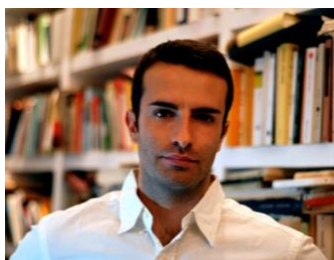




PERSONAL INFORMATION





Dr Francesco Vincenzo Ferraro



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 www.terrarotrainer.com

 fferraro5  <https://orcid.org/0000-0002-4902-7760>

 Ferraro Trainer  Ferraro Trainer

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

EDUCATION AND TRAINING

2017/2018 - 2017/2018

Doctor of philosophy in biomechanics and physiology

EQF level 8

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

2015 - 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/>

2013 - 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 Kindom)
www.physoc.org/
Promoting the Society themes, with students and staff member at Bournemouth University and Nuffield Health.

03/2019 - present

Clinical Trail 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.

03/2019 - present

Honorary Contract

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.

09/2010 - present

Honorary Contract as Research Training and Observation

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.

07/2010 - 06/2010

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.

09/07/2010 - 06/11/2010

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.

07/2010 - 06/2010

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

2010 - 2010

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.

2010 - 2010

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.

2011 - 2010

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 Variale, 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 - 2010

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.

2010 - 2011

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 - 2010

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.

2000 - 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)

English

UNDERSTANDING		SPEAKING		WRITING
Listening	Reading	Spoken interaction	Spoken production	
C2	C2	C2	C2	C2

English level : Pre-Intermediate Embassy CES English language training worldwide, London

English level : Pre-Intermediate American Studies Center, Napoli (Italy)

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 (Italy)

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 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.

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 NSCA contest.
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, Cafè Scientific, The Alzheimer's Society Memory Cafè, 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	<p>Comparison of balance changes after inspiratory muscle or Otago exercise. <i>Plos One</i>, 2020</p> <p>The influence of inspiratory muscle training upon balance and functional performance with older adults. <i>PhD Thesis. Bournemouth University.</i></p> <p>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. <i>Physiology Report</i>, 2019.</p> <p>Sport e disabilità: imparare a ri-abituare la corporalità (TRANSL "Sport and disability: re-accustom the corporeality"). <i>La sociologia in rete, Anno VI, Edizioni Capuano 2015</i>].</p>
Attended conferences	<p>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.</p> <p>Postgraduate Research Live Exhibition, December 2018, Bournemouth (UK). Poster presentation titled: The effects of eight of weeks of inspiratory muscle training on the balance of healthy older adults.</p> <p>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.</p> <p>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.</p> <p>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.</p> <p>The 9th annual postgraduate conference, March 2017, Bournemouth (UK). Oral presentation titled: can respiratory muscle training improve balance and functional mobility among older people.</p> <p>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.</p>