

PERSONAL INFORMATION

Raffaele Scurati



+39 02 503 15 161

raffaele.scurati@unimi.it

Skype Raffaele.scurati@unimi.it

Sex Male | Date of birth 02/04/1967 | Nationality Italian

WORK EXPERIENCE

Jan 2005–Present

Assistant Professor (Sector M-EDF/01 - Teaching Methods For Physical Activities)

Università degli Studi di Milano - Department of Biomedical Sciences for Health - School of Exercise Sciences
via Kramer 4/A, 20129 Milano (Italy)

Teaching experience:

A.Y. 2018/2019

Human Movement Theory and Methodology (14 hours) – "Exercise, Sport and Health Sciences" Bachelor programme
Swimming (64 hours) - "Exercise, Sport and Health Sciences" Bachelor programme

A.Y. 2017/2018

Human Movement Theory and Methodology (21 hours) – "Exercise, Sport and Health Sciences" Bachelor programme
Swimming (64 hours) - "Exercise, Sport and Health Sciences" Bachelor programme

A.Y. 2016/2017

Human Movement Theory and Methodology (21 hours) – "Exercise, Sport and Health Sciences" Bachelor programme
Swimming (96 hours) - "Exercise, Sport and Health Sciences" Bachelor programme

A.Y. 2015/2016

Human Movement Theory and Methodology (42 hours) – "Exercise, Sport and Health Sciences" Bachelor programme
Swimming (96 hours) - "Exercise, Sport and Health Sciences" Bachelor programme

A.Y. 2014/2015

Human Movement Theory and Methodology (42 hours) – "Exercise, Sport and Health Sciences" Bachelor programme
Swimming (96 hours) - "Exercise, Sport and Health Sciences" Bachelor programme

A.Y. 2013/2014

Human Movement Theory and Methodology (42 hours) – "Exercise, Sport and Health Sciences" Bachelor programme
Swimming (96 hours) - "Exercise, Sport and Health Sciences" Bachelor programme

A.Y. 2012/2013

Human Movement Theory and Methodology (42 hours) – "Exercise, Sport and Health Sciences" Bachelor programme
Swimming (96 hours) - "Exercise, Sport and Health Sciences" Bachelor programme

A.Y. 2011/2012

Human Movement Theory and Methodology (42 hours) – "Exercise, Sport and Health Sciences" Bachelor programme
Swimming (96 hours) - "Exercise, Sport and Health Sciences" Bachelor programme

A.Y. 2010/2011

Swimming (160 hours) - "Exercise, Sport and Health Sciences" Bachelor programme

A.Y. 2009/2010

Swimming (157.5 hours) - "Exercise, Sport and Health Sciences" Bachelor programme

A.Y. 2008/2009

Swimming Theory and Technique (156 ore) - "Exercise, Sport and Health Sciences" Bachelor programme

A.Y. 2007/2008

Swimming Didactics; Swimming Theory and Technique (230 hours) - "Exercise and Sport Sciences" Bachelor programme

A.Y. 2006/2007

Swimming Didactics (138 hours) - "Exercise and Sport Sciences" Bachelor programme

A.Y. 2005/2006

Swimming Didactics (126 hours) - "Exercise and Sport Sciences" Bachelor programme
Team Sports: Waterpolo (20 hours) - "Sport Science" Master programme

A.Y. 2004/2005

Swimming Theory and Technique (66 hours) - "Exercise and Sport Sciences" Bachelor programme

Institutional activities:

- AQ (quality assurance) Supervisor of the "Exercise, Sport and Health Sciences" Bachelor programme
- AQ (quality assurance) Supervisor of the "Exercise Science for Healthy Life" Master programme
- AQ (quality assurance) Supervisor of the "Individual and Team Sport Science" Master programme

Boards and commissions membership and institutional appointments:

- Member of the Commission for Allocation of Teaching Contracts of "Exercise, Sport and Health Sciences" Bachelor programme, "Exercise Science for Healthy Life" Master programme and "Individual and Team Sport Science" Master programme
- Instructed for courses and planning organisation of "Exercise, Sport and Health Sciences" Bachelor programme, "Exercise Science for Healthy Life" Master programme and "Individual and Team Sport Science" Master programme
- Member of the Commission for Students enrolment to "Exercise, Sport and Health Sciences" Bachelor programme and to "Individual and Team Sport Science" Master programme
- Member of the Evaluation board of the Study plans of the "Exercise, Sport and Health Sciences" Bachelor programme students
- Member of the Commission for the Allocation of cooperative contracts for students
- Member of several Commissions for the management of the study programs of the School of Exercise Sciences of the University of Milan

Nov 2001–Jan 2005

Administration department

Università degli Studi di Milano
Via Kramer 4/A, 20129 Milano (Italy)

Responsible of the Didactic Office of the Faculty of Exercise Sciences

1992–2001

Technical Collaborator

ISEF - Istituto Superiore di Educazione Fisica della Lombardia
via Corelli 136, 20134 Milano (Italy)

- Collaborator for the scientific activities organization of the Faculty of Exercise Sciences from 2000 to

2002.

- Technical collaborator of the Superior Institute of Physical Education of the Lombardy (ISEF Lombardia) in the Academic Years 1992/93, 1993/94, 1995/96, 1996/97, 1997/98, 1998/99, 1999/2000, 2000/01: didactics, sports and national and international events organization.
- Institutional scientific facilities management.
- APA and ERASMUS institutional projects management.

1994–1996 **P.E. Teacher**
"G. Colasanti" High School, Milano (Italy)

EDUCATION AND TRAINING

2003–2004 **Master Degree in Exercise Science**
Università degli Studi di Milano, Milano (Italy)

2000–2000 **Qualification to practise the profession of Teacher of Physical Education for classes A029 and A030 (Middle and High School)**
Provveditorato agli studi di Milano, Milano (Italy)

1996–1997 **Maitrise UFR-STAPS (Sciences et techniques des activités physiques et sportives)**
Université de Bourgogne, Dijon (France)

1989–1994 **Degree in Physical Education**
ISEF della Lombardia, Milano (Italy)

PERSONAL SKILLS

Mother tongue(s) Italian

Foreign language(s)

	UNDERSTANDING		SPEAKING		WRITING
	Listening	Reading	Spoken interaction	Spoken production	
English	C2	C2	C1	C1	C2
French	C2	C2	C1	C1	C1

Levels: A1 and A2: Basic user - B1 and B2: Independent user - C1 and C2: Proficient user
Common European Framework of Reference for Languages

Digital skills

	SELF-ASSESSMENT				
	Information processing	Communication	Content creation	Safety	Problem solving
	Proficient user	Proficient user	Independent user	Independent user	Independent user

Digital skills - Self-assessment grid

Windows e Mac OS X
Microsoft Office
SPSS Statistics package

Driving licence B

ADDITIONAL INFORMATION

Certifications	Italian Swimming Federation 2nd degree Instructor Italian Swimming Federation Lifeguard
Federal charges	Regional Teacher of the Italian Swimming Federation
Memberships	SIEMeS - Società Italiana di Educazione Motoria e Sportiva
Editorial experience	Reviewer for the Sport Sciences for Health journal Reviewer for the International Journal of Aquatic Research and Education
Research Topics	<ul style="list-style-type: none"> - Learning and training in sport (swimming, in particular) - Testing and Evaluation in swimming - Motor learning and motor control - Teaching methods in sport and exercise - Life span motor development - Coordination and sensory-perception in physical activities and sports
Personal Researcher IDs	OrcidID: 0000-0003-3247-1977 ResearcherID: H-7984-2012 Scopus Author ID: 25224132900
Publications	<p>Invernizzi P.L., Scurati R., Crotti M., Bosio A., Longo S., Esposito F., <i>Physiological and technical commitment during a 300-m in-line skating trial in athletes of different age categories</i>. J. Sports Med. Phys. Fitness, 2019, 59, 25-34, doi:10.23736/S0022-4707.18.07942-2.</p> <p>Invernizzi P., Crotti M., Bosio A., Cavaggioni L., Alberti G., Scurati R., <i>Multi-Teaching Styles Approach and Active Reflection: Effectiveness in Improving Fitness Level, Motor Competence, Enjoyment, Amount of Physical Activity, and Effects on the Perception of Physical Education Lessons in Primary School Children</i>. Sustainability, 2019, 11, 405, doi:10.3390/su11020405.</p> <p>Scurati R., Gatta G., Michielon G., Cortesi M., <i>Techniques and considerations for monitoring swimmers' passive drag</i>. J. Sports Sci., 2018, 10.1080/02640414.2018.1547099, 1-13, doi:10.1080/02640414.2018.1547099.</p> <p>Invernizzi P.L., Crotti M., Bosio A., Scurati R., Lovecchio N., <i>Correlation between Cognitive Functions and Motor Coordination in Children with Different Cognitive Levels</i>. Advances in Physical Education, 2018, 08, 98-115, doi:10.4236/ape.2018.81011.</p> <p>Formenti D., Perpetuini D., Iodice P., Cardone D., Michielon G., Scurati R., Alberti G., Merla A., <i>Effects of knee extension with different speeds of movement on muscle and cerebral oxygenation</i>. PeerJ, 2018, 6, e5704, doi:10.7717/peerj.5704.</p> <p>Rota P., Papini N., La Rocca P., Montefiori M., Cirillo F., Piccoli M., Scurati R., Olsen L., Allevi P., Anastasia L., <i>Synthesis and chemical characterization of several perfluorinated sialic acid glycals and evaluation of their in vitro antiviral activity against Newcastle disease virus</i>. Medchemcomm, 2017, 8, 1505-1513, doi:10.1039/c7md00072c.</p> <p>Marmotti A., Mattia S., Castoldi F., Barbero A., Mangiavini L., Bonasia D.E., Bruzzone M., Dettoni F., Scurati R., Peretti G.M., <i>Allogeneic Umbilical Cord-Derived Mesenchymal Stem Cells as a Potential Source for Cartilage and Bone Regeneration: An In Vitro Study</i>. Stem Cells Int, 2017, 2017, 1732094, doi:10.1155/2017/1732094.</p> <p>Di Giancamillo A., Deponti D., Gervaso F., Salvatore L., Scalera F., Mangiavini L., Scurati R., Sannino A., Peretti G.M., <i>The analysis of different scaffolds and the benefit of fibrin glue for tendon tissue engineering at different culture times</i>. J. Biol. Regul. Homeost. Agents, 2017, 31, 67-73.</p> <p>Vitale J.A., Montaruli A., Michielon G., Scurati R., Alberti G., Carandente F., Roveda E., <i>Sleep quality and cytokine expression after an exhaustive exercise: influence of ACE polymorphism I/D</i>. Sleep Biol. Rhythms, 2016, 15, 31-37, doi:10.1007/s41105-016-0077-3.</p> <p>Scurati R., Benedini S., Michielon G., Invernizzi P.L., Zannini L., Alberti G., <i>Controlled intensity aerobic activity in water and in the gym: effects on mood and physical efficiency in third age women = Attività aerobica a intensità controllata in acqua e in palestra : effetti sull'umore e sull'efficienza fisica in donne</i></p>

della terza età. *Med. Sport (Roma)*, 2016, 69, 215-227.

Invernizzi P.L., Scurati R., Zannini L., *Vivere l'esperienza della "leggerezza": uno studio qualitativo sulla percezione dell'acquagym in un gruppo di donne anziane*. *Formazione & Insegnamento*, 2016, 14, 213-227.

Invernizzi P.L., Limonta E., Riboli A., Bosio A., Scurati R., Esposito F., *Effects of Acute Carnosine and beta-Alanine on Isometric Force and Jumping Performance*. *Int. J. Sports Physiol. Perform.*, 2016, 11, 344-349, doi:10.1123/ijsp.2014-0507.

Di Giancamillo A., Mangiavini L., Tessaro I., Marmotti A., Scurati R., Peretti G.M., *The meniscus vascularization: the direct correlation with tissue composition for tissue engineering purposes*. *J. Biol. Regul. Homeost. Agents*, 2016, 30, 85-90.

Formenti D., Rossi A., Calogiuri G., Thomassen T.O., Scurati R., Weydahl A., *Exercise Intensity and Pacing Strategy of Cross-country Skiers during a 10 km Skating Simulated Race*. *Res. Sports Med.*, 2015, 23, 126-139, doi:10.1080/15438627.2015.1005298.

Tringali C., Scala L., Silvestri I., Vitale J., Scurati R., Michielon G., Alberti G., Venerando B., *Protective role of 17-beta-estradiol towards IL-6 leukocyte expression induced by intense training in young female athletes*. *J. Sports Sci.*, 2014, 32, 452-461, doi:10.1080/02640414.2013.830190.

Tringali C., Brivio I., Stucchi B., Silvestri I., Scurati R., Michielon G., Alberti G., Venerando B., *Prevalence of a characteristic gene profile in high-level rhythmic gymnasts*. *J. Sports Sci.*, 2014, 32, 1409-1415, doi:10.1080/02640414.2014.893371.

Merati G., Agnello L., Rampichini S., Maggioni M.A., Scurati R., Veicsteinas A., *Cardiovascular adaptation to mudpack therapy in hypertensive subjects treated with different antihypertensive drugs*. *Eur. Rev. Med. Pharmacol. Sci.*, 2014, 18, 2544-2550.

Invernizzi P.L., Longo S., Scurati R., Maggioni M.A., Michielon G., Bosio A., *Interpretation and perception of slow, moderate, and fast swimming paces in distance and sprint swimmers*. *Percept. Mot. Skills*, 2014, 118, 833-849, doi:10.2466/27.29.PMS.118k23w0.

Invernizzi P.L., Limonta E., Bosio A., Scurati R., Veicsteinas A., Esposito F., *Effects of a 25-km trial on psychological, physiological and stroke characteristics of short- and mid-distance swimmers*. *J. Sports Med. Phys. Fitness*, 2014, 54, 53-62.

Alberti G., Annoni M., Ongaro L., Scurati R., Michielon G., *Athletic Performance Decreases in Young Basketball Players after Sitting*. *International Journal of Sports Science & Coaching*, 2014, 9, 975-984, doi:10.1260/1747-9541.9.5.975.

Invernizzi P.L., Scurati R., Longo S., Gatta G., Michielon G., *Relationships between swimming style and dry-land strength in breaststroke*. *Sport Sciences for Health*, 2013, 10, 11-16, doi:10.1007/s11332-013-0165-6.

Longo S., Scurati R., Michielon G., Invernizzi P.L., *Correlation between two propulsion efficiency indices in front crawl swimming*. *Sport Sciences for Health*, 2009, 4, 65-71, doi:10.1007/s11332-008-0069-z.

Invernizzi P.L., Longo S., Scurati R., *Analysis of heart rate and lactate concentrations during coordinative tasks: pilot study in karate kata world champions*. *Sport Sciences for Health*, 2008, 3, 41-46, doi:10.1007/s11332-008-0053-7.

Invernizzi P.L., Caporaso G., Longo S., Scurati R., Alberti G., *Correlations between upper limb oxygen kinetics and performance in elite swimmers*. *Sport Sciences for Health*, 2008, 3, 19-25, doi:10.1007/s11332-008-0052-8.

Magazine Articles

Invernizzi P.L., Crotti M., Scurati R., Lovecchio N., *Sportivi e felici*. *Sport&Medicina*, 2015, 2015, pp 45-50.

Scurati R., Michielon G., *L'allenamento della forza nel nuoto nella letteratura recente*. *Strength & Conditioning*, 2014, pp 49-54.

Invernizzi P., Michielon G., Scurati R., *La ventilazione nel nuoto*. *Sport & medicina*, 2013, 2013, pp 33 - 37.

Invernizzi P.L., Gatta G., Ciapparelli C., Scurati R., Michielon G., *Costumi da gara e prestazioni: valutazioni con un software sperimentale*. *Scienza & Sport*, 2012, pp 62-65.

Invernizzi P.L., Del Bianco R., Scurati R., Michielon G., La Torre A., *Il collegamento tra il lavoro di base e la performance*. *La Tecnica del Nuoto*, 2012, pp 4-15.

Gatta G., Cortesi M., Scurati R., Invernizzi P.L., *Training con hand-paddles nel nuoto a crawl*. *Scienza & Sport*, 2012, pp 44-49.

Invernizzi P.L., Scurati R., Ciapparelli C., Gatta G., La Torre A., *Performance natatoria, controllo*

motorio e apprendimento tecnico. SDS. Scuola dello Sport,2011, pp 47-54.

Invernizzi P.L., Campioli A., Scurati R., Longo S., La Torre A., *L'insegnamento della tecnica natatoria : apprendimento natatorio euristico e prescrittivo a confronto*. SDS. Scuola dello Sport,2008, pp 37-43.

Invernizzi P.L., Del Bianco R., Scurati R., Caporaso G., La Torre A., *Analisi delle capacità tecnico-coordinative e senso-percettive nel nuoto (seconda parte : proposte pratico-applicative)*. SDS. Scuola dello sport,2007, pp 53-61.

Invernizzi P.L., Del Bianco R., Scurati R., Caporaso G., La Torre A., *Analisi delle capacità tecnico-coordinative e senso-percettive nel nuoto (prima parte : gli aspetti teorici)*. SDS. Scuola dello sport,2007, pp 45-52.

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Milan
January 18, 2019.

Raffaele Scurati