

# University Academic Curriculum Vitae

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**Personal information** Name: Caterina Pesce  
 Place and date of birth:  
 Nationality: Italian  
 Address:  
 Telephone numbers:  
 • Mobile:  
 • Private:  
 • Office:  
 E-Mail:

**Education since leaving school**

- 1984, Graduate in Physical Education (Superior Institute of Physical Education of Rome)
- 1989, Master in Psychology (University "La Sapienza" of Rome)
- 1997, Doctor in Philosophy PhD (Free University of Berlin)
- 2001, additional Bachelor's degree in Movement and Sport Science (University Institute of Movement Sciences of Rome)

**Present appointment**

- Title of appointment: Professor
- start of appointment: 2007
- Level of appointment (in national / international context): Associate Professor
- employer (University of Rome "Foro Italico", Department of Movement, Human and Health Sciences)
- 2017: national habilitation for full professorship – Academic recruitment field 06/N2 (Physical training and sports sciences), Academic discipline M-EDF/01 (Physical training sciences and methodology)
- 2018: national habilitation for full professorship – Academic recruitment field 11/D2 (Methodologies of teaching, special education and educational research), Academic discipline M-EDF/01 (Physical training sciences and methodology)
- brief description of responsibilities: faculty member and leading teacher of courses for undergraduate and graduate students; 2010-2015: Faculty member of the Doctoral program in Sports and Physical Activity Sciences and Ergonomics, supervisor of PhD students until 2018.

## Chronological list of all previous employments

**Professional experience**

From / to	Job title	Name of academic Institution	Academic level	responsibilities
1986-1993	Graduate teaching assistant in Rhythmic gymnastics)	Superior Physical Education Institute of Rome	Higher education	Teaching, tutoring, examination
1986-1993	Graduate teaching assistant in Psychology)	Superior Physical Education Institute of Rome	Higher education	Teaching, tutoring, examination
1987-1993	Physical Education teacher	Public senior high school for child care givers 'Piero Gobetti' of Rome	School education	Teaching
1999-2003	Post-doc temporary research associate	University Institute of Movement Sciences, Rome	Higher education	Research, co-supervision of theses
2003-2007	Researcher in 'Methods and didactics in physical activity' (M-EDF/01)	University "Foro Italico" of Rome	Higher Education	Teaching, research, supervision of theses

2016-2017	Guest lecturer in "Methods and didactics in physical activity and sport" (M-EDF/01)	LUMSA - Faculty of Education	Higher Education	Teaching and supervision of theses (one academic year (8 CFU)
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### Participation in exhibitions

Exhibition, within the Ferrero pavillon at the Universal Exposition EXPO Milano 2015, of "Joy of Moving", a Corporate Social Responsibility project of quality physical activity for preschool and primary school children ideated by C. Pesce with the contribution of co-authors and granted by Soremartec-Ferrero in cooperation of the Italian University Sport and Movement and the Ministry of Education. The herity of this exhibition is the dissemination in 1.000 Italian schools (preschool/primary school level), coordinated by "La Fabbrica" network, in the framework of an agreement signed in 2016 by the Ministry of Education, the Italin Olympic Committee, Expo and Ferrero partners.

### Experience in academic teaching (last 5 years)

- Last 5 years to present: "Physical Activity for Children and Older Adults", subject area: Methods and Didactics in Physical Activity (M-EDF/01), undergraduate course in Movement and Sport Sciences, University "Foro Italico" of Rome. Last evaluation results (students' evaluation, IVP 2016/17: 88%)
- Last 5 years to present: "Physical Activity for Children and Older Adults", subject area: Methods and Didactics in Physical Activity (M-EDF/01), postgraduate course in Preventive and Adapted Physical Activity, University "Foro Italico" of Rome. Last evaluation results (students' evaluation, IVP 2016/17: 90%)
- Last 5 years to present: "Motor development and cognition – Practice in motor development and cognition", subject area: Methods and Didactics in Physical Activity (M-EDF/01), postgraduate European Master course in Health and Physical Activity (in English), University "Foro Italico" of Rome (IVP not available).
- Last 5 years to present: "Exercise and cognition in older adults" subject area: Methods and Didactics in Physical Activity (M-EDF/01), postgraduate European Master course in Health and Physical Activity (in English), University "Foro Italico" of Rome (IVP not available).
- 2016/17: Guest lecturer in "Methods and didactics in physical activity and sport" (M-EDF/01) at the Primary Education Faculty of the Libera Università Maria Santissima Assunta (LUMSA) of Rome (students' evaluation: mean % of positive answers: 93%).
- A personal achievement in teaching are the high request of supervision of theses by students (Over 100 Bachelor and 60 Master theses in the last 15 years) and the high final achievement by the supervised students (Two of them won the annual award for the best thesis at the University "Foro Italico" which was instituted in 2006/07).
- **Postgraduate supervision (PhD level)**  
Number of students supervised in the last five years: 5; co-supervised: 3; role as external reviewer: 6; supervision of visiting PhD students or post-doc researchers: 2.

#### *Supervision of PhD students at the University "Foro Italico"*

1. 2013: Title: Physical, sport and life skills education: Promoting the individual person, and not only the athlete through Life Skills and multi-sports training in Physical Education. Subject area: M-EDF/01. PhD student: Rosalba Marchetti.
2. 2014: Title: Evaluating and synthesizing evidence of physical activity interventions and integrated strategies. Subject area: M-EDF/01. PhD student: Liliana Leone.
3. 2015: Title: Impact of Physical Activity on aging: multidisciplinary

analysis of mechanisms and outcomes. Subject area: M-EDF/01. PhD Simone Falbo.

4. 2016: Title: School as a resource for action research. Study of secular trends in motor competence of adolescents in 25 years. Subject area: M-EDF/01. PhD student: Livia Manoni.
5. 2018: Title: Secular trends in motor competence of children and the relationship of acute exercise and cognition: a 30-year trend in the primary school context. Subject area: M-EDF/01. PhD student: Antonio Bufo.

#### *Co-supervision of PhD students at foreign Universities*

1. 2016: Celia Alvarez-Bueno: (doctoral student, Universidad de Castilla-La Mancha, Spain)
2. 2016 to present (ongoing): Emiliano Mazzoli (Deakin University, Australia): Classroom-based active breaks for cognitive enhancement. Subject area: M-EDF/01.
3. 2018 to present (ongoing): Pablo Monteagudo Chiner (doctoral student, Universidad de Valencia, Spain)

#### *External reviewer of PhD theses from other countries*

1. 2014: Francesc Llorens Martinez (Universidad Católica de Valencia). Title: Esfuerzo físico puntual y orientación espacial exógena (Acute physical exercise and exogenous orienting of attention).
2. 2015: José Luis Bermejo Ruiz (Universidad Católica de Valencia). Title: Efecto del estrés inducido por el ejercicio físico puntual sobre el rendimiento cognitivo en militares (Effect of acute exercise-induced stress on cognitive performance in militaries).
3. 2016: Antonio Luque Casado (Universidad Católica de Valencia): Title: Relación entre ejercicio físico y función cognitiva: una aproximación comportamental y electrofisiológica (Relationship between physical exercise and cognitive function: a behavioural and electrophysiological approach).
4. 2017: Beron Wei Zhong Tan (Edith Cowan University, Australia). Title: The relationship between physical exercise and cognition in children with typical development and neurodevelopmental disorders.
5. 2017: Myrto-Foteini Mavilidi (Early Start Research Institute, University of Wollongong). Title: Effects of integrating movements into the learning task on preschool children's cognition and learning.
6. 2017: Mauraine Carlier (University of Lille, Lille, France). Title: Profiling individuals for pleasurable physical exercise: the neuropsychology of tolerance of exercise intensity.
7. 2019: Carla Pastorino-Campos (University of Cambridge, Cambridge, UK). Title: The effect of acute physical activity on memory for vocabulary and linguistic rule learning.

#### *Supervision of visiting doctoral students and post-doctoral researchers*

1. 2016: Mirko Schmidt: (post-doc researcher, Universität Bern, Schweiz)
2. 2016: Rafael Ballester: (doctoral student, Universidad de Valencia, Spain)

#### **Other academic responsibilities**

- **Internal appointments to faculty and university boards**

Participation to meetings of the board of the Department of Movement, Human and Health Sciences; participation to faculty meetings for the undergraduate course in Movement and Sport Sciences, for the postgraduate course in Preventive and Adapted Physical Activity, for the European postgraduate Master course in Health and Physical Activity.

- **External appointments at national and international level**

*International level.* Occasional participation to the board meetings of following international scientific associations and consortia: International Consortium of

Motor Development Research (ICoMDR), North American Society for the Psychology of Sport and Physical Activity (NASPSPA), and Conseil Européen des Recherches en Education Physique et Sportive (CEREPS).

*National level.* Participation to meetings at the Ministry of Education, Office V for school sport policies, together with representatives of granting corporate for the dissemination (replicability study at national level) of the “Joy of Moving” method ideated by C. Pesce with the contribution of co-authors. Participation to meetings with representatives of the office for youth sport promotion of the Italian Olympic Committee to launch the “Joy of Moving” method in out-of-school settings.

• **Responsibilities for organizing conferences/seminars/exhibitions**

2018: Organization of a national (preschool and primary school) teacher training course, delegated to C. Pesce by the Office V for school sport policies of the Ministry of Education to launch the replicability study, at national level, of the “Joy of Moving” method of physical activity for holistic child development, held at the University “Foro Italico” of Rome, January 19-29, 2018.

*Selected, recently organized seminars and teacher training courses at the University “Foro Italico of Rom”*

Date	Title	Presenter	Affiliation
April, 2015	Exercise and cognition in children: a neuroscience perspective	Charles Hillman	University of Illinois, Champaign, IL, USA
May 11, 2016	Personality development through Physical Education	Mirko Schmidt	Universität tBern, Switzerland
April 12, 2017	Can moving with thought improve executive functions?	Adele Diamond	University of British Columbia, Canada
		Tal Dotan Ben-Soussan	Bar-Ilan University, Israel & Patrizio Paoletti Foundation, Italy
		Caterina Pesce	University “Foro Italico”, Rome
March 14, 2018	Developmental and adapted physical education	Ron Croce	University of New Hampshire, USA
March 23, 2018	Physical activity in infancy and toddlerhood: baby swimming as an early intervention strategy	Hermundur Sigmundsson	Norwegian University of Science and Technology, Trondheim, Norway

**Memberships**

**Membership of academic or professional bodies**

*Offices held in professional societies*

- 1993-1999: member of the Italian Sport Psychology Association
- 2007-present: founding member of the Italian Society of Movement and Sports Sciences
- 2011-2017: member of the North American Society for the Psychology of Sport and Physical Activity
- 2018: Conseil Européen des Recherches en Education Physique et Sportive

*Continuative editorial board memberships*

- 2009-present: Associate Editor of the ‘Journal of Aging and Physical Activity’.
- 2011-present: Editorial board member of the ‘Journal of Sport and Exercise Psychology’

*Occasional editorial consultant board membership*

- 2002-2004: Editorial board member of the e-journal “Motor Control and Learning” within the European project ‘Information Technologies in European Sport and Sport Science’.

- 2007-present: Editorial consultant board member of the scientific journals: 'Journal of Cognitive Enhancement', 'Journal of Motor Learning and Development', 'Journal of Sports Sciences', 'Mental Health and Physical Activity', 'Psychology of Sport and Exercise', 'Paediatrics', 'Psychological Bulletin', 'Neuropsychology', 'Neuropsychologia', 'Physiology and Behavior', 'PlosOne', 'Developmental Cognitive Neuroscience', 'Developmental Science', 'Frontiers in Psychology', 'Frontiers in Human Neuroscience', 'Sports Medicine', 'Neuroplasticity', 'Journal of Creative Behavior', 'Translational Journal of the American College of Sports Medicine'.
- 2009: Reviewer of research projects for the Commission for Doping Prevention and Health Promotion of the Italian Ministry for Health.
- 2016: Reviewer of conference abstracts for the Society for Research in Child Development (invited by SRCD meeting organizer Klaus Libertus)
- 2017: Reviewer of conference abstracts for the 2017 Meeting of the International Society of Sport Psychology.

## Research and scholarships

### • Research grants and contracts

#### *Main national and European granting*

- 2008: Leading researcher of a national project aimed to the study of the factors influencing drug dependence in youths granted by the Italian Ministry for Social Solidarity (actually Department for Anti-Drug Policies of the Italian Presidency of Council of Ministers; grants: 80.000 €).
- 2008: Leading researcher of the national educational projects of teacher training for doping prevention in youth granted by the anti-doping commission of the Italian Ministry for Health (grants: 40.000 €) and member of a following project (2011) granted by the Italian Superior Health Institute.
- 2012-2014: Member of the research unit of the University of Rome "Foro Italico" in the national scientific research program on 'Healthy aging and physical activity' (grants: 112.836 €)
- 2013-2015: Leading researcher of a regional Corporate Social Responsibility (CSR) project of quality physical activity for children ("Joy of Moving") granted by Soremartec-Ferrero in cooperation of the Italian University Sport and Movement, the School Office of Piedmont and the Municipality of Alba (grants: 149.168 €).
- 2013-2016: Member of the research unit of the University of Rome "Foro Italico" of the LISTANet consortium for the European scientific research program DETERMINANTS of DIET and PHYSICAL ACTIVITY (DEDIPAC) Knowledge Hub within the Joint Programming Initiative Healthy Diet and Healthy Lifestyle (JPI HDHL).
- 2017-18: Leading researcher of the follow-up of the "Joy of Moving" project of CSR (grants: 58.255 €).
- 2017-2019: Member of the research unit of the University of Rome "Foro Italico" in the European scientific research program "EMPATIA" (Erasmus+)
- 2018-ongoing: "Climbing to yourself: A developmental embodied cognition perspective on the relation between the minimal self and sensorimotor and cognitive skills" within the SPP call "The Active Self" (DAAD)

### • Summary of significant achievements in research and scholarship

The "Joy of Moving" method of holistic child development is spreading globally at national and international level.

*National level.* From January 2018 to present: coordination of the national replicability study of the "Joy of Moving" method delegated to C. Pesce by the Office V for school sport policies and financed by Soremartec-Ferrero.

*International level.* cooperation to planning and supervision of international arms of the Joy of Moving project in course of development in Australia (Deakin University, Deakin, Australia), Brazil (Universidade Cruzeiro do Sul, Sao Paulo, Brazil).

**Publications (over the last 15 years)**

With multiple authorship, the main author's name appears in *Italics*. In addition, in the left-hand margin please star (\*) what you consider were especially significant publications. Where relevant, citation index and impact of journal.

• **Books – Authored**

*Marchetti, R., Bellotti, P., & Pesce, C. (2016). Insegnare la vita con il movimento e lo sport. [Teaching life with movement and sport]. Torgiano (PG): Calzetti-Mariucci. ISBN: 978-88-6028-468-6*

\**Tomporowski, P., McCullick, B., & Pesce, C. (2015). Enhancing children's cognition with physical activity games. Champaign, IL: Human Kinetics. ISBN: 978-1-4504-4142-1*

• **Books – Edited**

\**Pesce, C., Marchetti, R., Motta, A., & Bellucci, M. (2015). Joy of Moving – MoviMenti & ImmaginAzione. Giocare con la variabilità per promuovere lo sviluppo motorio, cognitive e del Cittadino Torgiano (PG): Calzetti-Mariucci. ISBN: 978-88-6028-431-40*

*Awarded by the Italian Olympic Committee (CONI) 2016.*

- English version (2017): Joy of moving - MindMovers & ImaginAction. Playing with variability to promote motor, cognitive and citizenship development. Torgiano (PG): Calzetti-Mariucci.

- German version (March 2018): Joy of Moving –Bewegung macht Spaß. Das große Spielbuch für Kindergarten und Grundschule. Calzetti-Mariucci and Meyer & Meyer. ISBN: 978-3-8403-7596-5

• **Chapters in books**

\**Pesce, C., Marchetti, R., Motta, A., Marzocchi, F., Leone, L., & Tomporowski, P. (2018). Redesign in Physical Education – an Italian perspective. In: H. Lawson (ed.), Redesigning Physical Education Because Every Child Matters. Routledge. ISBN: 978-1-138-60784-2*

*Pesce, C., & Voelcker-Rehage, C. (in press). The unique contribution of physical activity to successful cognitive aging. In Tenenbaum, G., & Eklund, R. (Eds.), Handbook of Sport Psychology 2017/18 (4th edition). West Sussex, UK: Wiley.*

\**Pesce, C., Faigenbaum, A.D., Goudas, M., & Tomporowski, P.D. (2018). Coupling our plough of thoughtful moving to the star of children's right to play: from neuroscience to multisectoral promotion. In: R. Bailey, R. Meeusen, S. Kubesch, & P. Tomporowski (eds.), Physical Activity and Educational Achievement: Insights from exercise neuroscience, pp. 247-274. Routledge. ISBN: 978-1-138-23497-0*

\**Pesce, C., & Ben-Soussan, T.D. (2016). 'Cogito ergo sum' or 'ambulo ergo sum'? New perspectives in developmental exercise and cognition research. In T. McMorris (ed.), Exercise-Cognition Interaction: Neuroscience Perspectives. Elsevier. ISBN: 978-0-12-800778-5*

*Cortis C., Tessitore A., Pesce C., Piacentini M.F., Olivi M., Meeusen R., and Capranica L. (2009). Inter-limb Coordination, Strength, and Jump Performances*

Following a Senior Basketball Match. In T. Reilly and G. Atkinson (Eds.): Contemporary Sport, Leisure and Ergonomics. 353-367. London, UK: Routledge. ISBN13:978-0-203-89245-9ebk e ISBN10:0-203-89245-3ebk

Cortis C., Tessitore A., Pesce C., Lupo C., Perroni F., and Capranica L. (2009). Correlation Between Inter-limb Coordination, Strength and Power Performances in Active and Sedentary Individuals Across the Life Span. In T. Reilly and G. Atkinson (Eds.): Contemporary Sport, Leisure and Ergonomics. 255-272. London, UK: Routledge. ISBN13:978-0-203-89245-9ebk e ISBN10:0-203-89245-3ebk

Pesce, C. (2009). An integrated approach to the effect of acute and chronic exercise on cognition: the linked role of individual and task constraints. In T. McMorris, P.D. Tomporowski, & M. Audiffren, Exercise and cognitive function (pp. 213-226). West Sussex, UK: John Wiley and Sons. ISBN: 978-0-470-51660-7

Pesce, C., Donati, A., Magri, L., & Giampietro, M. (2002). Behavioral and psychological factors related to nutritional supplements use among adolescents. In: W. Schaenzer, F. Delbeke, A. Deligiannis, G. Gmeiner, R. Maughan, & J. Mester, (eds.), Health and Doping Risks of Nutritional Supplements and Social Drugs. Cologne: Sport und Buch Strauss (ISBN 3-89001-902-1).

- **Journal articles in refereed academic journals (with DOI if possible)**

Ballester, R., Huertas, F., Pablos, C., Llorens, F., & Pesce, C. (2019). Chronic participation in externally paced, but not self-paced sports is associated with the modulation of domain-general cognition. *European Journal of Sport Sciences*

Mazzoli, E. Koorts, H., Salmon, J., Pesce, C., May, T., Teo, W.P., & Barnett, L. (2019). Feasibility of breaking up sitting time in mainstream and special schools with a cognitively challenging motor task. *Journal of Sport and Health Science*. doi: <https://doi.org/10.1016/j.jshs.2019.01.002>

Ben-Soussan, T.D., Glicksohn, J., De Fano, A., Mauro, F., Marson, F., Modica, M., and Pesce, C. (2019). Embodied Time: Time Production in advanced Quadrato and Aikido practitioners. *PsyCh Journal*

Singh AS, Saliassi E, van den Berg V, Uijtdewilligen L, de Groot RHM, Jolles J, Andersen LB, Bailey R, Chang YK, Diamond A, Ericsson I, Etner JL, Fedewa AL, Hillman CH, McMorris T, Pesce C, Pühse U, Tomporowski PD, Chinapaw MJM (2018). Effects of physical activity interventions on cognitive and academic performance in children and adolescents: a novel combination of a systematic review and recommendations from an expert panel. *British Journal of Sports Medicine*. doi: 10.1136/bjsports-2017-098136. [Epub ahead of print]

Cortis, C., Pesce, C., & Capranica, L. (2018). Inter-limb coordination dynamics: effects of visual constraints and age. *Kinesiology* 50(2018) Suppl.1:133-139.

O'Donoghue G, Kennedy A, Puggina A, Aleksovskaja K, Buck C, Burns C, Cardon G, Carlin A, Ciarapica D, Colotto M, Condello G, Coppinger T, Cortis C, D'Haese S, De Craemer M, Di Blasio A, Hansen S, Iacoviello L1, Issartel J, Izzicupo P, Jaeschke L, Kanning M, Ling F, Luzak A, Napolitano G, Nazare JA, Perchoux C, Pesce C, Pischon T, Polito A, Sannella A, Schulz H, Simon C, Sohun R, Steinbrecher A, Schlicht W, MacDonncha C, Capranica L, Boccia S. (2018). Socio-economic determinants of physical activity across the life course: A "DEterminants of Diet and Physical ACTivity" (DEDIPAC) umbrella literature review. *PLoS One*. 19;13(1):e0190737. doi: 10.1371/journal.pone.0190737.

Masci, I., Schmidt, M., Marchetti, R., Vannozzi, G., & Pesce, C. (2018). When

children's perceived and actual motor competence mismatch: sport participation and gender differences. *Journal of Motor Learning and Development*, 6, 440-460.

\* *Alvarez-Bueno, C., Pesce, C., Caverro-Redondo, I., Sanchez-López, M., Garrido-Miguel, M., Martínez Vizcaíno, V. (2017). Academic Achievement and Physical Activity: A Meta-Analysis. Pediatrics, 140(6). doi: 10.1542/peds.2017-1498.*

*Cortis C, Puggina A, Pesce C, Aleksovska K, Buck C, Burns C, et al. (2017). Psychological determinants of physical activity across the life course: A "DEterminants of Diet and Physical ACTivity" (DEDIPAC) umbrella systematic literature review. PLoS ONE 12(8): e0182709.*

\* *Schmidt, M., Egger, F., Benzing, V., Jäger, K., Conzelmann, A., Roebbers, C.M., & Pesce, C. (2017). Disentangling the relationship between children's motor ability, executive function and academic achievement. PLoS One, 17;12(8):e0182845.*

\* *Leone, L., & Pesce, C. (2017). From delivery to adoption of physical activity guidelines: realist synthesis. Journal of Environmental Research and Public Health, 14(10).*

\* *Álvarez-Bueno C, Pesce C, Caverro-Redondo I, Sánchez-López M, Martínez-Hortelano JA, Martínez-Vizcaíno V (2017). The effect of physical activity interventions on children's cognition and metacognition: a systematic review and meta-analysis. Journal of the American Academy of Child and Adolescent Psychiatry, 56(9):729-738.*

*Condello G, Forte R, Falbo S, Shea JB, Di Baldassarre A, Capranica L, & Pesce C (2017). Steps to Health in Cognitive Aging: Effects of Physical Activity on Spatial Attention and Executive Control in the Elderly. Front. Hum. Neurosci. 11:107.*

*Forte, R., Pesce, C., De Vito, G., Boreham, C. (2017). The body fat-cognition relationship in healthy older individuals: does gynoid vs android distribution matter? The Journal of Nutrition, Health & Aging. 2017;21(3):284-291. doi:10.1007/s12603-016-0783-1*

*Condello G, Puggina A, Aleksovska K, Buck C, Burns C, Cardon G, et al. (2017). DEDIPAC consortium. Behavioral determinants of physical activity across the life course: a "DEterminants of Diet and Physical ACTivity" (DEDIPAC) umbrella systematic literature review. Int J Behav Nutr Phys Act. 14(1):58. doi: 10.1186/s12966-017-0510-2.*

*Falbo S., Condello G., Capranica L., Forte R., Pesce C. (2016). Effects of physical-cognitive dual-task training on executive function and gait performance in older adults: a randomized controlled trial. BioMed Research International, 2016:5812092.*

*Condello, G., Capranica, L., Stager, J., Forte, R., Falbo, S., Di Baldassarre, A., Segura-Garcia, C., & Pesce, C. Physical activity and health perception in aging: Do body mass and satisfaction matter? A three-path mediated link. (2016). PLoS ONE, 11(9):e0160805.*

*Marchetti, R., Pesce, C., Forte, R., Goudas, M., Danish, S. (2016). When preadolescents perceive emotional, cognitive, and social life skills: The role of dispositional goal orientations and situational climate in sport. Annals of Sports Medicine and Research, 3(8): 1090.*



Álvarez-Bueno, C., Pesce, C., Cavero-Redondo, I., Sánchez-López, M., Pardo-Guijarro, M.J., Martínez-Vizcaíno, V. (2016). The association of physical activity with cognition, metacognition and academic performance in children and adolescents: A protocol for systematic review and meta-analysis. *BMJ Open*, 6:e011065

Leone, L., Pesce, C. & Capranica, L. (2016). Children's right to practice health-enhancing physical activity. The role of public-private synergies. *Aspetar Sports Medicine Journal*, 5, 180-185.

\*Vazou, S., Pesce, C., Lakes, K., and Smiley-Owen, A. (2016). More than one road leads to Rome: A narrative review and meta-analysis of physical activity intervention effects on children's cognition. *International Journal of Sport and Exercise Psychology*. [Published online: 17 Sep 2016]

\*Pesce, C., Croce, R., Ben-Soussan, T.D., Vazou, S., McCullick, B., Tomporowski, P. and Horvat, M. (2016). Variability of practice as an interface between motor and cognitive development promotion. *International Journal of Sport and Exercise Psychology*. [Published online: 19 Aug 2016]

\*Pesce, C., Leone, L., Motta, A., Marchetti, R., & Tomporowski, P. (2016). From efficacy to effectiveness of a 'whole child' initiative of physical activity promotion. *Translational Journal of the American College of Sports Medicine*, 1(3), 18-29.

\*Pesce, C., Masci, C., Marchetti, R., Vazou, S., Sääkslahti, A., & Tomporowski, P.D. (2016). Deliberate play and preparation jointly benefit motor and cognitive development: mediated and moderated effects. *Frontiers in Psychology*, 7: 349.

Grimpampi, E., Masci, I., Pesce, C., & Vannozzi, G. (2016). Quantitative assessment of developmental levels in overarm throwing using wearable inertial sensing technology. *Journal of Sports Sciences*, 34, 1759-1765.

\*Pesce, C., Marchetti, R., Forte, R., Crova, C., Scatigna, M., Goudas, M., & Danish, S.J. (2016). Life skills training in physical education: outcomes in motor, cognitive and life skills domains and mediating mechanisms of a group-randomized trial. *Sport, Exercise and Performance Psychology*, 5, 232-246.

Marchetti, R., Forte, R., Borzacchini, M., Vazou, S., Tomporowski, P.D., Pesce, C. (2015). Physical and motor fitness, sport skills and executive function in adolescents: a moderated prediction model. *Psychology*, 6, 1915-1929.

Forte, R., Boreham, C.A.G., De Vito, G., Ditroilo, M., & Pesce, C. (2015). Health-related quality of life, executive function and dual task performance in healthy older individuals. *International Journal of Environmental Research and Public Health*. 12, 11328-11344.

Leone L., Ling, T., Baldassarre, L., Barnett, L., Capranica, L., & Pesce, C. (2015). Corporate responsibility for childhood physical activity promotion in the UK. *Health Promotion International*. Advance Access published June 16, 2015.

Chang, Y.K., Pesce, C., Chiang, Y.T., Cheng, YK, & Fong, D.Y (2015). Antecedent acute cycling exercise affects attention control: an ERP study using attention network test. *Frontiers in Human Neuroscience*, 9, Article ID 156, 1-13.

Berchicci, M., Pontifex, M.B., Drollette, E.S., Pesce, C., Hillman, C.H., & Di Russo, F. (2015). From cognitive motor preparation to visual processing: The benefits of childhood fitness to brain health. *Neuroscience*, 298, 211–219.

Wang, C-C., Shih, C-H., Pesce, C., Chua, C-H., Hung, T-S., *Chang, Y-K.* (2015). Failure to identify an acute exercise effect on executive function assessed by the wisconsin card sorting test. *Journal of Sport and Health Science*, 4, 64-72.

\**Tomporowski, P.D., McCullick, B., Pendleton, D.M., & Pesce, C.* (2015). Exercise and children's cognition: The role of exercise characteristics and a place for metacognition. *Journal of Sport and Health Science*, 4, 47-55.

Venditti, S., Verdone, L., Pesce, C., Tocci, N., Caserta, M., *Ben-Soussan, T.D.* (2014). Creating well-being: increased creativity and proNGF decrease following quadrato motor training. *BioMed Research International*, Article ID 275062

*Forte, R., Boreham, C.A.G., De Vito, G., Ditroilo, M., & Pesce, C.* (2014). Measures of static postural control moderate the association of strength and power with functional dynamic balance. *Aging Clinical and Experimental Research*, 26, 645-653.

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- **Journal articles in professional journals**

More than 30 publications on exercise and sports sciences (in journals as "Leistungssport", "Sds – Rivista di Cultura Sportiva", et al.).

*Selected papers with specific reference to educational physical activity for preschool and primary school children*

*Filippone, B., Vantini, C., Bellucci, M., Faigenbaum, A.D., Casella, R., Pesce, C. (2007). Trend secolari di involuzione delle capacità motorie in età scolare. Sds – Rivista di Cultura Sportiva*, 72, 31-41.

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- **Conference papers**

Several abstracts published in proceedings of International conferences.

- **Other publications**

*Translation of monographies on movement and sports sciences from German and English into Italian*

Weineck, J. (2000). Sportanatomie. Italian translation by M. Gulinelli e C. Pesce (2004). Anatomia Sportiva. Principi di anatomia funzionale dello sport. Ponte San Giovanni: Calzetti Mariucci.

Fröhner, G. (1994). Die Belastbarkeit als zentrale Größe im Nachwuchstraining. Münster: Philippka Sportverlag. Italian translation by M. Gulinelli e C. Pesce (2003). Principi dell'allenamento giovanile. La capacità di carico nell'età infantile e giovanile. Ponte San Giovanni: Calzetti Mariucci.

Schmidt, R.A., & Wrisberg, C.A. (1999). Motor learning and performance. Champaign, IL: Human Kinetics. Italian translation by C. Pesce e L. Capranica (2000). Apprendimento motorio e prestazione. Roma: Società Stampa Sportiva.

Treutlein, G., Janalik, H.J., & Hanke, U. (1989). Wie Trainer wahrnehmen, denken, fühlen und handeln. Ein Arbeitsbuch zur Diagnose und Veraenderung des Trainerverhaltens. Heidelberg: Strauss Verlag. Italian translation by C. Pesce (1992). L'allenatore vincente. Guida pratica per la diagnosi e la modifica del comportamento dell'allenatore. Roma: Società Stampa Sportiva

**Publications about the applicant**

**Articles published by others in magazines, etc. about the applicant or his/her projects**

- 2014: Interview and profile of C. Pesce in the book "The Joy of Moving Kinder+Sport Ferrero" (edited by C. Ginzburg, published by Skira);
- 2015: Reviews of the Joy of Moving handbook in various newspapers (e.g., Repubblica, August 2015).
- 2017-2018 description of the Joy of Moving method of enjoyable and thoughtful physical activity for children in the VII and VIII (upcoming, to be presented on June 21, 2018) Corporate Social Responsibility (CSR) Report of the Ferrero corporate as one of the four pillars of the CSR.
- 2018: interviews of C. Pesce by some Brazilian newspapers and online magazines (e.g., O Tempo, O Estado de S. Paulo, Italian Comunità), regarding the Joy of Moving method launched by Ferrero corporate in Brazilian preschools and primary schools with formal institutional agreements.

**Further data**

**Presentations at scientific conferences over past 3 years**

**Keynote at international conferences**

Year	Title	Conference
2016	Shifting the focus from quantitative to qualitative exercise: bridging theory and multicomponent practice	International Congress on Successful Aging, University of Valencia, Spain
2016	An Italian experience of holistic child development through physical activity	CEREPS (Conseil Européen des Recherches en Education Physique et Sportive) Inaugural Meeting, EU-membership country reports. Luxemburg
2016	Variability of practice as an interface between motor and cognitive development promotion: implications for youth sport)	Youth Sport 2016 Meeting, Ljubljana, Slovenia.
2017	Thoughtful physical training: functional	Academic satellite workshop in the

	mobility and executive function training at old age	IAIOS' Training Festival 2017. Universitat de València
2017	Capitalizing on the cognitive "side effects" of movement to promote motor and cognitive development jointly: from neurosciences to policies	International Consortium of Motor Development Research (ICoMDR) Annual Conference. School of Sports and Leisure, Melgaço, Portugal
2017	Motor development as a cornerstone in holistic development promotion	Expert Symposium of the International Council of Sport Science and Physical Education (ICSSPE) on Physical Activity and Sport: Understanding the First Ten Years. Rheinsberg, Germany
2017	Exercise and cognition across the lifespan	Jornadas internacionales de investigación en Actividad física y Salud, Universidad de Castilla-La Mancha, Spain
2018 (October 8-9)	Eltern als Beweger: Kinder strukturiert anleiten und Sport fördern oder einfach spielen lassen?	the fit4future Kongress, Bad Griesbach, Germany
2018 (November 7-8)	Ambulo ergo sum. Les idées viennent en marchant	Clinique Le Noirmont, Le Noirmont, Switzerland
2019 (upcoming, May 23-25)	Physical activity and educational achievement. From neuroscience to multisectoral promotion.	Hsin-Yi's 8th Conference of Children's Development and Education. Taipei, Taiwan.
2019 (upcoming, June 5-8)	Physical activity and cognition research: key insights to inform multidisciplinary research and practice for children with DCD	13th International Conference on Developmental Coordination Disorder, University of Jyväskylä, Finland <a href="https://www.jyu.fi/en/congress/dcd13">https://www.jyu.fi/en/congress/dcd13</a>
2019 (upcoming, June 20-22)	Physical Activity and Cognitive Development in Children	Universidade Estadual Paulista
2019 (upcoming, Nov 13-15)	(in preparation)	Skill Acquisition Conference. Kisakallio, Finland.

### ***Presentations within symposia at international conferences***

Year	Title	Conference
2017	Educating the 'whole' child with physical activity games: self-regulation outcomes in the classroom and mediating skills (within the Symposium titled: Motor skills and physical activity in young children: potential factors that influence self-regulation)	Annual Conference of the North American Society for the Psychology of Sport and Physical Activity (NASPSPA)
2017	Gender differences in the association between motor competence and executive function: Does perceived or actual competence matter? (within the Symposium titled: Motor Development - Exploration of perceived motor competence in investigating actual motor competence and physical activity)	Annual Conference of the North American Society for the Psychology of Sport and Physical Activity (NASPSPA)
2017	Educating the 'Whole' Child with Physical Activity Games: Self-regulation outcomes in the Classroom and Mediating Skills (within the symposium titled: Motor skills and physical activity in young children: potential factors that influence self-regulation).	Annual Conference of the North American Society for the Psychology of Sport and Physical Activity (NASPSPA)
2018	Promoting far-reaching physical activity outcomes through the 'joy of moving'	5th International Conference on Nutrition and Growth. Paris
2018	Redesign in physical education. An Italian perspective (within the Symposium titled: Envisioning a Favorable Future: International Perspectives on Redesign in Physical Education.	International Association for Physical Education in Higher Education (AIESEP) World Congress 2018
2019	Sixty minutes of what? Cognitively-engaging, motor skill games in PE	SHAPE America

### ***Invited lectures at foreign Universities***

Year	Title	University
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2016	Cogito ergo sum or ambulo ergo sum? Mind-Movers and Imagin-Action	Guest lecturer at the First-level Master in infancy, early childhood and movement. University of Verona
2017	Variability of practice as an interface between motor and cognitive development promotion	Guest lecturer at the Berner Gespräche zur Sportwissenschaft, Universität tBern, Switzerland
2017	Variability of practice: implications for sports pedagogy	Guest lecturer at the Kultur-, Sozial- und Bildungswissenschaftlichen Fakultät, Humboldt-Universität zu Berlin

**Keynote at Italian national/regional conferences**

Year	Title	Conference
2016	Bodily activity for mental activity: cognitive processes and learning	Symposium "Alumni", University of Verona
2016	An Italian experience of holistic child development through physical activity. Starting locally to spread globally	Meeting of the Study Group of the Italian Society of Movement and Sport Sciences (SISMeS) – Physical Education and Sport Pedagogy
2016	"Just for play" - Playing with variability: an old and every new interface between motor and cognitive development	Meeting of the Sport School of the regional Olympic Committee of Emilia-Romagna. Modena
2016	Movement and sport for holistic child development: an utopia, or a fruit of synergies	Meeting of the Sport School of the regional Olympic Committee of Umbria, Perugia
2017	Joy of Moving: Playing with variability to promote motor, cognitive and citizenship development	Meeting of the Regional School Office Umbria, Perugia
2017	Variability of practice in youth sport	Meeting of the Sport School of the regional Olympic Committee of Marche
2017	Innovative paths: adoption of the educational model Joy of Moving	Meeting of the Regional School Office Campania, Napoli
2018	Physical activity for child development: product and process evaluation	Annual Conference of the National Association of Physical Education and School Sport Teachers (CONAFEPS), Rome
2018	Learning as mid-mover: methods, teaching, and implementation	New scenarios of motor and sports learning at developmental age. Annual meeting of the Sport School of the Regional Olympic Committee of Emilia Romagna
2018	Variability of practice between motor and cognitive development	Variability of practice in sport. Seminar of the Sport School of the Regional Olympic Committee of Abruzzo

Language competence

Written and spoken competence in all languages according to CERF levels, Common European Reference Framework ([http://www.coe.int/t/dg4/linguistic/cadre1\\_en.asp](http://www.coe.int/t/dg4/linguistic/cadre1_en.asp))

Italian: mother tongue  
Self-assessment of German and English  
German:

Understanding				Speaking				Writing	
Listening		Reading		Spoken interaction		Spoken production			
C2	proficient	C2	proficient	C2	proficient	C2	proficient	C2	proficient

English:

Understanding				Speaking				Writing	
Listening		Reading		Spoken interaction		Spoken production			
B2	independent	C1	proficient	B2	independent	B2	independent	C1	proficient

Date March 28, 2019

Signature 