

DAVIDE FERIOLI

PERSONAL INFORMATION

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WORK EXPERIENCE

January 2024 - Present

Associate Professor

Università degli Studi di Messina, Messina, Italy

August 2014 – January 2024

Strength and Conditioning Coach

- Season 2023-2024 – 1st Italian Basketball League (Serie A) – Team: Happy Casa Brindisi (New Basket Brindisi)
Role: Head Strength and Conditioning Coach
- Season 2022-2023 – 1st Italian Basketball League (Serie A) – Team: Happy Casa Brindisi (New Basket Brindisi)
Role: Head Strength and Conditioning Coach
- Season 2020-2021 – 2nd Italian Basketball League (Serie A2) – Team: 2B Control Trapani (Pallacanestro Trapani)
Role: Head Strength and Conditioning Coach
- Season 2018-2019 – 1st Italian Basketball League (Serie A) – Team: Grissin Bon Reggio Emilia (Pallacanestro Reggiana)
Role: Head Strength and Conditioning Coach and Supervisor of Academy Strength and Conditioning Coaches
- Season 2017-2018 - Strength and Conditioning Department, University of Northern Iowa (NCAA – 1st Division), USA
Role: Assistant Strength and Conditioning Coach
- Seasons 2014-2018 – 3rd Italian Basketball League (Serie B and Youth Academy) – Team: Coelsanus Varese (Robur et Fides Varese Basketball)
Role: Head Strength and Conditioning Coach

September 2022– January 2024

Adjunct professor

UCAM Catholic University of Murcia, Murcia, Spain

Main activities:

January 2020 – April 2023

Visiting lecturer

Lithuanian Sports University (LSU) - Kaunas, Lithuania

September 2021 – September 2022

Postdoctoral researcher

UCAM Research Center for High Performance Sport, Catholic University of Murcia, Murcia, Spain

September 2014 – August 2021

Sports scientist

Self-employment and in collaboration with Mapei Sport Research Center

September 2019 – June 2020

High School Teacher

Istituto "G. Maggiolini" - Istituto Tecnico Economico e Tecnologico di Parabiago, Italy

July 2014 - July 2015

Research Fellow "3° Assegno di Ricerca Aldo Sassi"

Fondazione Giuseppina Mai and Mapei Sport Research Center - Olgiate Olona, Italy

Research grant: 10.000 €

February 2013 - September 2013

Erasmus Placement Internship

Universidad Católica de Valencia (UCIB - Biochemical analysis laboratory) - Valencia, Spain

Erasmus placement grant: 3.000 € (financed by Università degli Studi di Milano)

EDUCATION AND ACCREDITATION

- Year 2020 **2018-2020 Italian National Scientific Qualification for Associate Professor Sector 06/N2 (Exercise and Sports Sciences)**
ABILITAZIONE SCIENTIFICA NAZIONALE BANDO D.D. 2175/2018
From 12/11/2020 to 12/11/2031
- Year 2018 **Doctor of Philosophy in “Integrative Biomedical Research”**
Università degli Studi di Milano (Milan, Italy)
PhD grant: annual gross sum of 16.350 €
Thesis: Physiological determinants and physical match activities in basketball
* Spanish doctoral degree equivalence issued by the Rector of Universidad de Jaén (Spain) - 30/06/2021
- Year 2013 **Master of Science of “Individual and Team Sport Science”**
Università degli Studi di Milano (Milan, Italy) - 110/110 cum laude
Thesis: Peripheral neuromuscular fatigue induced by repeated-sprint exercise: cycling vs running
- Year 2011 **Bachelor of Science in “Sport Science”**
Università degli Studi dell’Insubria (Saronno, Italy) - 110/110 cum laude
Thesis: Effect of constant workload exercise or different intermittent exercises on neuromuscular fatigue
- Year 2008 **High School Diploma Specialising in Scientific Subjects**
Liceo Scientifico P.N.I “L.S.S.C. Cavalleri” (Italy) - 95/100
- Year 2015 **Accredited Basketball Strength and Conditioning Coach (National level)**
Certification released by Italian Basketball Federation.
- Year 2013 **Accredited Youth Basketball Coach (Basic level)**
Certification released by Italian Basketball Federation
- Year 2010 **Accredited Basketball Coach (Basic level)**
Certification released by Italian Basketball Federation

PERSONAL SKILLS

Mother tongue(s) Italian

Other language(s)

- English Advanced proficiency in both oral and written English (CEFR: C1 – certification released on 11 October 2022 by Fundación Universitaria San Antonio)
- Spanish Good working knowledge in written Spanish and advance proficiency in oral Spanish (cef: C1)

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

INSTITUTIONAL ROLES

- From 2025 Strength & Conditioning Society (SCS) Delegate – Italy
- 2025-2028 Preparatore fisico territoriale – FIP Sicilia
- From 2024-25 Coordinator of the master’s degree: Scienze e Tecniche delle Attività Motorie Preventive e Adattate (Classe LM-67 - University of Messina)
- From 2025 Director of “Percorsi di formazione iniziale abilitanti per insegnanti delle classi concorsuale A048-A049”
- 2024 Vice-Coordinator of the bachelor’s degree: Scienze Motorie, Sport e Salute (Classe L-22 - University of Messina)

TEACHING AND SCIENTIFIC ACTIVITY INFORMATION

- Grants, honours & awards • Redes de Investigación en Ciencias del Deporte (Sport Science Research Networks): International Basketball

- Research Network 20-24. - Awarded by Spanish Government (Research grant: 10.000 €). 2024
- Redes de Investigación en Ciencias del Deporte (Sport Science Research Networks): Red Internacional de Investigación en Prevención de Lesiones de "Isquios" en Fútbol. - Awarded by Spanish Government (Research grant: 8.000 €). 2022
- Applied Science Award – Awarded by Strength & Conditioning Society (SCS). 2021
- Young Investigator Award in Sport Science 2021 (third place) – Awarded by Società Italiana Scienze Motorie e Sportive (SISMES). 2021
- Winner of the 2021 infographics contest – Awarded by Strength & Conditioning Society (SCS). 2021
- Research Fellow "3 Assegno di Ricerca Aldo Sassi" - Awarded by Fondazione Giuseppina Mai and Mapei Sport Research Center (Research grant: 10.000 €). 2014
- Premio Icaro (third place) - Awarded by Scienza&Sport. 2012

Publications

PEER-REVIEWED JOURNALS

Publication list: <https://www.scopus.com/authid/detail.uri?authorid=56575087800>

ORCID: 0000-0002-2994-4158

Total citations: WOS: 765 - Scopus = 799

H-Index: WOS = 17 - Scopus = 17

INSTITUTIONAL ROLES

MEMBERSHIP OF EDITORIAL BOARDS, SCIENTIFIC COMMITTEES AND NETWORKS

- Associate editor for "Frontiers in Sports and Active Living" section "Elite Sports and Performance Enhancement" - 2024-ongoing
- Editor of the Research Topic "Optimizing Player Health, Recovery, and Performance in Basketball: Volume III" ("Frontiers in Psychology" - "Frontiers in Physiology" - "Frontiers in Sports and Active Living" - "Frontiers in Nutrition") – 2025-ongoing
- Editor of the Research Topic "Optimizing Player Health, Recovery, and Performance in Basketball: Volume II" ("Frontiers in Psychology" - "Frontiers in Physiology" - "Frontiers in Sports and Active Living" - "Frontiers in Nutrition") – 2023-25
- Editor of the Research Topic "Optimizing Player Health, Recovery, and Performance in Basketball" ("Frontiers in Psychology" - "Frontiers in Sports and Active Living" - "Frontiers in Nutrition") – 2020-23
- Review Editor for "Frontiers in Psychology" section "Movement Science and Sport Psychology" -2020-24
- Review Editor for "Frontiers in Sports and Active Living", section "Movement Science and Sport Psychology" and section "Injury Prevention and Rehabilitation"- 2020-23
- SISMES (Società Italiana delle Scienze Motorie e Sportive) membership (2021, 2024,2025)
- SCS (Strength & Conditioning Society) membership
- ECSS (European College of Sport Science) membership (2013, 2015-2017, 2020,2025)
- APFIP (Associazione Preparatori Fisici Italiani Pallacanestro) membership (2014-2017, 2019-2026)
- APPFB (Associação Portuguesa de Preparadores Físicos de Basquetebol) membership (2021)

REVIEWER FOR PEER-REVIEWED JOURNALS

58 peer review records of 41 manuscripts

- Biology of Sport • BMC Sports Science, Medicine and Rehabilitation • Frontiers in Sports and Active Living • Frontiers in Psychology • International Journal of Performance Analysis in Sport • International Journal of Sports Medicine • International Journal of Sports Physiology and Performance • Journal of Exercise Science & Fitness • Journal of Sport and Health Science • Journal of Sports Sciences • Physiology & Behavior • PLOS ONE • Sports • Sports Medicine – Open • Sport Sciences for Health

RESEARCH GROUPS

- Head of the research group (international) - Optimizing Performance and Recovery in Sport, University of Messina, Messina, Italy (from 2024)
- Member of the research group (international) led by Sergio Ibanez - International Basketball Research Network 20-25 (from 2024)
- Member of the research group (International) led by Dr. Pedro Alcaraz - UCAM Research Center for High Performance Sport, Catholic University of Murcia, Spain (from 2021 to 2023)
- Member of the research group (National) led by Dr. Ermanno Rampinini - Mapei Sport Research Center, Italy (from 2010 to 2020)
- Member of the research group (National) led by Professor Antonio La Torre – University of Milan, Italy (from 2014 to 2018)
- Member of the research group (International) led by Professor Marco Romagnoli – Universidad Católica de Valencia, Spain (2013)
- Collaboration with the research group (International) led by Professor Daniele Conte - Lithuanian Sports University, Lithuania (from 2018)
- Collaboration with the research group (International) led by Professor Aaron Scanlan - CQUniversity, Australia (from 2018)

ADDITIONAL INFORMATION

- Advanced expertise in sports science
- Advanced expertise in the physiological/physical evaluations and neuromuscular fatigue assessment techniques
- Excellent expertise in time-motion analysis and internal/external load monitoring in basketball
- Advanced knowledge of sports technology (e.g., heart rate monitoring system, micro-technologies, LPS, accelerometers), data collection methods, and statistical analysis (e.g., linear mixed models, magnitude based inference, ANOVA)
- Proficiency in using sports-specific software and tools for data analysis (e.g., Jamovi, SPSS, R)
- Excellent analytical and problem-solving skills, with the ability to interpret complex data and draw meaningful conclusions
- Effective teamwork and interpersonal skills gained working as Strength and Conditioning coach and as Sports Scientist
- Experience in organization, planning and management of strength and conditioning programs and scientific research activities
- Excellent public speaking skills gained during international conferences and academic lectures
- Strong organizational and time management skills, with the ability to manage multiple projects and prioritize tasks effectively

Personal information

I authorize the handling of personal information in this curriculum, according to D.Lgs n. 196/03 and following modifications and Regulations EU 679/2016 (General Regulations concerning Data Protection or GRDP) and art. 7 of University Regulations concerning protection of personal information.

Latest update: 02/03/2026