Curriculum vitae Paolo Riccardo Brustio

Personal details:

Born in Novara (NO), Italy
Nationality: Italian
Email: paoloriccardo.brustio@unito.it
Website: https://nmf-rg.org/
ORCID ID: 0000-0001-8422-5132; Scopus ID: 56578462300; Researcher ID: FYB-0129-2022

Current position

Associate Professor in Metodi e Didattiche delle Attività Sportive (M-EDF/02), Department of Clinical and Biological Sciences, University of Turin.

Educations

08/04/2016 **PhD** in **Psychological, Anthropological and Educational Sciences**. Doctoral school "Scienze Umane e Sociali", XXVIII cycle, Department of Psychology, University of Turin.

19/07/2012 **Master's degree** in **Preventive and Adapted Exercise Science** (LM67). Passing mark 110/100 cum Laude with Honors and publication recommended. University of Turin, Scuola Universitaria Interfacoltà in Scienze Motorie, SUISM.

12/10/2010 **Bachelor** in **Sport Sciences** (L33), Passing mark 110/100 cum Laude, University of Turin, Scuola Universitaria Interfacoltà in Scienze Motorie, SUISM

Professional experiences and current position

01/07/2022 – present	Department of Clinical and Biological Sciences, University of Turin, Italy **Associate Professor** of Metodi e didattiche delle attività sportive (M-EDF/02)
01/05/2021 – 30/06/2022	Department of Neuroscience, Biomedicine and Movement University of Verona, Italy. **Associate Professor** of Metodi e didattiche delle attività sportive (M-EDF/02)
01/07/2019 – 30/11/2020	Department of Medical Sciences, University of Turin, Italy **Post-doctoral position. Title Project: "***ACTLIFE: valutazione e implementazione di approcci per contrastare lo stile di vita sedentario (PRIN2017 – prot. 2017RS5M44_006)"* - S.S.D. M-EDF/02. Supervisor: Prof. Alberto Rainoldi.
01/07/2018 – 30/06/2019	Department of Medical Sciences, University of Turin, Italy **Post-doctoral position. Title Project: "***Ottimizzazione delle tecniche di allenamento e valutazione della forza e della fatica muscolare"* - S.S.D. M-EDF/02. Supervisor: Dott. Corrado Lupo.
01/12/2016 – 30/06/2018	Department of Medical Sciences, University of Turin, Italy

Post-doctoral position. Title Project: "*Apprendimento dell'imprenditoria da parte di atleti – un tipo di approccio alla doppia carriera"* - S.S.D. M-EDF/02. Supervisor: Dott. Corrado Lupo

***Participation to Directive Boards of Scientific Societies and/or Institutions*:**

2017 – present Società Italiana delle Scienze Motorie e Sportive - SISMES member
2019 – 2022 European College of Sport Science - ECSS member
2013 – 2015 European College of Sport Science - ECSS Student member
2013 – 2015 Società italiana di Psicologia dell'Invecchiamento - SIPI Student member

Honors

2019 **Winner of award "***Giovane ricercatore dell'anno in Scienze Motorie e Sportive 2019"* (Bologna) Second classified (€ 600,00*;* https://www.sismes.org/xi-congresso-nazionale-sismes/).

2016 **Winner of best Poster at VII Congresso Nazionale SISMES (Roma).** Poster title**: "***The project "un km al giorno": implementing 10-minutes of classroom activity breaks directed by teachers on a daily base."*

2015 Winner of the 2015 call of grant "Fondazione Fondo Ricerca e Talenti (Turin) per l'assegnazione di contributi per l'organizzazione di incontri a carattere scientifico/divulgativo."
Project title: "*FROM THE SILVER TO THE GOLDEN AGE. Iniziative e ricerche sul territorio piemontese per promuovere l'invecchiamento attivo."*

2014 **Honors for thesis of master's degree:**

- from University of Turin on May 14, 2014, as the best thesis of academic year 2011-2012 of degree course "Scienze dell'educazione motoria e delle attività adattate" (LM 67). http://www.unito.it/ateneo/gli-speciali/i-migliori-laureati/anno-2011-2012
- **PREMIO OPTIME,** as recognition of merit, from Unione Industriale di Torino, in collaboration with University of Turin and Politecnico di Turin, to the most distinguished graduates in the studies**.**

Teaching activity:

2022 – present *Teoria dell'Allenamento,* Bachelor's degree course in Sport and Exercise Science (L22), University of Turin, Italy.

2022 – present *Laboratorio di ricerca - modulo 3,* Master's degree course in Sport and Exercise Science (L22), University of Turin, Italy.

2021 – 2022 *Conduzione e Programmazione dell'Allenamento,* Master's degree in course in Sport Science and Physical Performance (Verona e Rovereto) (LM68), University of Verona, Italy

2021 – 2022 *Tecniche e Metodologie dell'Allenamento,* Bachelor's degree course in Sport and Exercise Science (L22), University of Verona, Italy

2019 – 2022 *Laboratorio di Ricerca - Modulo 3,* Master's degree in course in Preventive and Adapted Exercise Science (LM67), University of Turin, Italy.

2017 – 2021 *Teoria dell'Allenamento,* Bachelor's degree course in Sport and Exercise Science (L22), University of Turin, Italy.

2016 – 2017 *Basi del Movimento,* Bachelor's degree course in Sport and Exercise Science (L22), University of Turin, Italy.

2016 – 2017 *Sport di Squadra,* Bachelor's degree course in Sport and Exercise Science (L22), University of Turin, Italy.

Research main topics

His research interests explore organizational structures in youth sports to understand the athlete's development process and junior-to-senior transition rate. In this regard, one of the main topics of his research is to understand the effect and the impact of birth date (i.e., Relative Age Effect - RAE) on this selection and the relative solutions to the problem.
He is also collaborating to model team sports performances by quantifying the impact of players on team performance and game outcomes.
He is collaborating in investigating the effects of muscle fatigue on the quickness of muscle contractions and physical performance. This non-invasive assessment of neuromuscular function also uses surface electromyography (sEMG) to investigate muscle activity. This assessment is performed both on athletes and subjects with pathological conditions.
He has performed several studies to assess the efficacy of physical training and devices for monitoring physical activity in children and older people.

Bibliometry (2015-present) (*www.scopus.com*)
Numero articoli: 62
Citazioni (Scopus): 699
h-index (Scopus): 14

10 best publications

1. **Brustio, P.R.**, Cardinale, C., Lupo, C., & Boccia, G. (2022) Don't throw the baby out with the bathwater: talent in swimming sprinting events might be hidden at early age. *International Journal of Sports Physiology and Performance* [ISSN:1555-0265], 26(11), 1550–1557. doi: 10.1123/ijspp.2021-0530
2. **Brustio, P.R.,** Cobley, S., Abbott, S., La Torre, A., Moisè, P., Rainoldi, A. & Boccia, G. (2022) Corrective adjustment procedures as a strategy to remove relative age effects: Validation across male and female age-group long jumping. *Journal of Science and Medicine in Sport* [ISSN:1440-2440], 25(8), 678-683. doi: 10.1016/j.jsams.2022.04.007
3. **Brustio, P.R.,** Cardinale, M., Lupo, C., Varalda, M., De Pasquale, P. & Boccia G. (2021) Being a top swimmer during the early career is not a prerequisite for success: a study on sprinter strokes. *Journal of Science and Medicine in Sport* [ISSN:1440-2440], 24(12), 1272–1277. doi 10.1016/j.jsams.2021.05.015
4. Ungureanu, A.N., Lupo, C., Boccia, G., & **Brustio, P.R.** (2021) Internal training load affects the day after pre-training perceived fatigue in female volleyball players. *International Journal of Sports Physiology and Performance* [ISSN:1555-0265], 16(12), 1844–1850. doi: 10.1123/ijspp.2020-0699
5. Boccia, G., Cardinale, M., & **Brustio, P.R.** (2021) Elite Junior Throwers Unlikely Remain at the Top Level in the Senior Category. *International Journal of Sports Physiology and Performance* [ISSN:1555-0265], 16(9), 1281–1287. doi: 10.1123/ijspp.2020-0699
6. Boccia, G., Cardinale, M., & **Brustio, P.R.** (2021) World-class sprinters' career: early success does not guarantee success at adult age. *International Journal of Sports Physiology and Performance* [ISSN:1555-0265], 16, 367-374. doi: 10.1123/ijspp.2020-0090
7. **Brustio P.R.,** & Boccia G. (2021) Corrective procedures remove relative age effect from world-class junior sprinters. *Journal of Sports Sciences* [ISSN:0264-0414], 39(22), 2603–2610. doi*:* 10.1080/02640414.2021.1947618

8. Lupo, C., Ungureanu, A.N., Boccia, G., Licciardi, A., Rainoldi, A., & **Brustio, P.R.** (2021) Internal Training Load Monitoring, Notational and Time Motion Analyses, Psychometric Status, and Neuromuscular Responses in Elite Rugby Union. *International Journal of Sports Physiology and Performance* [ISSN:1555-0265],16, 421-428. doi: 10.1123/ijspp.2020-0260
9. Boccia, G., Cardinale, M., & **Brustio, P.R.** (2021) Performance progression of elite jumpers: early performances do not predict later success. *Scandinavian Journal of Medicine & Science in Sports* [ISSN:0905-7188], 31(1), 132-139. doi: 10.1111/sms.13819
10. **Brustio, P.R.,** Lupo, C., Ungureanu, A.N., Frati, R., Rainoldi, A., & Boccia, G. (2018) The relative age effect is larger in Italian soccer top-level youth categories and smaller in *Serie A. PLoS ONE* [ISSN:1932-6203], 13(4), e0196253. doi: 10.1371/journal.pone.0196253

15 more relevant pubblications in the last 5 yrs (2018-2022)

1. **Brustio, P.R.**, Cardinale, C., Lupo, C., & Boccia, G. (2022) Don't throw the baby out with the bathwater: talent in swimming sprinting events might be hidden at early age. *International Journal of Sports Physiology and Performance* [ISSN:1555-0265], 26(11), 1550–1557. doi: 10.1123/ijspp.2021-0530
2. **Brustio, P.R.,** Cobley, S., Abbott, S., La Torre, A., Moisè, P., Rainoldi, A. & Boccia, G. (2022) Corrective adjustment procedures as a strategy to remove relative age effects: Validation across male and female age-group long jumping. *Journal of Science and Medicine in Sport* [ISSN:1440-2440], 25(8), 678–683. doi: 10.1016/j.jsams.2022.04.007
3. **Brustio, P.R.,** Cardinale, M., Lupo, C., Varalda, M., De Pasquale, P. & Boccia G. (2021) Being a top swimmer during the early career is not a prerequisite for success: a study on sprinter strokes. *Journal of Science and Medicine in Sport* [ISSN:1440-2440], 24(12), 1272–1277 doi 10.1016/j.jsams.2021.05.015
4. Ungureanu, A.N., Lupo, C., Boccia, G., & **Brustio, P.R.** (2021) Internal training load affects the day after pre-training perceived fatigue in female volleyball players. *International Journal of Sports Physiology and Performance* [ISSN:1555-0265], 16(12), 1844–1850. doi: 10.1123/ijspp.2020-0699
5. Boccia, G., Cardinale, M., & **Brustio, P.R.** (2021) Elite Junior Throwers Unlikely Remain at the Top Level in the Senior Category. *International Journal of Sports Physiology and Performance* [ISSN:1555-0265], 16(9), 1281–1287. doi: 10.1123/ijspp.2020-0699
6. Boccia, G., Cardinale, M., & **Brustio, P.R.** (2021) World-class sprinters' career: early success does not guarantee success at adult age. *International Journal of Sports Physiology and Performance* [ISSN:1555-0265], 16, 367–374. doi: 10.1123/ijspp.2020-0090
7. **Brustio P.R.,** & Boccia G. (2021) Corrective procedures remove relative age effect from world-class junior sprinters. *Journal of Sports Sciences* [ISSN:0264-0414], 39(22), 2603–2610. doi*:* 10.1080/02640414.2021.1947618
8. Lupo, C., Ungureanu, A.N., Boccia, G., Licciardi, A., Rainoldi, A., & **Brustio, P.R.** (2021) Internal Training Load Monitoring, Notational and Time Motion Analyses, Psychometric Status, and Neuromuscular Responses in Elite Rugby Union. *International Journal of Sports Physiology and Performance* [ISSN:1555-0265],16, 421–428. doi: 10.1123/ijspp.2020-0260
9. Marasso, D., Lupo, C., Collura, S., Rainoldi, A. & **Brustio, P.R.** (2021) Subjective versus objective measure of PA: A Systematic Review and Meta-Analysis of convergent validity of the Physical Activity Questionnaire for Children (PAQ-C). (2021) *International Journal of Environmental Research and Public Health* [ISSN:1661-7827], 18(7), 3413. doi: 10.3390/ijerph18073413
10. Boccia, G., Cardinale, M., & **Brustio, P.R.** (2021) Performance progression of elite jumpers: early performances do not predict later success. *Scandinavian Journal of Medicine & Science in Sports* [ISSN:0905-7188], 31(1), 132–139. doi: 10.1111/sms.13819

11. Lupo, C., Ungureanu, A.N., Frati, R., Panichi, M., Grillo, S., & **Brustio, P.R**. (2020) Player Session Rating of Perceived Exertion: A More Valid Tool Than Coaches' Ratings to Monitor Internal Training Load in Elite Youth Female Basketball. *International Journal of Sports Physiology and Performance* [ISSN:1555-0265], 15(4), 548–553. doi: 10.1123/ijspp.2019-0248
12. Lupo, C., Boccia, G., Ungureanu, A.N., Frati, R., Marocco, R., & **Brustio, P.R.** (2019) The Beginning of Senior Career in Team Sport Is Affected by Relative Age Effect. *Frontiers in Psychology* [ISSN:1664-1078], 10, 1465. doi: 10.3389/fpsyg.2019.01465
13. **Brustio, P.R.**, Kearney, P.E., Lupo, C., Ungureanu, A.N., Mulasso, A., Rainoldi, A., & Boccia, G. (2019) Relative Age Influences Performance of World-Class Track and Field Athletes Even in the Adulthood. *Frontiers in Psychology* [ISSN:1664-1078], 10, 1395. doi: 10.3389/fpsyg.2019.01395
14. Lupo, C., Boccia, G., Ungureanu, A.N., Frati, R., Marocco, R., & **Brustio, P.R.** (2019) The Beginning of Senior Career in Team Sport Is Affected by Relative Age Effect. *Frontiers in Psychology* [ISSN:1664-1078], 10, 1465. doi: 10.3389/fpsyg.2019.01465
15. **Brustio, P.R.,** Lupo, C., Ungureanu, A.N., Frati, R., Rainoldi, A., & Boccia, G. (2018) The relative age effect is larger in Italian soccer top-level youth categories and smaller in *Serie A. PLoS ONE* [ISSN:1932-6203], 13(4), e0196253. doi: 10.1371/journal.pone.0196253

Turin, 22/04/2023