



Giuseppe Rosaci

Nationality: Italian **Date of birth:** 24/06/1996. **Gender:** Male

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Work: Centro Universitario Sportivo Record, Via del pilastro, 8, 40127 Bologna

ABOUT ME

Phd student at Alma Mater Studiorum, University of Bologna

WORK EXPERIENCES:

Teaching:

1. Teacher of Physical Education at Primary school (Zamboni I.C 16, Bologna) [October 2021- June 2022]
2. Teacher of Physical Education at Primary school (Pezzani I.C 1, San Lazzaro di Savena) [October 2019 - March 2020]
3. Support of laboratory activity in the use of surface electromyography during the Electronic Bioengineering and Computer Science course (University of Bologna, Bologna) [April 2018 and April 2019]

Strength and Conditioning Coach:

1. Field Hockey, national level (Hockey Team, Bologna) [May and June 2023]
2. Tennis, regional level (Sport Education, Bologna) [September to December 2021]
3. Male Artistic Gymnastics, national level and talent development (ASD Panaro Modena, Modena) [September 2019 to June 2020]
4. Female Artistic Gymnastics, regional and national level (Polisportiva Giovanni Masi, Casalecchio di Reno) [2018-2019]

EDUCATION AND TRAINING:

PhD student in "Sport Health and Wellness"

Alma Mater Studiorum, University of Bologna [October 2023 – Current]

City: Bologna

Fields of study: Strength training and isometric exercises

II° level Master Degree in "Research in Movement Sciences"

University of Verona [October 2022 to October 2023]

City: Verona

Fields of study: Influence of anthropometry and body composition on performance.

Thesis: Anthropometric Profile of Streetlifting Athletes and Relationship to their Strength Performances

Master's degree in "Science and Techniques of Sport Activity"

Alma Mater Studiorum, University of Bologna [October 2018 to March 2021]

City: Bologna

Field of study: Sport science

Final grade: 107/110

Thesis: Electromyographic analysis of the Planche on rings support and related Special Strengthening Exercises

Bachelor's degree in "Exercise and Sport Sciences"

University Magna Graecia of Catanzaro [October 2015 to June 2018]

City: Catanzaro

Field of study: Sport Science

Final grade: 105/110

Thesis: The rings in Men's Artistic Gymnastics: my experience as a competitive athlete

PARTICIPATION IN SCIENTIFIC CONFERENCES AND PUBLICATION:

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 Congresso Nazionale SISMeS *Ricerca e Formazione applicate alle Scienze Motorie e Sportive*, Napoli, 2023

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

G. Rosaci, C. Daniele, Time Motion Analysis in men's Floor Gymnastics Time Motion Analysis of effort/recovery timeratio in men's Floor Gymnastics: a comparison between Junior and Senior athletes. *Sport Perf & Science Reports*, Jan 23, 127,1

Link: <https://sportperfsci.com/time-motion-analysis-of-effort-recovery-time-ratio-in-mens-floor-gymnastics-a-comparison-between-junior-and-senior-athletes/>

CERTIFICATIONS:

Level 1 Coach of Male Artistic Gymnastics: Federazione Ginnastica d'Italia (Cod. CONI 35/113), n. 777229

SSI Scuba Diver: Scuba diving licence up to 18 meters no. 3639891

ECDL Standard & Security license: no. IT 2095536

BLSD First Aid: Heartsaver® CPR AED, American Heart Association

SPORT EXPERIENCES

1. Streetlifting
2. Wakeboard
3. Male Artistics Gymnastics, rings specialist
4. Karate Shotokan, Kata specialist

LANGUAGE SKILLS

Mother language: **Italian**

English: LISTENING **B1** READING **B1** WRITING **B1**

SPOKEN PRODUCTION **B1** SPOKEN INTERACTION **B1**

Levels: A1 and A2: Basic user; B1 and B2: Independent user; C1 and C2: Proficient user

Sign: Giuseppe Rosaci

Date: 06/11/23