabilitation Outcomes in Wheelchair Basketball Players? International Journal of Environmental Research and Public Health 2023, 20, 255. https://doi.org/10.3390/ijerph 20010255
- 34. Silvestri, F.; Campanella, M.; Bertollo, M.; Albuquerque, M.R.;







- Bonavolontà, V.; Perroni, F.; Baldari, C.; Guidetti, L.; Curzi, D. Acute Effects of Fitlight Training on Cognitive-Motor Processes in Young Basketball Players. International Journal of Environmental Research and Public Health 2023, 20,817. https://doi.org/10.3390/ijerph20010817
- 35.Bonavolontà, V.; Gallotta, M.C.; Zimatore, G.; Curzi, D.; Ferrari, D.; Vinciguerra, M.G.; Guidetti, L.; Baldari, C. Chronic Effects of Asymmetric and Symmetric Sport Load in Varsity Athletes across a Six Month Sport Season. Int. J. Environ. Res. Public Health 2023, 20, 2186. https://doi.org/10.3390/ijerph20032186
- 36. Zaborova, V.; Kurshev, V.; Kryuchkova, K.; Anokhina, V.; Malakhovskiy, V.; Morozova, V.; Sysoeva, V.; Zimatore, G.; Bonavolontà, V.; Guidetti, L.; et al. Metabolic and Body Composition Changes in Ice Hockey Players Using an Ergogenic Drug (Cytoflavin). Biology 2023, 12, 214. https://doi.org/10.3390/ biology12020214
- 37.Cataldi, S., Poli, L., Bonavolontà, V., & Fischetti, F. (2023). Physical Education in primary schools through traditional folk Games in outdoor contexts. Formazione & insegnamento, 21(1S), 20-25. https://doi.org/10.7346/-feis-XXI-01-23 04

L'AQUILA, 14/06/2023