



**Andrea Buonsenso**

Date of birth:

Nationality:

Gender:

## WORK EXPERIENCE

21/09/2019 – CURRENT

**OSTEOPATH**

2021 – 2022 – Campobasso, Italy

**SUBJECT EXPERT "TEORIA E METODOLOGIA DELL'ALLENAMENTO" – UNIVERSITY OF MOLISE**

04/11/2021 – CURRENT – Termoli, Italy

**SUPPORT TEACHER PRIMARY SCHOOL – ISTITUTO COMPRENSIVO SCHWEITZER**

20/07/2021 – 13/08/2021 – Campobasso, Italy

**FITNESS INSTRUCTOR – CUS MOLISE**

08/10/2020 – 06/06/2021 – Campobasso, Italy

**PHYSICAL EDUCATION TEACHER SECONDARY SCHOOL – ISTITUTO TECNICO SETTORE TECNOLOGICO "G. MARCONI"**

2020 – 2021 – Campobasso, Italy

**SUBJECT EXPERT "TEORIA E METODOLOGIA DELL'ALLENAMENTO" – UNIVERSITY OF MOLISE**

2020 – 2021 – Campobasso, Italy

**SUBJECT EXPERT "TEORIA, TECNICA E DIDATTICA DEL FITNESS" – UNIVERSITY OF MOLISE**

09/09/2019 – 30/06/2020

**PHYSICAL EDUCATION TEACHER SECONDARY SCHOOL – MARYMOUNT INSTITUTE - CATHOLIC PEER SCHOOL, ROMA (ITALY)**

2018 – 2019 – Roma, Italy

**SUBJECT EXPERT "TEORIA E METODOLOGIA DELL'ALLENAMENTO E QUALITÀ DEGLI IMPIANTI SPORTIVI" – UNIVERSITY OF ROME "FORO ITALICO"**

12/03/2018 – 30/06/2019

**PERSONAL TRAINER – VIRGIN ACTIVE, ROMA (ITALY)**

2017 – 2018 – Roma, Italy

**SUBJECT EXPERT "TEORIA E METODOLOGIA DELL'ALLENAMENTO E QUALITÀ DEGLI IMPIANTI SPORTIVI" – UNIVERSITY OF ROME "FORO ITALICO"**

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10/05/2016 – 10/03/2018

**FITNESS INSTRUCTOR – VIRGIN ACTIVE, ROMA (ITALY)**

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**VOLUNTEER – SURF FOR CHILDREN ONLUS, ROMA (ITALY)**

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## ● **EDUCATION AND TRAINING**

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06/10/2018 – CURRENT

**PH.D. STUDENT IN TRANSLATIONAL AND CLINICAL MEDICINE – University of Molise, Campobasso (Italy)**

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01/11/2013 – 21/09/2019

**OSTEOPATHY DEGREE – C.E.R.D.O. (Centre pour l'Etude, la Recherche et la Diffusion Osteopathiques), Roma (Italy)**

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01/10/2014 – 10/04/2017

**MASTER DEGREE IN HEALTH AND PHYSICAL ACTIVITY, WITH THE MARK OF 110/110 – University of Rome "Foro Italico", Roma (Italy)**

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01/10/2004 – 26/02/2014

**BACHELOR DEGREE IN SPORT AND EXERCISE SCIENCES, WITH THE MARK OF 95/110 – University of Molise, Campobasso (Italy)**

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01/02/2019 – 03/02/2019 – Roma, Italy

**POST GRADUATE PEDIATRIC OSTEOPATHY – Meta Osteopatia**

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26/01/2019 – 27/01/2019 – Roma, Italy

**FROM NEUROPHYSIOLOGY TO ACTIVE REHABILITATION – FITNEXP - The Medical Fitness Academy**

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18/02/2018 – Roma, Italy

**DYNAMIC AND PROPRIOCEPTIVE CORRECTIVE TAPING – Educazione Sanitaria**

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09/02/2017 – Roma, Italy

**FUNCTIONAL TRAINING EVOLUTION – Virgin Active Academy**

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15/10/2016 – 16/10/2016 – Roma, Italy

**NIKE TRAINING CLUB (NTC) – Virgin Active Academy**

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## LANGUAGE SKILLS

Mother tongue(s): **ITALIAN**

Other language(s):

UNDERSTANDING		SPEAKING		WRITING
Listening	Reading	Spoken production	Spoken interaction	
<b>ENGLISH</b> B2	B2	B2	B2	B2

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

## DRIVING LICENCE

Driving Licence:B

## DIGITAL SKILLS

European Computer Driving Licence ECDL

## PUBLICATIONS

Fiorilli, G.; Buonsenso, A.; Davola, N.; Di Martino, G.; Baralla, F.; Boutious, S.; Centorbi, M.; Calcagno, G.; di Cagno, A. (2021). "Stress Impact of the COVID-19 Sports Restrictions on Disabled Athletes". International Journal of Enviromental Research and Public Health, 18, 12040

Fiorilli G, Quinzi F, Buonsenso A, Casazza G, Manni L, Parisi A, Di Costanzo A, Calcagno G, Soligo M, di Cagno A. (2021). "A single session of Whole-Body Electromyostimulation increases muscle strength, endurance and proNGF in early Parkinson patients". International Journal of Enviromental Research and Public Health, 18, 5499., 18, 5499.

Boutios S, Fiorilli G, Buonsenso A, Daniilidis P, Centorbi M, Intrieri M, di Cagno A. (2021). "The impact of age, gender and technical experience on three motor coordination skills in children practicing Taekwondo". International Journal Of Environmental Research And Public Health, 18(11) 5998.

Buonsenso A, Fiorilli G, Mosca C, Centorbi M, Noterstefano C.C, Di Martino G, Calcagno G, Intrieri M, di Cagno A. (2021). "Exploring the enjoyment of the intergenerational physical activity". Journal Of Functional Morphology And Kinesiology, 6(2), 51.

Fiorilli G., Grazioli E., Buonsenso A., Di Martino G., Tsopani D., Calcagno G., di Cagno A. (2021). "A national COVID-19 quarantine survey and its impact on the Italian sports community: Implications and recommendations". Plos One, 16.

di Cagno A, Buonsenso A, Baralla F, Grazioli E, Di Martino G, Lecce E, Calcagno G, Fiorilli G (2020). "Psychological impact of the quarantine-induced stress during the coronavirus (COVID-19) outbreak among Italian athletes". *International Journal Of Environmental Research And Public Health*, 17, 1-13.

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Fiorilli, G., Quinzi, F., Buonsenso, A., Di Martino, G., Centorbi, M., Giombini, A., Calcagno G., di Cagno, A. (2020). "Does warm-up type matter? A comparison between traditional and functional inertial warm-up in young soccer players". *Journal of Functional Morphology and Kinesiology*, 5(4), 84.

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Fiorilli, G., Mariano, I., Iuliano, E., Giombini, A., Ciccarelli, A., Buonsenso, A., ... & di Cagno, A. (2020). "Isoinertial Eccentric-Overload Training in Young Soccer Players: Effects on Strength, Sprint, Change of Direction, Agility and Soccer Shooting Precision". *Journal of Sports Science and Medicine*, 19(1).

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di Cagno A, Iuliano E, Buonsenso A, Giombini A, Di Martino G, Parisi A, Calcagno G, Fiorilli G (2020). "Effects of accentuated eccentric training vs plyometric training on performance of young elite fencers". *Journal of Sports Science and Medicine*, 19, 703-713.

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Fiorilli, G., Iuliano, E., Giombini, A., Casasco, M., Fagnani, F., Quinzi, F., Buonsenso, A., ... & Calcagno, G. (2020). "The optimal whole body vibration frequency effects on postural responses in soccer players". *Sport Sciences for Health*, 1-8.

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A. di Cagno, G. Calcagno, A. Buonsenso, E. Iuliano, G. Innocenti, M. Piazza, G. Fiorilli. (2020). "Effects of static and dynamic stretching on upper limb explosive, isometric and endurance strength, in male volleyball players". *Italian Journal of Anatomy and Embryology*, 124, 113-121.

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Iuliano E., Fiorilli G., Buonsenso A., Piazza M, Calcagno G., Tsopani D., di Cagno A. (2018). "Disordered eating behaviors in rhythmic gymnasts: a survey to investigate the coaches' point of view on the management". *Journal of Physical Education and Sport*.18(3): 1748-1755.

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## ● CONFERENCES AND SEMINARS

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Buonsenso A., Fiorilli G., Di Martino G., Centorbi M., Parisi A., Calcagno G., di Cagno A. **Acute effects of Whole Body Electromyostimulation in early Parkinson's disease.**

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Oral presentation XII Congresso Nazionale della Società Italiana delle Scienze Motorie e Sportive (SISMES) – Padova 08-10 Ottobre 2021. *Sport Science for Health* 2021, vol. 16 Suppl.1 - October 2019

Centorbi M., di Cagno A., Buonsenso A., Di Martino G., Riccio S., Fiorilli G., Calcagno G. **Paralympic athletes' stress and resilience in the age of COVID-19.**

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Oral presentation XII Congresso Nazionale della Società Italiana delle Scienze Motorie e Sportive (SISMES) – Padova 08-10 Ottobre 2021. *Sport Science for Health* 2021, vol. 16 Suppl.1 - October 2019

Buonsenso A, Fiorilli G, Quinzi F, Centorbi M, Calcagno G, di Cagno A. **Acute effects of cardiovascular and creative Active Breaks in primary school.**

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Oral presentation 26th European Congress of Sport Sciences – 8-10 September 2021 Virtual Congress.

**Centorbi M, Buonsenso A, di Cagno A, Calcagno G, Fiorilli G. Exploring the enjoyment of the intergenerational physical activity.**

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Oral presentation 26th European Congress of Sport Sciences – 8-10 September 2021 Virtual Congress.

**Fiorilli G, Buonsenso A, Grazioli E, Centorbi M, Di Martino G, Calcagno G, di Cagno A. COVID-19 lockdown: Italian sports community management.**

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Oral presentation 26th European Congress of Sport Sciences – 8-10 September 2021 Virtual Congress.

**di Cagno A, Fiorilli G, Buonsenso A, Quinzi F, Centorbi M, Parisi A, Calcagno G. Whole Body Electromyostimulation applied on early Parkinson patients.**

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Oral presentation 26th European Congress of Sport Sciences – 8-10 September 2021 Virtual Congress.

**Buonsenso A, Fiorilli G., Iuliano, A. di Cagno, G. Calcagno iso-inertial eccentric overload training in young soccer players: effects on strength, sprint, change of direction performance and soccer shooting precision.**

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Oral presentation 24th European Congress of Sport Sciences – 5-7 July 2019 Prague

**Iuliano E, Ronchetti D, Fiorilli G, Buonsenso A, di Cagno A, Calcagno G. Effect of High Intensity Interval Training on familial hypercholesterolemia: a case report intervention.**

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Oral presentation XI Congresso Nazionale della Società Italiana delle Scienze Motorie e Sportive (SISMES) – Bologna 27-29 Settembre 2019. Sport Science for Health 2019, vol. 15 Suppl.1 - september 2019

**Fiorilli G, di Cagno A, Iuliano E, Buonsenso A, Di Martino G, Giombini A, Parisi A, Calcagno G. Effects of iso-inertial eccentric-overload training on fencing performance in elite athletes.**

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Oral presentation XI Congresso Nazionale della Società Italiana delle Scienze Motorie e Sportive (SISMES) – Bologna 27-29 Settembre 2019. Sport Science for Health 2019, vol. 15 Suppl.1 - september 2019

**Buonsenso A., G. Fiorilli, L. Catalano, M. Centorbi, E. Iuliano, A. di Cagno, G. Calcagno Comparison between iso-inertial eccentric and plyometric training effects in young soccer players.**

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Oral presentation, X Congresso Nazionale della Società Italiana delle Scienze Motorie e Sportive (SISMES). Messina 5-7 Ottobre 2018. Sport Science for Health 2017, vol. 14 Suppl.1 - september 2018

**G. Calcagno, E. Iuliano, F. Vinciguerra, A. Buonsenso, G. Fiorilli, A. di Cagno Effect of exercise on knee flexibility and strength in a subject with Arthrogryposis multiplex congenital: a case study.**

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X Congresso Nazionale della Società Italiana delle Scienze Motorie e Sportive (SISMES). Messina 5-7 Ottobre 2018. Sport Science for Health 2017, vol. 14 Suppl.1 - september 2018

## ● **MANAGEMENT AND LEADERSHIP SKILLS**

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**Good organizational skills acquired thanks to professional experiences at one of the main gyms in Italy.**

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## ● **COMMUNICATION AND INTERPERSONAL SKILLS**

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Good communication skills acquired thanks to long sports experiences. Spirit of sacrifice towards children and young people with special needs, acquired through voluntary activities at Surf4Children Onlus.

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