

Fioretta Silvestri – MSc, PhD

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Currently: Contract professor M-EDF/01 and M-EDF/02

Working experience:

University Niccolò Cusano (Rome, IT).

- 2025-now→ Contract professor (6CFU) “Teoria e metodologia dell’allenamento degli Sport 2” M-EDF/02 for the Master degree in Scienze e tecniche dello sport LM-68.
- 2025 – Now → Contract professor (2 CFU) in “Attività motoria adattata” M-EDF/02” for the bachelor degree in Sport Science L-22.
- 2024 – 2025 → Contract professor (2 CFU) in “Teoria e metodologia dell’allenamento” M-EDF/02 for the Master degree in Scienze e tecniche dello sport LM-68.
- 2023 – Now → Contract professor (3 CFU) in “Attività motoria adattata” M-EDF/02” for the bachelor degree in Sport Science L-22.
- 2024 → Contract professor (3 CFU) in “Metodi e didattiche delle attività motorie” M-EDF/01 - 60 CFU course A48 for public teaching qualification.
- 2024 → Contract professor (3 CFU) in “Metodi e didattiche delle attività motorie” M-EDF/01- 30 CFU course A48 for public teaching qualification.
- 2022 - now → Teaching activities in “Attività motoria di base” M/EDF-01 and “Sport individuali” M/EDF-02- laboratory courses for the bachelor degree in Sport Science.
- 2020 – 2022 → Group referee of sport science tutors for the bachelor (L-22) and master degrees (LM-68) in sport science.
- 2020-2022 → Tutor of “Fisiologia” and “Biomeccanica dello sport” courses for the bachelor and master degrees in Sport Science.

University Foro Italico, (Rome, IT).

- 2016 – 17 → Tutor of “Anatomia applicata all'attività motoria e antropometria” course of the bachelor degree in Sport Science (L-22).

Sport teaching:

- 2008 – 21 → Ginnastica Roma Aurelio A.S.D. Rome, IT. Teaching activities and management of the gymnastic courses.
- 2017 - 18 → Public primary school “Clementina Perone”, Rome, IT. Physical education teacher.

Academic education:

- Sept – Dec 2024→ 3 months PhD visiting student at Extremadura University – Sport Science Faculty, Càceres, Spain. Research with ACAFYDE lab with the supervision of professor Tomas Garcia Calvo <https://www.acafyde.com/>
- 2022- 2025 → PhD student in Epistemology and Neuroscience applied in education at University Niccolò Cusano (Rome, IT). Thesis title: Executive functions and gross motor coordination: comparison between open and closed skill sports in developmental age. PhD supervisor: Professor Davide Curzi – davide.curzi@unicusano.it
- 2018-19 → Master I level in “Exercise, testing and research in rehabilitation medicine.” University of Pisa, IT.
- 2015 – 17 → European Master degree in “Health & Physical Activity” (LM-67) at University of Rome Foro Italico, IT. Final mark: 110/110 cum laude.

- 2012 – 15 → Bachelor degree in Sport Science (L-22) at University of Rome Foro Italico, IT. Final mark: 110/110 cum laude.
- 2014- 15 → Instituto Nacional de Educación Física de Cataluña. University of Barcelona, SP. Ten months Erasmus project.

Scientific contributions:

- 1) **Silvestri F***, Campanella M*, Bertollo M, Albuquerque MR, Bonavolontà V, Perroni F, Baldari C, Guidetti L, Curzi D. Acute Effects of Fitlight Training on Cognitive-Motor Processes in Young Basketball Players. International Journal of Environmental Research and Public Health. 2023; 20(1):817. <https://doi.org/10.3390/ijerph20010817>
- 2) Campanella M, Cardinali L, Ferrari D, Migliaccio S, **Silvestri F**, Falcioni L, Bimonte VM, Curzi D, Bertollo M, Bovolon L, Gallotta MC, Guidetti L, Baldari C, Bonavolontà V. Effects of Fitlight training on cognitive-motor performance in elite judo athletes. Heliyon. 2024 Mar 23;10(7):e28712. <https://doi.org/10.1016/j.heliyon.2024.e28712>
- 3) Gallotta MC, Franciosi E, Giorgi M, Guidetti L, Cerbara E, Pes G, **Silvestri F**, Curzi D. Benefits of inclusive sport training on fitness and health of athletes with and without intellectual disability. Sci Rep. 2024 Sep 11;14(1):21203. <https://doi.org/10.1038/s41598-024-69334-2>
- 4) Curzi D, Amatori S, **Silvestri F**, Marcelli L, Campanella M, Perroni F, Gallotta MC, Favoriti A, Baldari C, Guidetti L. Professional football training and recovery: A longitudinal study on the effects of weekly conditioning session and workload variables. PLoS One. 2024 Sep 10;19(9):e0310036. <https://doi.org/10.1371/journal.pone.0310036>
- 5) Marcelli, L.; **Silvestri, F.**; Di Pinto, G.; Gallotta, M.C.; Curzi, D. How Match-Related Variables Influence the Physical Demands of Professional Female Soccer Players during the Regular Season. J. Funct. Morphol. Kinesiol. 2024, 9, 149. <https://doi.org/10.3390/jfmk9030149>
- 6) Gallotta MC, Franciosi E, Giorgi M, Cossu L, Curzi D, Cerbara E, Pes G, **Silvestri F**, Baldari C. Inclusive basketball training for players with intellectual disability. J Sci Med Sport. 2025 Mar;28(3):206-213. <https://doi.org/10.1016/j.jsams.2024.12.015>
- 7) **Silvestri F**, Campanella M, Marcelli L, Ferrari D, Gallotta MC, Hamdi F, Albuquerque MR, Bertollo M, Curzi D. Gross-Motor Coordination and Executive Functions Development in Soccer and Artistic Gymnastics Preadolescent Female Athletes. J Funct Morphol Kinesiol. 2025 Mar 1;10(1):85. <https://doi.org/10.3390/jfmk10010085>
- 8) Fogliata A*, **Silvestri F***, Marcelli L, Gallotta MC, Curzi D. How Body-Centering Improves the Effects of Core Stability Training on the Motor Skills in Adolescent Female Volleyball Players. J Funct Morphol Kinesiol. 2025 Apr 25;10(2):144. <https://doi.org/10.3390/jfmk10020144>
* These authors contributed equally to this work.

National and international Congresses presentations:

1. 2025 → Poster contribution at Giornata della Ricerca Biomedica e Sanitaria – “Long term effects of a multidisciplinary school-based intervention on children’s healthy habits”. Link Campus University, Rome.
2. 2024 → Oral contribution at Strength & Conditioning (SCS) 7th international congress. “Effects of core centering training on balance, trunk control, and athletic performance in adolescent female volleyball players. Murcia, Spain.
3. 2024 → Oral contribution at SISMES – XV National congress of Applied Sport Science. “Cognitive-motor development in open and closed-skills sports in preadolescent female athletes”. Chieti, IT.
4. 2023 → Oral contribution at International Conference REN 2023 - Research on Educational Neuroscience. “Diversified physical activity and pre-sport programs to develop fine motor coordination in pre-school girls”.
5. 2023 → Poster presentation at SISMES - XII National congress of Applied Sport Science.

"Executive functions and gross-motor coordination development during a sport season in young artistic gymnasts." Napoli, IT.

6. 2022 → Oral contribution at SISMES - XIII National congress of Applied Sport Science. "Could a massed Fit-light training program improve executive functions in basketball players?" Chieti, IT. Milano, IT.

Awards:

1. REN REWARD 2023. Research on Educational Neuroscience. "Diversified physical activity and pre-sport programs to develop fine motor coordination in pre-school girls". Roma, IT
 2. APPLIED SCIENCE AWARD finalist. Strength & Conditioning (SCS) 7th international congress.
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Public teaching qualifications:

- A048 and A049: Obtained teaching qualification for classes A048 and A049 through the 2020 public teaching competition.
- A048: Secured a permanent teaching position for class A048 (sport science professor) in September 2022 at Liceo Scientifico Talete, public high school.

Languages:

Mother tongue: Italian

Other languages:

- 1) English → Fluent
- 2) Spanish → Fluent
- 3) Catalan → Good knowledge
- 4) France → Basic knowledge

IT Skills:

- Excel – Office
- SPSS: Data Analysis and Statistical Software.
- Certificate in "Biostatistics for researchers" – Utrecht University, Netherlands. Summer school intensive course, July 2024.

Traineeships:

- 2018 - 19 → Eclepta Performance Lab, Rome. Functional movement evaluation with TecnoBody devices.
- 2017 → ReSport Clinic – Barcelona, SP. Two months at the sports injuries clinic gym.
- 2016 – 2017 → Villa Stuart Clinic in Rome - Fitness assessment laboratory. Traineeship in "Movement therapy in orthopaedic rehabilitation" and Master degree thesis research project.
- April 2016 → University of Vienna, Austria – Sport Science faculty. Traineeship in "Physical activity and disease prevention in adults".
- 2014 – 15 → Fundació Psico Art de Barcelona. Barcelona, SP. Traineeship in dance for people with intellectual disabilities.

I authorize the treatment of my personal data.

02/08/2025