

PERSONAL INFORMATION

Stefano Longo



 Università degli Studi di Milano, Department of Biomedical Sciences for Health, Via Kramer 4/A, 20129, Milan (Italy)
 +390250315166

 stefano.longo@unimi.it

 <http://www.unimi.it/chiedove/schedaPersonaXML.jsp?matricola=16709>

Sex Male | Date of birth 26/12/1977 | Nationality Italian

POSITION

Assistant Professor in Methods and Didactics of Sports Activities (SSD: M-EDF/02), Department of Biomedical Sciences for Health, School of Exercise and Sports Sciences, Università degli Studi di Milano

WORK EXPERIENCE

01/10/2011 – now

Researcher and Assistant Professor

Department of Biomedical Sciences for Health, School of Exercise and Sports Sciences, Università degli Studi di Milano

- Scientific research, teaching, organization activities

01/05/2010 – 31/12/2010

Contract Researcher

Istituto Auxologico Italiano, Milano, Italia

Research activities:

- 1) Normative values of Equitest® balance system
- 2) Muscle activation in patients affected by SM, stroke and tDCS.
- 3) Subjective Visual Vertical in healthy people and patients

01/10/2009 – 30/10/2011

Contract Lecturer in Didactics of Human Movement

Faculty of Sports and Exercise Sciences, Università degli Studi di Milano

- Scientific research, teaching

01/12/2008 – 30/04/2009

Contract Researcher

Institute for Biomedical Research into Human Movement and Health (IRM), Faculty of Science and Engineering, Manchester Metropolitan University, Manchester (UK)

Research activities:

- 1) "Muscular adaptations to resistance training with and without vibration superimposition

01/11/2004 – 31/10/2005

Assistant Technician

Faculty of Sports and Exercise Sciences, Università degli Studi di Milano

EDUCATION AND TRAINING

23/09/2016 – 23/12/2016

Visiting scientist

MRC-ARUK Centre of Excellence for Musculoskeletal Ageing, School of Medicine, University of Nottingham (UK)

- 1) Assessment of muscle quality and neuromuscular performance in older dancers and sedentary subjects;
- 2) Muscular adaptations to resistive training in young and older individuals

February 2009

PhD Graduation

Physical Activity and Health, Università degli Studi di Milano

Thesis: "Muscular adaptations with ageing and resistance training"

01/10/2006 – 31/03/2008

Visiting PhD Student

Institute for Biomedical Research into Human Movement and Health (IRM), Department of Exercise and Sports Science, Manchester Metropolitan University, Alsager (UK)

01/12/2005 – 30/11/2008

PhD Student

Physical Activity and Health, Università degli Studi di Milano

November 2004

Master's degree in Exercise and Sports Sciences

Università degli Studi Milano

01/11/1997 – 31/10/2000

I.S.E.F. della Lombardia Student

Università degli Studi di Milano

1996

Maturità Scientifica

Liceo Scientifico Claudio Cavalleri, Castano Primo (Milano).

PERSONAL SKILLS

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Mother tongue(s)

Italian

Other language(s)

	UNDERSTANDING		SPEAKING		WRITING
	Listening	Reading	Spoken interaction	Spoken production	
English	C2	C2	C2	C2	C2
Replace with name of language certificate. Enter level if known.					
French	B1	B1	A2	A2	B1
Replace with name of language certificate. Enter level if known.					

Levels: A1/A2: Basic user - B1/B2: Independent user - C1/C2 Proficient user
[Common European Framework of Reference for Languages](#)

Communication skills

Good communication skills gained through my experience as university lecturer

Organisational / managerial skills

Tutor for the bachelor's degree in Exercise, Sport and Health
 A.Y. 2017-18 - now. Advisor for the internet website of the School of Exercise and Sports Sciences, Università degli Studi di Milano
 A.Y. 2016-17 - now. Member of the Joint Committee School of Exercise and Sports Sciences, Università degli Studi di Milano

A.Y. 2016-17 - now. Member of the Faculty Panel, bachelor's degree in Exercise, Sport and Health Sport e Salute, School of Exercise and Sports Sciences, Università degli Studi di Milano

A.Y. 2014-15 - now. Secretary of the Faculty Panel, School of Exercise and Sports Sciences, Università degli Studi di Milano

A.Y. 2011 - now. Member of the admission committee of the bachelor's degree in Exercise, Sport and Health

Job-related skills

Ultrasound-based skills for muscle and tendon morphological, physiological, and biomechanical assessments.

Knowledge of biological signals acquisition, e.g., electromyography, mechanomyography, and force signals.

Good writing skills for scientific articles. Author and co-author of several scientific publications.

orcid.org/0000-0001-5806-8305

https://www.researchgate.net/profile/Stefano_Longo

Peer review activity for several international scientific journals

Speaker at several international and national scientific conferences

Digital skills

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

Levels: Basic user - Independent user - Proficient user

[Digital competences - Self-assessment grid](#)

Good command of office suite (word processor, spread sheet, presentation software)

Other skills

Teacher for sports activity in children

Driving licence

B

ADDITIONAL INFORMATION

Publications

orcid.org/0000-0001-5806-8305

https://www.researchgate.net/profile/Stefano_Longo

Conferences

Speaker at several international and national scientific conferences (European College of Sports Science, Società Italiana di Scienze Motorie e Sportive)

Seminars

Speaker and member of the Scientific Committee of "Imaging and Research Methodology – Foundations". IRCCS Policlinico San Donato

Honours and awards

Young Investigators Scholarships by the Australasian Society for Ultrasound in Medicine at the World Federation Ultrasound in Medicine and Biology 2009 Congress, Sydney, Agosto. Sconfienza LM, Silvestri E, Longo S, Cimmino MA. "Sonoelastographic evaluation of Achilles tendon in amateur symptomatic runners"

- Memberships** Member of the European College of Sports Science (ECSS)
Member of the Società Italiana delle Scienze Motorie e Sportive (SISMES)
Member of the' American College of Sports Medicine (ACSM) from 2008 to 2010.

Autorizzo il trattamento dei miei dati personali ai sensi del Decreto Legislativo 30 giugno 2003, n. 196 "Codice in materia di protezione dei dati personali".