

# Curriculum Vitae

## INFORMAZIONI PERSONALI

**Nome** ANTONINO  
**Cognome** BIANCO  
**Recapiti** Corsi di Studio in Scienze Motorie e Sportive, Via Giovanni Pascoli, 6, 90144. Palermo  
**Telefono** 320-6632647  
091-23896910  
**Fax** 091-23860894  
**E-mail** antonino.bianco@unipa.it  
antonino.bianco@icloud.com

## FORMAZIONE TITOLI

## AMBITI DI RICERCA

### *Personal details*

**Name:** **Antonino Bianco**

**Date of Birth:** April 17<sup>th</sup>, 1980

**Nationality:** Italian

**Marital status:** Married since 09/10/2012 with Esamuela

**Number of children:** One daughter 3 yrs

### *Employment*

2008 to present Assistant Professor – University of Palermo, Italy

<http://portale.unipa.it/persone/docenti/b/antonino.bianco>

### **Short CV**

In November 1999 he is enrolled in the School of Sports and Exercise Science of the University of Palermo. Graduating student of the institute of Human Physiology directed by the Prof. Giuseppe Amato from the academic year 2002-03, up to the degree. He has achieved the Master's Degree in Sports Science in July of 2004, bringing votes 110/110; the thesis has been published (Adaptations in heart instalments and arterial pressure induced by to specific training exercise program for elite soccer referees: the case report. Ital Jour Sport Sci 2005: 12: 145-149 - ISSN 1592-5749).

In September 2004 he is invited by the FIGC (Italian Soccer Players Federation) to participate in the Degree Award "Artemio

Franchi" VIII°; the Bianco's thesis was classified in 13 position among 300 theses.

In January 2005, by interview, he becomes PhD student in Exercise Physiology and Sports Science at the Faculty of Medicine of the University of Palermo, Department of Experimental Medicine.

In April 2008, he finished his PhD with the thesis "Metabolic and Cardiovascular Modifications induced by the indoor cycling fitness activity in men and women"; the thesis both in part has been published (The effects of indoor cycling training in sedentary overweight women. *J Sports Med Phys Fitness*. 2010 Jun;50(2):159-65.) in part has been submitted.

In December 2008, he becomes Assistant Professor in Sports Science at the University of Palermo, School of Sports Science.

In January 2010, he becomes ERASMUS coordinator of the School of Sports Science, University of Palermo.

### **Of interest**

In January 2011, he becomes member of TEG (Technical Expert Group) on EHFA project. The European Health and Fitness Association (EHFA) is a UE initiative with the aim to standardize and disseminate standards on fitness vocational education training. EHFA Standards are developed by the EHFA Standards Council which is an independent body responsible for the direction and strategic thinking for developing the regulatory framework, which underpins public confidence in the work and development of the European Health and Fitness industry, and in a complex environment of European dimensions. It works closely with the European Commission, especially in support of its Lifelong Learning Programme.

In January 2012, he becomes Scientific Consultant of the ASSO Project (2012-2014). A national project supported by the Italian Ministry of Health and managed by the Principal Investigator dr. Garden Tabacchi (Ministero della Salute / Age.na.s – CUP: I85J10000500001). <http://www.assoproject.info/index.php?lang=en>

Consultancy grant: € 10.000,00.

From 2011 up to 2014, he was Scientific Consultant of the CONI Sicilia (Italian Olympic Committee) for Vocational Training Programs. <http://sicilia.coni.it/sicilia.html>

Consultancy grant: € 3.000,00/year

Since 2012 to 2015, he was Scientific Consultant of the CUS Palermo. The Consultancy includes, data collection, data analysis and seminars. <http://www.cuspalermo.it/>

Consultancy grant: € 5.000,00/year

From 2013 up to 2016. Scientific Advisor UNIPA Team for LISTANet consortium (€ 10.000,00) European Project. "A Healthy Diet for a Healthy Life (JPI HDHL), first joint action: the Knowledge Hub on the DEterminants of Diet and Physical Activity (DEDIPAC–HK)". (CUP:B84G14000040008).

Consultancy grant: € 5.000,00

From 2016 up to present. Scientific Coordinator of UNIPA Team (Università degli Studi di Palermo). ERASMUS+ Project (ESA, Enriched Sport Activities Program. CUP 579661-EPP-1-2016-2-IT-SPO-SCP).

Budget: € 43.970,00

Since 2013 to present, he is the Deputy Dean for International Relations of Sport and Exercise Sciences Degree Courses at

### ***International Didactic and Scientific Activity***

#### **Germany**

Visiting Researcher in Munich. Period: April 2011. Technische Universität München (TUM).

#### **Poland**

Visiting Professor in Gdansk. Period: November 2013. Faculty of Physical Education and Sport.

#### **Turkey**

Visiting Professor in Ankara. Period: September 2014. Faculty of Physical Education and Sport.

### ***Didactic Activity***

Since 2006 to present, he is lecturer of Strength and Conditioning at University of Palermo.

Since 2008 to present, he is lecturer of Health & Fitness at University of Palermo.

Since 2009 to present, he is lecturer of Exercise Physiology at University of Palermo.

### ***Scientific Activity***

Actually, his principal research activities can be summarized into 3 main themes:

- Fitness activities: development and validation of specific resistance training programs;
- Epidemiological studies: public health and fitness activities;
- Exercise physiology: monitoring of physiological parameters and biomarkers in sport teams and in fitness activities.

From 2005 to present, he published 80 Peer-Reviewed Research Papers and 145 Proceedings and participated as Speaker and Keynote Speaker at National invited presentations and International invited presentation.

### ***Collaborations***

- The College of New Jersey, Health & Exercise Science Department, USA

- Department of Life and Sports Sciences, University of Greenwich, United Kingdom
- Department of Experimental Medicine “Physiology Section”, University of Padua, Italy
- Department of Physiology and Sports Science, National Sports Academy, Novgorod, Russia
- Department of Health Promotion, University of Palermo, Italy
- Department of Biochemistry, University of Palermo, Italy
- MEDEOR srl Research Laboratory, Italy
- Faculty of Physical Education and Sport, Ankara University, Turkey
- Faculty of Physical Education, Gdansk University, Poland

*Latest Publications*

## **Publications**

[Available through PubMed](#)

<https://www.ncbi.nlm.nih.gov/pubmed/?term=Antonino+Bianco>

[Available through SCOPUS](#)

<https://www.scopus.com/authid/detail.uri?authorId=36781914800>

[Available through Scholar](#)

<https://scholar.google.com/citations?user=I5607dAAAAAJ&hl=en>

[Available through WOS](#)

[http://apps.webofknowledge.com/Search.do?  
product=WOS&SID=2CzILfO72OzDIYExEN&searchmode=GeneralSearch&prID=425b7b49-20e3-4f87-b741-8f846bb08afa](http://apps.webofknowledge.com/Search.do?product=WOS&SID=2CzILfO72OzDIYExEN&searchmode=GeneralSearch&prID=425b7b49-20e3-4f87-b741-8f846bb08afa)