

Name: Giuseppe Rosaci

Present Title: Phd Student

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INTERESTS:

My research interests focus on the acute and chronic changes following strength training, with particular emphasis on isometric exercise. I have experience in the use and analysis of ultrasound imaging, electromyography and signal processing, as well as body composition assessment techniques. In addition, I have conducted multiple analyses related to exercise-induced muscle damage in biochemistry lab.

UNDERGRADUATE EDUCATION

1. Scientific high school, September 2010 to July 2015

GRADUATE EDUCATION

1. University Magna Graecia of Catanzaro, bachelor's degree in "Exercise and Sport Sciences", Motor Sciences, **October 2015 to July 2018**.
2. Alma Mater Studiorum University of Bologna, master's degree in "Science and Techniques of Sport Activity, Sport sciences, **October 2018 to March 2021**.
3. Alma Mater Studiorum University of Bologna, PhD. student in "Sport Health and Wellness", **October 2023 - Current**.

POSTGRADUATE TRAINING

1. University of Verona, Postgraduate Diploma of II° level in "Research in Movement Sciences". **October 2022 to October 2023**.

INTERNATIONAL EXPERIENCES

1. Kinvent Physio, Montpellier, FR. Support in the development of new wireless devices for the assessment of neuromuscular performance, **October 2024 - January 2025**

2. Kent State University, Exercise Science/Physiology Department, Kent, OH, USA. Multiple analysis in biochemistry lab to assess circulating Cortisol and Creatine Kinase. **October 2025 - April 2026**
3. Kinvent Hellas, Thessaloniki, GR. Support in the development of new wireless devices for the assessment of neuromuscular performance, **July 2026 - Current**

THESIS / DISSERTATION

1. Marco Amadio, Master degree in "Science and Techniques of Sport Activity", Acute Effects Of Isometric And Variable-Resistance Training On The Strength And Power Of The Pectoralis Major Muscle, **co-supervisor, 2025.**
2. Giammarco Tosi Brandi, Master degree in "Science and Techniques of Sport Activity", Acute Effects Of Isometric And Variable-Resistance Training On The Muscle Architecture Of The Pectoralis Major Muscle, **co-supervisor, 2025.**
3. Sara Biban, Master degree in "Science and Techniques of Sport Activity", Acute Responses of Two Isometric Muscle Actions on The Muscle Architecture: pushing and holding, **co-supervisor, 2026.**
4. Sara Biban, Master degree in "Science and Techniques of Sport Activity", Acute Responses of Two Isometric Muscle Actions on Strength and Power: pushing and holding, **co-supervisor, 2026.**

PUBLICATIONS

Peer-Reviewed Journal Articles:

1. Federico Nigro, Dalton de Lima-Júnior, Davide Jacaz, **Giuseppe Rosaci**, Francesco Pegreffi, Sandro Bartolomei (2024). Feasibility of utilizing pectoral muscle thickness as a predictor for one repetition maximum bench press in trained men. J Sports Sci, 42, 2254-2259.
2. Sandro Bartolomei, Emanuele Caroli, Vittorio Coloretti, **Giuseppe Rosaci**, Matteo Cortesi, Giuseppe Coratella (2024). Flat-Back vs. Arched-Back Bench Press: Examining the Different Techniques Performed by Power Athletes. J Strength Cond Res, 38, 1200-1205.
3. **Giuseppe Rosaci**, Davide Latini, Sandro Bartolomei, Federico Nigro (2024). Relationships between Anthropometric and Strength Profiles of Streetlifting Athletes. Applied Sciences, 14, 7172-7172.

4. **Giuseppe Rosaci**, Federico Nigro, Matteo Cortesi, Simone Ciacchi, Sandro Bartolomei, Silvia Fantozzi (2025). Electromyographic Analysis of the Support Scale in Gymnastics and Its Related Preconditioning Strengthening Exercises. *J Strength Cond Res*, 39, 680-686.
5. **Giuseppe Rosaci**, Davide Latini, Federico Nigro, Sandro Bartolomei (2025). Characteristics of Force Development and Muscle Excitation in Resisted and Assisted Jumps in Comparison with the Isometric Mid-Shin Pull. *Sensors (Basel)*, 25, 975-975.
6. Sandro Bartolomei, **Giuseppe Rosaci**, Davide Latini, Federico NIGRO (2025). Effects of horizontally versus vertically loaded resistance exercises on performance and muscle architecture. *J Sports Med Phys Fitness*, 65, 312-319.
7. **Giuseppe Rosaci**, Sandro Bartolomei, Silvia Fantozzi, Christoph Schärer (2025). The Inverted Swallow in Artistic Gymnastics and Its Related Preconditioning Strengthening Exercises: Electromyographic Analysis, Muscle Synergies and Training Implications. *Applied Sciences*, 15, 7537-7537.
8. **Giuseppe Rosaci**, Sara Biban, Sandro Bartolomei (2026). Beyond the Limits of Human Muscle Hypertrophy: A Case Study of a Mr. Olympia Competitor Bodybuilder. *J Strength Cond Res*.
9. **Giuseppe Rosaci**, Federico Nigro, Samuele M. Marcora, Sandro Bartolomei (2026). Influence of Sex on the Recovery Response Following Isometric Exercise Performed at Long Muscle Length. *J Strength Cond Res*.
10. **Giuseppe Rosaci**, Franco Merni, Samuele Marcora, Sandro Bartolomei (2026). Recovery response comparisons between variable resistance and long and short muscle length isometric exercise. *Eur J Appl Physiol*, 126, 951-963.

Invited Articles, Reviews & Editorials

1. Scientific Reports, Reviewer, **2025 - current**.
2. Sport Sciences for Health, **2025 - current**.

Abstracts & Conference Proceedings

1. **Rosaci, Giuseppe**; Merni, Franco; Bartolomei, Sandro, A Comparison Of The Recovery Responses Following Isometric And Variable Resistance Exercise In Trained Men, 30th Annual Congress of the European College of Sport Science, 1 - 4 July 2025, Rimini, 1 - 4 July 2025

2. S. Bartolomei, **G. Rosaci**, F. Merni. Recovery response and muscle damage following isometric and variable load resistance exercise in trained men. XIV Congresso Nazionale SISMeS Ricerca e Formazione applicate alle Scienze Motorie e Sportive, Chieti, 2024.
3. G. Giannoccaro, A. Plazzi, M. Minin, **G. Rosaci**, S. Bartolomei. Horizontally versus vertically oriented exercises for the lower body performance and muscle architecture: a training study, XIV Congress Nazionale SISMeS Ricerca e Formazione applicate alle Scienze Motorie e Sportive, Napoli, 2023.
4. **G. Rosaci**, S. Ciacci, S. Bartolomei, S. Fantozzi. Electromyographic analysis of the Planche on rings support and related Special Strengthening Exercises. XII Congresso Nazionale SISMeS Ricerca e Formazione applicate alle Scienze Motorie e Sportive, Un Ponte verso il futuro, Padova, 2021.

Non-Refereed Publications

1. **Rosaci G.**, Bartolomei S., Allenamento isometrico: possibilità, prospettive e applicazioni per l'atleta di forza. Strength & Conditioning, n°47-48, pag. 57-59, Calzetti & Mariucci Editori, 2024
2. **Rosaci G.**, Conti D., Time Motion Analysis in men's Floor Gymnastics Time Motion Analysis of effort/recovery time ratio in men's Floor Gymnastics: a comparison between Junior and Senior athletes. Sport Perf & Science Reports, Jan 2023, 127,1.

Videos, Podcasts & Webinars

1. Webinar, "Isometric Strength Training" with Sandro Bartolomei PhD, in Italian. RiminiWellness Academy, 2026.
Link: <https://www.youtube.com/watch?v=u0AkHg30SoQ>.
2. Podcast video, "Isometric Training Principles & Periodization", Braun Performance & Rehab, 2026.
Link: <https://www.youtube.com/watch?v=5fl4RmBJYAs>.