

PERSONAL INFORMATION



Dr Francesco Vincenzo Ferraro



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Ferraro Trainer



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Sex Male | Date of birth 22/10/1986 | Nationality Italian

EDUCATION AND TRAINING

28/01/2016–08/11/2019

Doctor of philosophy in biomechanics and physiology

EQF level 8

Bournemouth University
Fern Barrow, Poole, Bournemouth, BH12 5BB (United Kingdom)
www.bournemouth.ac.uk

2013–2015

Master's degree in physical education for prevention and wellness

EQF level 7

University of Naples, Parthenope
Via Ammiraglio Ferdinando Acton, 80133 Naples (Italy)
<https://www.uniparthenope.it/>

2010–2013

Bachelor's degree in sports science

EQF level 6

University of Rome Foro Italico (IUSM)
Via dei Robilant, 00135 Rome (Italy)
<http://www.uniroma4.it/>

WORK EXPERIENCE

01/2020–present

Representative

The Physiological Society

Hodgkin Huxley House 30 Farringdon Lane London EC1R 3AW (United Kingdom)
www.physoc.org/

Promoting the Society themes, with students and staff member at Bournemouth University and Nuffield Health.

06/2019–present

Clinical Trial Manger

Nuffield Health Bournemouth

Hospital, 67 Lansdowne Road, Bournemouth, Dorset, BH1 1RW (United Kingdom)
www.nuffieldhealth.com/hospitals/bournemouth

My responsibility are to organise, monitor and collect data during robotic hip replacement in Nuffield Health patient as part of the HELLO project developed at the Orthopaedic Research Institute.

- 06/2019–present **Researcher**
 Orthopaedic Research Institute
 89 Holdenhurst Rd, Bournemouth BH8 8EB (United Kingdom)
www.microsites.bournemouth.ac.uk/ori/
 As member of staff at Bournemouth University and research of the Orthopaedic Research Institute team, my responsibility are to work at high clinical research standard, analysing data and write paper for peer reviewed journal.
- 06/2019–present **Researcher**
 National Health System (NHS)
 Castle Ln E, Bournemouth BH7 7DW (United Kingdom)
www.rbch.nhs.uk/
 My duties are to work on clinical trial to the most updated ethical norms, following NHS standard.
- 07/07/2020 **Guest Lecturer**
 University of Naples Parthenope
 Via Ammiraglio Ferdinando Acton, 80133 Naples (Italy)
<https://www.uniparthenope.it/>
 As part of the seminars for PhD candidate at the university, I have been invited to present a lecture titled *Sport Science Horizon*. Aim of the lecture was to give an insight into the possibilities and opportunities for PhD candidate and to motivate their interests toward the research of the future.
- 01/2019–03/2019 **Football coach**
 Sports First Academy
 14 Lindsay Road Poole BH13 6AT (United Kingdom)
www.sportsfirstacademy.com
 In the last month of my PhD, having more time available, I took a part-time position to work as a football coach with kids (8 to 11 years old). My primary responsibility was to design and conduction training session.
- 28/01/2016–08/11/2019 **Substitute lecturer**
 Bournemouth University
 Fern Barrow, Poole, Bournemouth, Bournemouth, BH12 5BB (United Kingdom)
www.bournemouth.ac.uk
 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.
- 07/2018–09/2018 **Research assistant**
 Bournemouth University
 Fern Barrow, Poole, Bournemouth, BH12 5BB (United Kingdom)
www.bournemouth.ac.uk
 Collaborating with Dr James Gavin, my responsibilities were to mentor and to teach how to perform respiratory function tests, balance and physical performance assessments to PhD awarded researchers
- 2015–2016 **Teacher of physical education (PE)**
 Filosofia Fuori Le Mura, Naples (Italy)
<http://www.filosofiafuorilemura.it>
 My responsibility was to design, develop and conduct lessons aimed to raise awareness about the

importance of physical activity.

2013–2016 Gym instructor and personal trainer

FitPoint, Naples (Italy)

<http://fit-point.it>

I was responsible for designing, developing and conducting one to one session as well as group classes of physical exercises in healthy and frail populations.

2014–2015 Internship training in neuromechanics

MotionLab - Hermitage Capodimonte, Naples (Italy)

<http://www.hermitagecapodimonte.it/>

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.

2014–2015 Sports traineeship

U.N.V.S. Terra delle Sirene, Naples (Italy)

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 coaching in the aforementioned disciplines.

2013–2014 Head basketball coach

Polisportiva Partenope, Napoli (Italy)

I was responsible for designing and conducting training sessions and matches with young categories (5 to 8 years old).

2012–2013 Head football coach

Football School S.V.S. Roma, Rome (Italy)

My responsibilities were to design and conduct the training sessions and matches with the young (6 to 10 years) and adult (11 to 25 years) categories.

2006–2010 Communicator and press office manager

Filema s.a.s., Naples (Italy)

My responsibilities were to deal with the press and media and to develop national public events (including book fairs in Turin, Naples and Rome).

PERSONAL SKILLS

Mother tongue(s)

Italian

Foreign language(s)

	UNDERSTANDING		SPEAKING		WRITING
	Listening	Reading	Spoken interaction	Spoken production	
English	C2	C2	C2	C2	C2
English level : Pre-Intermediate Embassy CES English language training worldwide, London					

English level : Pre-Intermediate American Studies Center, Napoli (Italia)				
English level: Pre-Intermediate Embassy CES English language training worldwide, Brighton, Home stay				
Begin (survival 3) Level : W1 Wall street Institute School of English, Napoli (Italia)				
Structure – Advanced II and Communication – Advanced I Boston Academy of English, Boston (USA)				
IELTS test mark: 6.5, in 2016. Candidate number : 001572				
Spanish	A2	A2	A2	A2
(2013) Level A2 Istituto Cervantes, in Roma.				

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

- Communication skills** Excellent communication skills gained through my experience as a teacher of Higher Education
 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
- Organisational/managerial skills** Excellent decision-making skills gained during my work as head coach
 Good ability in managing appointments learned during my PhD
 Excellent team management skills gained during my experiences as an exercises coach
 Excellent project management skills acquired during my research experiences at Bournemouth University
 Good ability to organise events learned during my public engagement activities and as the manager of the Health and Social Science journal club
- Job-related skills** During my PhD experience, I have conducted physiologic and biomechanics assessments, including the following
- ✓ Developing a health questionnaire to target participants inclusion/exclusion criteria that are known to affect balance outcomes or can elicit to adverse conditions during inspiratory muscle training.
 - ✓ Use of the Active Balance Scale, Physical Activity Scale, Oswestry Low Back Pain Disability and Mini-Mental State Examination questionnaires.
 - ✓ Measures of pulmonary function, with Forced Vital Capacity and Forced Expiratory Volumes assessments.
 - ✓ Tests for respiratory muscle functions with maximal inspiratory and expiratory pressure, peak inspiratory flow rate, and peak inspiratory power.
 - ✓ Measures of physical performance with accelerometers (BPMpros) used during Timed Up and Go in single and dual-task (cognitive TUG and motor TUG) conditions, five sit to stand, 30 seconds sit to stand and functional reach tests.
 - ✓ Assessments of balance using mini-BEST and postural stability index tests.
 - ✓ Measures of isometric and isotonic trunk muscles contractions with PRIME-RS BTE dynamometer. Assessments of trunk muscle endurance using Sit-up and Biering-Sørensen tests
 - ✓ During my recent job at the Nuffield Hospital I have also acquired GRAIL, Gait Analysis and total hip replacement evaluation in operated patients.

Also during my Master`s degree, I worked on a research titled The biomechanics evaluation in studying the motion–cognition relationship, research that won in second place The strength of young graduates contest, organised by NSCA Italy and Calzetti&Mariucci Edizioni.

From this experience, I have learned how to use the Qualisys Track Motion Capture cameras with Kistler force plates to assess participants` gait proficiency and their statokinesigram.

I have gained good problem-solving skills, during the last three years as a PhD student, and research

assistant at Bournemouth University (BU).

Excellent leadership skills acquired during my teaching and mentoring jobs for occupational therapists, physiotherapists, sports sciences students and PhD researchers at BU.

Good organisation skills acquired during my career as a physical instructor that required me to organise training sessions using specific sports periodization techniques to reach the match needs.

Excellent ability to work under pressure learned during my PhD. Indeed over the course of my studies at BU, I have never missed a deadline, whether it was for a conference (e.g. BASES conference) or for submitting documents (e.g. transfer examination).

Good decision-making skills gained during my work as head coach, especially in situations that required immediate changes (e.g. player substitution or changes in the game approach).

Good ability in managing appointments learned during my PhD where I was required to organise monthly meetings with the other research team (including Professor McConnell, Dr Gavin and Professor Wainwright) and deal with the Orthopaedic Research Institute calendars to avoid overlap of participants and colleagues appointments.

Excellent project management skills acquired during my research experiences at BU, where I lead my project on time for three years.

Good communication gained through my public engagement activities

Excellent teamwork experience gained during my job as a head exercises coach

Excellent negotiation skills acquired during my experiences as a communicator and press officer manager

Good problem-solving skills learned during my PhD

Excellent leadership skills gained during my teaching and mentoring experiences

Good organisation skills acquired during my work as a physical instructor

Excellent ability to work under pressure learned during my PhD

Digital skills

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

Digital skills - Self-assessment grid

Good command of the office suite (including all Microsoft Office software)

Good experience with SPSS and PRISM analysis software

Competence of search engine (including Google Scholar, Pubmed, PEDRO, Copac and Wolfram)

Good knowledge of web design gained through the design of my web page ferrarotrainer.com

Good experience with social media (including Twitter, YouTube, Facebook and Instagram) used to improve the impact factor of research and public engagement activities

ADDITIONAL INFORMATION

Driving licence	A, B
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.
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. E-networking: How to Build Online Professional Relationships
Memberships	The British Association of Sport and Exercise Sciences (BASES); The physiological society; Italian Federation of weightlifting (FIPE); STEM ambassador.
Honours and awards	The strength of young graduates from National Strength and Conditional academy. Top download scientific paper 2018-2019 from Physiological Reports Journal.
Volunteer experiences	<p>In 2003 I was the coach and organiser of "Insieme Nello Sport" (TRANSL "In the Sports together"). The event aim was to involve and help people with disability to join sports opportunities</p> <p>Since 2016 I have been involved in more than ten 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)</p> <p>Since 2016 I became a STEM ambassador and since I collaborated with the Nuffield Project to host placement opportunities for college students at the Universities.</p>

List of publications

The relationship between inspiratory muscle function and balance ability. (under review)

Evaluation of health habits with the S.M.A.R.T. questionnaire: an observational study. (under review)

Comparison of balance changes after inspiratory muscle or Otago exercise. *Plos One*, 2020

The influence of inspiratory muscle training upon balance and functional performance with older adults. *PhD Thesis. Bournemouth University.*

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. *Physiology Report*, 2019.

Sport e disabilità: imparare a ri-abituare la corporalità (TRANSL “Sport and disability: re-accustom the corporeality”). *La sociologia in rete*, Anno VI, Edizioni Capuano 2015].

Attended conferences

Teaching, assessment and innovation in University. Summer, Bari (ITA) (under review).

Third world congress of transdisciplinarity, Autumn 2020, Mexico City (CDMX). Is it possible to predict the risk? The smart experience.

2nd International Conference on Well-being in Education Systems, November 2019, Locarno (CH). Impact of sport training on healthy behavior in a group of 108 adolescents: a pilot study using S.M.A.R.T. questionnaire.

Postgraduate Research Live Exhibition, December 2018, Bournemouth (UK). Poster presentation titled: The effects of eight weeks of inspiratory muscle training on the balance of healthy older adults.

BASES conference, November 2018, Harrogate (UK). Poster presentation titled: Effects of eight weeks inspiratory muscle training on the balance of healthy community-dwelling older adults.

The 10th annual postgraduate conference, March 2018, Bournemouth (UK). Oral presentation titled: The effect of inspiratory muscle training on the balance of healthy, older adults: a randomised, placebo-controlled trial.

BASES student conference, February 2018, Newcastle upon Tyne (UK). Poster presentation titled: The effects of 8 weeks of inspiratory muscle training on the balance of healthy older people: a randomised, double-blind, placebo controlled trial.

The 9th annual postgraduate conference, March 2017, Bournemouth (UK). Oral presentation titled: can respiratory muscle training improve balance and functional mobility among older people.

Young Life Scientists` Symposium, November 2017, Derby (UK). Poster presentation titled: The influence of inspiratory muscle training on balance and functional mobility in healthy older adults.

The undersigned Dr Francesco V Ferraro, born in Naples on 22/10/1986 resident in Bournemouth (UK) at Flat 8, 748 Christchurch Rd, BH7 6BZ – TC: FRRFNC86R22F839X declares that the information reported in this Curriculum Vitae consisting of n. 6 pages, are correct and true. I also declare that I am aware of what the affirmation of the truthfulness of the foregoing entails and that I am aware of the criminal sanctions pursuant to art. 76 of the Presidential Decree 28.12.2000, n. 445 "Consolidated text of the legislative and regulatory provisions on administrative documentation" and in particular of the provisions of art. 495 of the Criminal Code in case of false declarations or false attestations.

The above is presented in the form of self-certification (substitute declaration of certification and substitute declaration of deed of notoriety) pursuant to art. 19, 46 and 47 of Presidential Decree no. 445/2000.

I authorize the processing of my personal data present in the CV pursuant to art. 13 of Legislative Decree 30 June 2003, n. 196 "Code regarding the protection of personal data" and art. 13 of the GDPR (EU Regulation 2016/679).

I enclose a simple photocopy of a valid identification document, accompanied by the Tax Code, pursuant to art. 35 of Presidential Decree no. 445/2000.

