


# Dr Francesco Vincenzo Ferraro

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## ABOUT ME

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Dr Ferraro received training both in the UK and Italy and has emerged as a prominent researcher in Physiology, Biomechanics and Pedagogy. He is passionate about qualitative and quantitative projects that combined physiology and biomechanics. Having joined the University of Derby as Lecturer in Sports Therapy and Rehabilitation, Francesco brings a wealth of clinical and academic experiences. He completed the BSc in Sports Science from the University of Rome Foro Italico, the MSc (Hons) in Sports Science for Prevention and Wellness from the University of Naples Parthenope and was awarded Doctor of Philosophy from Bournemouth University. He has held positions as Clinical Trial Manager for Nuffield Health and the Orthopaedic Research Institute. Currently, He holds the roles of visiting researcher at Bournemouth University, University of Naples Parthenope and Riphah International University. Francesco has a keen interest in the use of rigorous scientific methods to solve physiological and clinical problems. This has been applied to create international collaborations and projects funded by the EU. Such practices were applied during his PhD, where he looked at the effects of inspiratory muscle training upon balance and functional mobility with older adults. He is recently looking at the long-term effects of Robotic Hip Replacement on functional mobility, lower limb strengths, and gait analysis assessments. Additionally, Francesco is collaborating with the University of Naples Parthenope to produce predictive measurements of youth delinquency in high-risk territory.

## WORK EXPERIENCE

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### Lecturer Sport Therapy and Rehabilitation

*University of Derby* [01/05/2021 – Current]

**Address:** Kedleston Rd, Derby DE22 1GB

<https://www.derby.ac.uk/> **City:** Derby

**Country:** United Kingdom

**Email address:** [businessgateway@derby.ac.uk](mailto:businessgateway@derby.ac.uk)

**Name of unit or department:** Sport and Exercise Science - **Business or sector:** Education

### Chief Executive Officer

*Filosofia Fuori le Mura* [01/07/2020 – Current]

**Address:** Via Monte di Dio 54, 80132 Naples (Italy) - <https://www.filosofiafuorilemura.it>

**City:** Naples

**Country:** Italy

**Email address:** [info@filosofiafuorilemura.it](mailto:info@filosofiafuorilemura.it)

- **Business or sector:** Human health and social work activities

With acquired expertise in EU planning and Project Managing, my main duties are organising and managing activities, projects and events for the Association Filosofia Fuori le Mura. Our Vision is to bring education for all and in particular in situations of social difficulties.

### Visiting Fellow

*Bournemouth University* [22/10/2020 – Current]

**Address:** Wallisdown Rd, Wallisdown, BH12 5HH Poole (United Kingdom) - <https://www.bournemouth.ac.uk>

**City:** Bournemouth

**Country:** United Kingdom

**Email address:** [enquiries@bournemouth.ac.uk](mailto:enquiries@bournemouth.ac.uk)

**Name of unit or department:** Health and Social Science - **Business or sector:** Professional, scientific and technical activities

As a member of staff of the faculty of Health and Social Science at Bournemouth University, my duties are to work to reach research and pedagogic excellence. Following the BU2025 vision which includes inspiring learning with students, staff and the wider communities. Advance knowledge, enrich society through education, and with the impact of research. Overall to contribute to global challenges.

## PhD Supervisor

*Riphah International University* [05/10/2020 – Current]

**Address:** West Ridge Campus, Potohar Tower, Nisar Hospital Lan 5, Peshawar Road, Rawalpindi (Pakistan) - <https://www.riphahfsd.edu.pk>

**City:** Rawalpindi

**Country:** Pakistan

**Email address:** [arshad.nawaz@riphah.edu.pk](mailto:arshad.nawaz@riphah.edu.pk)

**Name of unit or department:** Faculty of Rehabilitation & Allied Health Science - **Business or sector:** Education

In collaboration with Prof Dr Arshad Nawaz Malik I am supervising a PhD candidate, Miss Suman Sheraz, in her work concerning the effects of inspiratory muscle training on balance and posture with healthy and diabetics older adults. This position was agreed based on my expertise on inspiratory muscle training, rehabilitation strategies and balance assessments gained during my research carrier at Bournemouth University.

## Representative

*The Physiological Society* [01/01/2020 – Current]

**Address:** Hodgkin Huxley House, 30 Farringdon Lane, EC1R 3AW London (United Kingdom) - [https:// www.physoc.org](https://www.physoc.org)

**City:** Bournemouth

**Country:** United Kingdom

**Email address:** [contactus@physoc.org](mailto:contactus@physoc.org)

- **Business or sector:** Professional, scientific and technical activities

With my experience in the field of higher education and physiology, I was offered the position as Representative of the Physiological Society. My primary duties are to foster the Society projects, engage with students, staff, and in public engagement activities, and organise events and meeting within the University.

## Researcher

*National Health System (NHS)* [01/06/2019 – 01/06/2021]

**Address:** BH7 7DW Bournemouth (United Kingdom) - <http://www.rbch.nhs.uk/>

**City:** Bournemouth

**Country:** United Kingdom

**Email address:** [jobs@rbch.nhs.uk](mailto:jobs@rbch.nhs.uk)

**Name of unit or department:** Castle Lane East - **Business or sector:**

As a researcher for the National Health System (NHS), my duties are to work on clinical trials to the most updated ethical norms, following Good Clinical Standard.

## Clinical Trial Manager

*Nuffield Health* [01/06/2019 – 18/04/2021]

**Address:** 67 Lansdowne Rd, BH1 1RW Bournemouth (United Kingdom) -

<https://www.nuffieldhealth.com/hospitals/bournemouth> **City:** Bournemouth

**Country:** United Kingdom

**Email address:** [bournemouth\\_enquiries@nuffieldhealth.com](mailto:bournemouth_enquiries@nuffieldhealth.com)

**Name of unit or department:** Orthopaedic - **Business or sector:** Professional, scientific and technical activities

In collaboration with the Orthopaedic Research Institute (Bournemouth University), my role as Clinical Trial Manager for the HELLO project aims to link health-research outcomes with practice and industry-related results. My responsibilities are to follow and assist patients undergoing robotic total hip replacement pre-surgery, in outpatients, in theatre, in the ward and follow them up for 3 weeks, 6 weeks, 3 months, 6 months, 12 months. Each visit combines PROMS, functional mobility, strength and gait outcomes to finally report the similarities and differences between standard and robotic hip replacement.

## Clinical Trial Manager

*Orthopaedic Research Institute* [25/04/2019 – 18/04/2021]

**Address:** 89 Holdenhurst Rd Bournemouth University, BH8 8EB Bournemouth (United Kingdom) - <https://microsites.bournemouth.ac.uk/ori>

**City:** Bournemouth

**Country:** United Kingdom

**Email address:** [ori@bournemouth.ac.uk](mailto:ori@bournemouth.ac.uk)

**Name of unit or department:** Health and Social Science - **Business or sector:** Professional, scientific and technical activities

As a Clinical Trial Manager, I aim to bring together the clinical measurements collected at the Nuffield Health Hospital with the objective measurements collected at the Orthopaedic Research Institute (e.g. gait analysis and muscle strength tests).

## Guest Lecturer and PGR External Advisor

*University of Naples Parthenope* [07/07/2020]

**Address:** Via Ammiraglio Ferdinando Acton, 38, 80133 Naples (Italy) - <https://www.uniparthenope.it>

**City:** Naples

**Country:** Italy

**Email address:** [segreteria.studenti@uniparthenope.it](mailto:segreteria.studenti@uniparthenope.it)

**Name of unit or department:** Sport and Exercise Science - **Business or sector:** Education

After my PhD at Bournemouth University, I have increased the international network with universities abroad. One such instance has been the relationship I have been building with the Doctoral College at the

Università di Naples Parthenope. There, I was invited to deliver lessons on Respiratory Physiology and to lecture for PhD graduates.

### **Football Coach**

**Sports First Academy** [01/01/2019 – 30/03/2019]

**Address:** 12A Melbury, 14 Lindsay Rd, BH13 6AT Poole (United Kingdom) - <https://www.sportsfirstacademy.com>

**City:** Poole

**Country:** United Kingdom

**Email address:** [jamie.whittle@hotmail.com](mailto:jamie.whittle@hotmail.com)

- **Business or sector:** Education

In the last month of my PhD, having more time available, I took a position to work as a football coach with young athletes (8 to 11 years old). My primary responsibility was to design and conduction training sessions.

### **Substitute Lecturer**

**Bournemouth University** [28/01/2016 – 08/11/2019]

**Address:** Wallisdown Rd, Wallisdown, BH12 5HH Poole (United Kingdom) - <https://www.bournemouth.ac.uk>

**City:** Bournemouth

**Country:** United Kingdom

**Email address:** [enquiries@bournemouth.ac.uk](mailto:enquiries@bournemouth.ac.uk)

**Name of unit or department:** Health and Social Science - **Business or sector:** Education

Since the start of my PhD, I have been involved in lecturing to occupational therapist, physiotherapy and sports science students. My responsibilities were to organise and conduct classes and lab sessions with the university's students. These experiences lead me to apply for the certification of Associate Fellowship of the Higher Education Academy.

### **Research Assistant**

**Bournemouth University** [01/07/2018 – 30/09/2018]

**Address:** Wallisdown Rd, Wallisdown, BH12 5HH Poole (United Kingdom) - <https://www.bournemouth.ac.uk>

**City:** Bournemouth

**Country:** United Kingdom

**Email address:** [enquiries@bournemouth.ac.uk](mailto:enquiries@bournemouth.ac.uk)

**Name of unit or department:** Health and Social Science - **Business or sector:** Professional, scientific and technical activities

Collaborating with Dr James Gavin, I was hired by Bournemouth University to mentor and to teach how to perform respiratory function tests, balance and physical performance assessments to PhD awarded researchers

## Teacher of Physical Education (PE)

*Filosofia Fuori le Mura* [01/01/2015 – 30/01/2016]

**Address:** Via Monte di Dio 54, 80132 Naples (Italy) - <https://www.filosofiafuorilemura.it>

**City:** Naples

**Country:** Italy

**Email address:** [info@filosofiafuorilemura.it](mailto:info@filosofiafuorilemura.it)

- **Business or sector:** Human health and social work activities

With an acquired experience in physical education and teaching, my responsibilities were to design, develop and conduct lessons aimed to raise awareness about the importance of physical activity through gym sessions and sport exercises.

## Gym Instructor and Personal Trainer

*Fitpoint Gym* [01/01/2013 – 30/01/2016]

**Address:** Via Tarsia, 57, 80135 Naples (Italy) - <http://www.fit-point.it>

**City:** Naples

**Country:** Italy

**Email address:** [info@fit-point.it](mailto:info@fit-point.it)

- **Business or sector:** Education

As a member of the Italian Federation of Weightlifting (FIPE), I was responsible for designing, developing and conducting one to one session as well as group classes of physical exercises with healthy and frail populations.

## Internship in Neuro-Mechanics

*MotionLab* [01/01/2014 – 30/01/2015]

**Address:** Via Nuova S. Rocco Cupa delle Tozzole 2, a Capodimonte, 80131 Naples (Italy) - <http://www.hermitagecapodimonte.it>

**City:** Naples

**Country:** Italy

**Email address:** [info@hermitagecapodimonte.it](mailto:info@hermitagecapodimonte.it)

**Name of unit or department:** Medicine - **Business or sector:**

Under the supervision of Professor and Doctor of neurology Sorrentino and Dr Varriale, I researched the balance aspects related to gait analysis and human posture using the following equipment: infrared cameras Qualysis Track Manager and Kistler force plates.

## Sport Traineeship

**U.N.V.S. Terra delle Sirene** [01/01/2014 – 30/01/2015]

**Address:** Via Bagnulo 79, 80063 Piano di Sorrento (NA) (Italy) - <https://www.unvs.it/PENISOLA-SORRENTINASezione-Terra-delle-Sirene.htm>

**City:** Naples

**Country:** Italy

**Email address:** [unvsirene@libero.it](mailto:unvsirene@libero.it)

- **Business or sector:** Human health and social work activities

The internship covered the following disciplines:

- FIGeST. Italian Federation of traditional games and sports
- FITeT. Italian Federation table tennis
- FIJLKAM. Italian Federation of Judo, Wrestling, Karate and Martial arts
- FIHP. Italian Hockey and Skating Federation

My purpose was to raise awareness about the importance of physical exercises with public engagement activities as well as to coach in the aforementioned disciplines.

## Head Basketball Coach

**Polisportiva Parthenope** [01/01/2013 – 30/01/2014]

**Address:** Via Riccardo Filangieri di Candida Gonzaga 1, 80133 Naples (Italy) - <https://appartenope.wordpress.com>

**City:** Naples

**Country:** Italy

**Email address:** [ap.partenope@tin.it](mailto:ap.partenope@tin.it)

- **Business or sector:** Education

As an expert in physical education, I was responsible for designing and conducting training sessions and matches with young basket athletes (5 to 8 years old).

## Head Football Coach

**Football School S.V.S.** [01/01/2012 – 30/01/2013]

**Address:** Lungotevere Flaminio, 87, 00196 Rome (Italy) - <https://www.svsroma.it>

**City:** Rome

**Country:** Italy

**Email address:** [segreteria@svsroma.it](mailto:segreteria@svsroma.it)

- **Business or sector:** Education

As an expert in football training my responsibilities were to design and conduct the training sessions and matches with young (6 to 10 years) and adult (11 to 25 years) categories.

## Communicator and Press Office Manager

**Filema ED** [01/01/2006 – 30/01/2010]

**Address:** Corso Vittorio Emanuele 142, 80121 Naples (Italy) - <https://www.unilibro.it/libri/f/editore/filema>

**City:** Naples

**Country:** Italy

- **Business or sector:** Information and communication

I have always enjoyed being involved in communication and public engagement activities. As Communicator and Press Office Manager, my responsibilities were to deal with the press and to develop national public events (including book fairs in Turin, Naples and Rome).

## EDUCATION AND TRAINING

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### Doctor of Philosophy [PhD]

**Bournemouth University** [ 28/01/2016 – 08/11/2019 ]

**Address:** Bournemouth University Fern Barrow, BH12 5BB Bournemouth (United Kingdom)

<https://www.bournemouth.ac.uk/>

**Field(s) of study:** Physiology and Biomechanics

**Level in EQF:** EQF level 8

**Thesis:** Influence of inspiratory muscle training upon balance and functional performance with older adults

<http://eprints.bournemouth.ac.uk/32820/>

### Master's degree in physical education for Prevention and Wellness [MSc]

**University of Naples Parthenope** [ 01/01/2014 – 23/07/2015 ]

**Address:** Via Ammiraglio Ferdinando Acton, 80133 Naples

(Italy) <https://www.uniparthenope.it/> **Field(s) of study:** Sport Science

**Final grade :** 110/110 (hons) – **Level in EQF:** EQF level 7

**Thesis:** The biomechanics evaluation in the motion-cognition relationship

### Master's Course in EU Project Planning and Management [Mc]

**Venice International University** [ 26/10/2020 – Current ]

**Address:** Isola di San Servolo, 30133 Venice (Italy)

<https://www.univiu.org/>

**Field(s) of study:** EU Project Planning and Management

**Level in EQF:** EQF level 7



## Bachelor's degree in Sport and Exercises Science [BSc]

**Foro Italico University of Rome** [ 01/01/2010 – 02/10/2013

] **Address:** Via dei Robilant, 00135 Rome (Italy)

<http://www.uniroma4.it/> **Field(s) of study:** Sport Science

**Final grade :** 99/110 – **Level in EQF:** EQF level 6

**Thesis:** Influence of African football players in the Italian Football League

## PUBLICATIONS

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**Ferraro F.V.**, Aruta L., Ambra F. I., & Iavarone M.L. (*under review*). Pedagogic intervention for health: biodanza a narrative systematic review. *Movimento*.

Aruta L., Ambra F. I., **Ferraro F.V.**, & Iavarone M.L. (*under review*). Bodytasking. Analysis and perceptions of a distanced dance experience. *Italian Journal of Health Education, Sports and Inclusive Didactics*.

**Ferraro F.V.**, Gavin J. P., Wainwright T., & McConnell A.K. (*under review*). The association between inspiratory muscle function and balance ability: a cross-sectional analysis in older people. *Journal of Aging and Physical Activity*

**Ferraro F.V.**, Aruta L., Ambra F. I., & Iavarone M.L. (*under review*). Students' perception of distanced learning: a retrospective analysis. *European Journal of Research on Education and Teaching*

Ambra F. I., **Ferraro F.V.**, Aruta L. & Iavarone M.L. (2020). Distanced learning between educational and technological barriers: A survey in the Campania Region (Italy) with secondary school students. *Attualità Pedagogiche*. doi: <http://www.attualitapedagogiche.it/ojs/index.php/AP/issue/view/3/3>

**Ferraro F.V.**, Robotic hip surgery. (2020). *ORIBU Annual Review Number 3*

**Ferraro, F. V.**, Ambra, F. I., Aruta, L., & Iavarone, M. L. (2020). Distance Learning in the COVID-19 Era: Perceptions in Southern Italy. *Education Sciences*, 10(12), 355, doi: <https://doi.org/10.3390/educsci10120355>

**Ferraro, F. V.**, Ambra, F. I., & Iavarone, M. L. (2020). Evaluation of Health-Habits with the SMART Questionnaire: An Observational Study. *Education Sciences*, 10(10), 285, doi: <https://doi.org/10.3390/educsci10100285>

**Ferraro, F. V.**, Gavin, J. P., Wainwright, T. W., & McConnell, A. K. (2020). Comparison of balance changes after inspiratory muscle or Otago exercise training. *PloS one*, 15(1), doi: <https://doi.org/10.1371/journal.pone.0227379>

**Ferraro, F. V.**, Gavin, J. P., Wainwright, T. W., & McConnell, A. K. (2020). Protocol used in the comparison of balance changes after inspiratory muscle or Otago exercise training. protocols.io, doi: <https://dx.doi.org/10.17504/protocols.io.8vhhw36>

**Ferraro, F. V.**, Gavin, J. P., Wainwright, T., & McConnell, A.K. (2019). The effects of 8 weeks of inspiratory muscle training on the balance of healthy older adults: a randomized, double-blind, placebo-controlled study. *Physiological reports*, 7(9), doi: <https://doi.org/10.14814/phy2.14076>

Gavin J.P., **Ferraro F.V.**, Clift E., (2019). Evidence-based practice: from exercise to health science. *The Sport and Exercise Scientist*

Iavarone M.L. **Ferraro, F.V.** (2015). Sport and Disability: re-discovering the corporeality. *La sociologia in rete*, Anno IV, Rivista Sociologica, Capuano Ed.

## **CONFERENCES AND SEMINARS**

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**Ferraro F.V.**, Aruta L., Ambra F.I., Iavarone M.I. (June 2021) Preliminary data from a dancing practice in distanced learning. 2<sup>nd</sup> International conference, Reinventing Education, Scuola Democratica.

Aruta L., Ambra F.I., **Ferraro F.V.**, Iavarone M.L. (June 2021). The ARTUR LAB a social intervention for a sustainable well-being education. 2<sup>nd</sup> International conference, Reinventing Education, Scuola Democratica.

Iavarone M.L, **Ferraro F.V.** (May 2021). Re-thinking learning practices in the Covid-era: indications for teachers and educators. International Conference, Re-thinking Adult Education Research Beyond the Pandemic Towards the INTALL Project Results.

Ambra F.I., Aruta L., **Ferraro F.V.**, Iavarone M.L. (April 2021). From bodies trained in real places to aliened bodies in unreal virtual places: "pre" "cross" and "post" pandemic reflections. 10<sup>th</sup> Scientific Congress of research and education for the promotion of intelligence, comprehension and participation scientific, Italian Society for Education Research.

**Ferraro F.V.** (2021). Is it possible to predict the risk? The SMART experience. Third World Congress of Transdisciplinarity, Mexico City

Ambra F.I., **Ferraro F.V.**, Girardi F. & Iavarone M.L., (2020) Towards a teaching that reduces the distance: first results of a survey of the effects of distance learning on secondary school students. Teaching, assessment and innovation, Università di Bari (Italy)

Ambra F.I., **Ferraro F.V.**, Ferra V., Basile S., Girardi F., Menafro M. & Iavarone M.L. (2019) Impact of sport training on healthy behavior in a group of 108 adolescents: a pilot study using S.M.A.R.T. questionnaire. Conference. 2<sup>nd</sup> International Conference on Well-being in Education Systems, Locarno (CH)

**Ferraro F.V.**, Gavin J.P., Wainwright T. & McConnell A.K. (2018). The effects of eight weeks of inspiratory muscle training on the balance of healthy older adults. Postgraduate Research Live Exhibition, Bournemouth University

**Ferraro F.V.**, Gavin J.P., Wainwright T., & McConnell A.K. (2018). Effects of eight weeks inspiratory muscle training on the balance of healthy community-dwelling older adults. BASES conference, Harrogate

**Ferraro F.V.**, Gavin J.P., Wainwright T. & McConnell A. K. (2018). The effect of inspiratory muscle training on the balance of healthy, older adults: a randomised, placebo-controlled trial. The 10th annual postgraduate conference, Bournemouth

**Ferraro F.V.**, Gavin J.P., Wainwright T. & McConnell A. K. (2018). The effect of inspiratory muscle training on the balance of healthy, older adults: a randomised, placebo-controlled trial. The 10<sup>th</sup> annual postgraduate conference, Bournemouth

**Ferraro F.V.**, Gavin J.P., Wainwright T. & McConnell A. K. (2018). The effects of eight weeks of inspiratory muscle training on the balance of healthy older people: a randomised, double-blind, placebo-controlled trial. BASES student conference, Newcastle upon Tyne

**Ferraro F.V.**, Gavin J.P., Wainwright T. & McConnell A. K. (2017). Can respiratory muscle training improve balance and functional mobility among older people. The 9<sup>th</sup> annual postgraduate conference, Bournemouth

**Ferraro F.V.**, Gavin J.P., Wainwright T. & McConnell A. K. (2017). The influence of inspiratory muscle training on balance and functional mobility in healthy older adults. Young Life Scientists` Symposium, Derby

## **BOOKS AND THESES**

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**Ferraro F.V.** (predicted in 2021). Inspiratory Muscle Training. Castelvechi Ed  
<http://www.castelvechieditore.com/>

**Ferraro F.V.** (predicted in 2021). Metodi e Metodologie di Ricerca (trs Research Methods and Methodologies). In Approcci educativi innovativi nell'era della post-didattica (trs Pedagogic strategies in the post-education era).

**Ferraro, F. V.** (2019). The influence of inspiratory muscle training upon balance and functional performance with older adults (Doctoral dissertation, Bournemouth University), doi:  
<http://eprints.bournemouth.ac.uk/32820/>

**Ferraro F. V.** (2015). The Biomechanics evaluation in studying the motion-cognition relationship (Master's degree dissertation, University of Naples Parthenope)

**Ferraro F.V.** (2013). The influence of African football players in the Italian football league. (Bachelor's degree dissertation, University of Rome Foro Italico)

## PROJECTS

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### **BREATHE - HE4Health programme**

[2020]

BREATHE is a Project that I designed and for which I am the principal investigator. This is my most ambitious project so far. It aims at producing a standardised rehabilitation protocol for COVID-19 discharge patients. I was able to complete the project with the assistance of the Università di Naples Parthenope, the Hospital of Colli (one of the biggest in Southern Italy), the City Council of Naples and 4 institutions from different EU countries: the Izobrazevalni Center Geoss (Slovenia), the Latvijas Universities (Latvia), the Alternative Sociale (Romania) and the Mobilising Expertise (Sweden). This project involved 3 studies: 2 quantitative and 1 qualitative. Its scope is to develop a rehabilitative protocol for COVID-19 discharge patients that can be adopted worldwide by linking clinical and non-clinical measurements and assessments of physiology and psychology. The final protocol will be formulated under the supervision of Professor Iavarone at the University of Naples Parthenope and Sport Scientist Expert in Education, and will be used as a module at the same University. The research team has calculated that the potential dissemination outcome for BREATHE is of about 10 publications and 1 monography.

### **AGOGHE' - Servizio Mercato del Lavoro e Ricerca PON Città Metropolitane**

[29/10/2020 – Current]

AGOGHE' is a Project that I designed and for which my role is the principal investigator. This Project focuses on teaching outcomes directed at disadvantaged youth in districts at risk in Naples, with the help of undergraduate students from Departments of Philosophy, Psychology and Pedagogy. The Project aims at increasing educational instruction, civic education and self-awareness. Through didactic tools (e.g. portable virtual reality museum) our aim is to develop curiosity toward education and decrease school dropout. The Project will collect first-hand interviews to be published in peer-review journals as well as in a monography.

*Amount awarded: € 125,528.00*

### **Physical Education in Prisons - Casa Circondariale "G Salvia" di Napoli Poggioreale**

[01/10/2020 – Current]

Physical Education in Prisons is a Project that I designed and for which my role is the principal investigator. In collaboration with the Association Filosofia Fuori le Mura, I designed an unstructured questionnaire based on the storytelling approach to report physical activities in Italian prisons. The Project has already collected several interviews; completion is due by 2021. Dissemination outcomes will include peer-reviewed publications of qualitative data analysed with NVIVO and a monography based on the training regime used in prison. The Project has a twofold aim: i) to bring attention to the physiological and psychological importance of physical education for detainees; ii) to use physical education as a teaching tool to be integrated into prisons' re-educational programs. Currently, I am monitoring data collection and assisting data analysis and publication.

*Amount awarded: € 1,000.00*

### **HELLO - Stryker European Operations B.V. [01/06/2019 – Current]**

The HELLO Project is an observational study that uses a battery of assessments prior to surgery; and at 3 weeks, 6 weeks, 3 months, 6 months, 12 months post total robotic hip replacement, including gait analysis, maximum voluntary isometric contraction, 30s sit to stand, 4m walking test, stairs climb test and patient reported outcome measures (PROMS) along with hospital records from pre-assessment in outpatient, thought theatre and discharge. As Clinical Trial Manager, I aim to bring together the objective measurements collected at the ORI and the clinical reports collected at the Nuffield Health Hospital. Through this role, I have been learning from senior BU and Nuffield Hospital members. I have been involved in outpatient clinics, in discharge and was present during robotic hip replacement in theatre to collect data and report the step-by-step results for each patient during the trial.

*Amount awarded: £ 216,741.00*

### **Cool City - EU LIFE Programme**

[ 2020 – Current ]

The Project Cool City aims to stimulate debates about the environment and climate change strategies globally. Cities are the epicentre of climate action to combat Global Warming, however, the City of Naples (ITA) has conspicuously failed to adopt a Local Climate Adaptation Plan. Hence, Project Cool City is going to reach our aim by developing via a strong positive network that brings together people with all governmental and non-governmental organizations interested in social and environmental issues. In particular, the Project is going to foster the recover and convert of local natural resources (e.g. underground water sources), by using a combination of traditional and state-of-the-art technologies to diminish the local warming, to prevent the so-called "heat islands" and to encourage the creation of a permanent EU network to formulate a stable Local Adaptation Plan. My role as project planner is to assist and support the research team in developing the proposal and managing the interaction with the EU commission.

## **NETWORKS AND MEMBERSHIPS**

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### **National Strength and Conditioning Association (NSCA)**

[ 2020 – Current ]

**Role** CPT Candidate

### **ARTUR – Responsible Adults for a Territory without Risks**

[ 2020 – Current ]

**Role** Associate

### **British Association of Sport and Exercise Science (BASES)**

[ 2018 – Current ]

**Role** Professional Membership

### **Higher Education Academy (HEA)**

[ 2018 – Current ]

**Role** Associate Fellowship

### **The Physiological Society**

[ 2017 – Current ]

**Role** Full Membership and Representative at Bournemouth University

### **Nuffield Foundation Research Placement**

[ 2016 – Current ]

**Role** Mentor

### **STEM**

[ 2016 – Current ]

**Role** Ambassador

### **European Society of Biomechanics**

[ 2016 – 2017 ]

**Role** Member

### **Italian Olympic Federation of Weightlifting (FIPE)**

[ 2015 – Current ]

**Role** Certified Coach

### **Research and Higher Education for Sport Sciences (ELAV)**

[ 2014 – Current ]

**Role** Certified Instructor

### **TRX Suspension Training®**

[ 2014 – Current ]

**Role** Certified Instructor

### **Italian Paralympic Committee**

[ 2013 – 2014 ]

**Role** Coach

### **Filosofia Fuori le Mura Association [**

2007 – Current ]

**Role** Associate and Chief Executive Officer

## **HONOURS AND AWARDS**

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### **CREST Award Gold**

CREST Award [2020]

During the most recent Nuffield Research Placement, my student was awarded for the research “Effects of COVID-19 on the human musculoskeletal system: a literature review”. <https://www.crestawards.org/>

### **Research Fellow**

Bournemouth University [2020]

Prof R Middleton and Mr T Wainwright favoured and supported my application to the BU FHSS Faculty Academic Board as Research Fellow at Bournemouth University. This role was in recognition of my hard work as Clinical Trial Manager for the Nuffield Health Hospital and the Orthopaedic Research Institute.

<https://www.bournemouth.ac.uk/>

### **Representative at Bournemouth University.**

The Physiology Society [2020]

My commitment to teaching and public engagement activities had been awarded with the role of Representative for The Physiology Society at Bournemouth University.

<https://www.physoc.org/>

### **Top downloaded paper 2018-2019.**

The scientific journal Physiology Report (Wiley) [2019]

The scientific journal Physiology Report (Wiley) recognised one of my papers “The effects of eight weeks of inspiratory muscle training on the balance and physical performance of healthy older adults: a randomised, double-blind, placebo-controlled study” completed at Bournemouth University as “Top downloaded paper 2018-2019”.

<https://doi.org/10.14814/phy2.14076>

## **Public Engagement Activities**

Bournemouth University [2018]

Bournemouth University recognised me as the most active PhD candidate on public engagement activities. This led to interviews available on the Bournemouth University YouTube channel (titled: Francesco Ferraro talks about public engagement at BU).

<https://www.youtube.com/watch?v=UzOkKS134kE>

## **Strength on Young Graduate**

National Strength and Conditioning Association (NSCA) [ 2015 ]

National Strength and Conditioning Association (NSCA) recognised my MSc thesis at national level in Italy with the prize "Strength on young graduate" as one of that year's top theses for scientific results.

<https://www.nasca.com/>

## **SOCIAL AND POLITICAL ACTIVITIES**

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### **Association(s) ARTUR and Filosofia Fuori le Mura**

[Naples, 2007 – Current]

As a member of the socio-cultural non-governmental organisation ARTUR and as CEO of the Filosofia Fuori le Mura, I have always been involved in socio-cultural activities. In particular, recently, I developed two projects, respectively called Physical Education in Prisons and AGOGHE'. The former aims at bringing lessons on Philosophy and Ethics in prisons located in Naples (IT) whilst the latter has the scope of organising pedagogic and inclusive actions for adolescents at risk of delinquency in Naples.

<https://www.filosofiafuorilemura.it>

<http://www.associazioneartur.org>

## **MANAGEMENT AND LEADERSHIP SKILLS**

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**Excellent decision-making skills gained during my work as head coach and CEO of Filosofia Fuori le Mura**

**Excellent team management skills gained during my experiences as Clinical Trial Manager and EU Project Planner**

**Good ability at organising events learned during my public engagement activities and as the manager of the Health and Social Science Journal Club.**

**Excellent project management skills acquired during my research experiences at Bournemouth University.**

**Good ability in managing appointments learned during my PhD and my role as Project Planner.**



## **ORGANISATIONAL SKILLS**

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Excellent eye on the details gained during my work as Clinical Trial Manager.

Good ability in managing appointments and meet deadlines learned during my PhD and my research experience as Clinical Trial Manager.

Excellent goals setting attitude gained during my experiences as Clinical Trial Manager and Project Planner.

Excellent interpersonal skills acquired during my research experiences at Bournemouth University.

Good ability at organising events learned during my public engagement activities and as the manager of the Health and Social Science Journal Club.

## **COMMUNICATION AND INTERPERSONAL SKILLS**

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Excellent communication skills gained through my experience as a teacher in Higher Education at Bournemouth University and at the University of Naples Parthenope.

Good public engagement skills acquired during my work as a volunteer both in the UK and in Italy.

Excellent contact skills learned through my experience as an exercises coach.

Good mentoring skills learned during my role as PhD supervisor and Nuffield Placement Mentor.

## **DIGITAL SKILLS**

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### **Research**

Google Scholar / PEDro / Copac / Wolfram / PubMed (advanced user) / SliceOmatic

### **Statistical Analysis**

G\*Power / NVivo (qualitative analysis software) / MATLAB&Simulink / Statistical analysis/ Prism / SPSS Statistical Tool

### **General**

Windows, MacOS, Linux(wsl) / Video Conferencing (Zoom Skype Google Hangout) / Reference Management softwares Zotero EndNote Mendeley / Social Media (Instagram Facebook Youtube Twitter) / Microsoft office(WordExcel Powerpoint Outlook)

## OTHER INFORMATION

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### Courses and workshop

EndNote workshop; Public engagement; Developing an effective search strategy using researcher tools; Using social media; Developing your academic identity; Saying no positively; How to write about methods; Introduction to education practice for PGRs; Manage, influence and motivate; Ethics: ethical systems, requirements and professional standards; Academic writing; Writing a good abstract; Beyond a paper; How to get your research (and you) out there!; Critical appraisal of quantitative research papers; How to conduct a literature review; Influencing public policy with research; Research methods: experimental design and data analyses; The impact that makes a difference outside academia and supports your career; SPSS workshops; Presentation skills; Revision techniques; Writing an academic paper; Making your research more accessible webinar; Pharmacovigilance training; Research Consent Training; Research Ethics and IRAS Training; Site files & Version Control Training; Source Documentation Training; The Data Scientist's Toolbox (use of R); Writing Academy; You are not alone: Sharing experience and learning in lockdown; Protocol.io; Best Practice in Scientific Writing and Presenting Your Data; Performance in the multidisciplinary team; Online presentation skills: how to engage your audience and build confidence; Enetworking: How to Build Online Professional Relationships; COVID-19: Effects on sport and the implications of its impact on cardiac and respiratory systems for athletes; Public speaking workshop with Trisha Lewis; Diversity in Teaching.

### Certifications

Associate Fellowship (AFHEA): PR15922; Basic Life Support & CPR; Physiology: The Science of Life; Good Clinical Practice in Research: An Overview; Olympic Weightlifting Coach; Functional Fitness Training Specialist; TRX® Suspension Trainer; BootcampBS Instructor; Introduction to Good Clinical Practice: Primary Care.

## VOLUNTEERING

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### STEM Ambassador and Nuffield Placement

[ Bournemouth, 2016 – Current ]

I am a STEM Ambassador and a Nuffield Project Placement Mentor. Through these roles I have been able to come into contact with a very young audience which I find to be passionate about research and science. Likewise, these activities have given me insights from which I have developed different types of projects such as for example, in 2020, the Placement Student I was supervising was awarded GOLD CREST award for our work on the effect of COVID-19 diseases on the musculoskeletal system.

[www.stem.org.uk/stem-ambassadors](http://www.stem.org.uk/stem-ambassadors)

[www.nuffieldfoundation.org](http://www.nuffieldfoundation.org)

### Public Engagement Activities

[ Bournemouth (UK), 2016 – Current ]

I have been involved in more 20 different public engagement activities (including Pint of Science, Café Scientific, The Alzheimer's Society Memory Café, The Air Show Scientific Tent, The Festival of Learning and lecturing at the University of 3rd age). I have always directed my efforts towards excellent skills so as to provide scientific content for the public to enjoy and interact with. For these activities, I was recognised as

the best Post Graduate Researcher at Bournemouth University followed by an interview, now available on Youtube.

<https://www.youtube.com/watch?v=UzOkKS134kE&t=2s>

### **Event Manager and Coach**

[ Insieme Nello Sport (TRANSL ""Together In Sports""), 2003]

I organised and managed the event Together In Sports that aims to involve and support people with disability, involving them in sports activities.

<https://www.comune.napoli.it/flex/cm/pages/ServeBLOB.php/L/IT/IDPagina/15331>

## **LANGUAGE SKILLS**

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Mother tongue(s):

**Italian**

Other language(s):

**English**

**LISTENING C2 READING C2 WRITING C2**

**SPOKEN PRODUCTION C2 SPOKEN INTERACTION C2**

## **DRIVING LICENCE**

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**Driving Licence: A**

**Driving Licence: B**

## **HOBBIES AND INTERESTS**

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### **Music**

I love to play music. I learned to play the piano as a child, and I am currently taking guitar lessons at Bournemouth School of Music.

### **Travels**

I love to travel. My fondest memories are from trips around the world and from the time I was in Jordan and Thailand. As I learned then and still do, it is always a great opportunity to meet new people and begin to familiarise with other cultures.

### **Professional Photography**

I cultivate an interest in professional photography, during my trips around the world, I always have my NIKON on hand.

### **Motocircles**

From my teen years, I have always had transport on two wheels, whether it was a Vespa or a motorbike. Currently, it is a Kawasaki which I love to hop on at weekends and explore the enchanting English countryside.