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NVIARLE FORMATO
EUROPEO PER
IL CURRICULUM VITAE



INFORMAZIONI PERSONALI

Nome	JOHNNY PADULO
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Nazionalità	Italiana
Luogo di nascita	Wolfsburg (Germania Repubblica Federale)
Data di nascita	11/10/1975

ISTRUZIONE E FORMAZIONE

• Data di conseguimento Nome e tipo di istituto di istruzione	15.05.2012 Dottorato di Ricerca in “ Scienze dello Sport ”, Presso: Laboratorio Human Performance Lab and Training “Carmelo BOSCO” Università di Roma “Tor Vergata”
• Data di conseguimento Nome e tipo di istituto di istruzione	21.07.2008 Laurea Specialistica in “ Scienze e Tecnica dello Sport ” (107/110) Università Tor Vergata ”Facoltà di Medicina e Chirurgia” Roma
• Data di conseguimento Nome e tipo di istituto di istruzione	06.11.2007 Master 1° livello in “ Basi scientifiche e metodologiche dell’allenamento ” (110/110) Università Tor Vergata ”Facoltà di Medicina e Chirurgia” Roma
• Data di conseguimento Nome e tipo di istituto di istruzione	24.07.2005 Laurea in “ Scienze Motorie ”; Facoltà di Scienze del Benessere. Università degli Studi del Molise

UNIVERSITÀ – CARRIERA

- 01.08.2019 a tutt'oggi Professore Associato (SSC 06/N2 - SSD M-EDF/02) “**Metodi e didattiche delle attività sportive**”
Presso l'Università degli Studi di Milano (MI)
- 13.05.2014 al 12.05.2019 Ricercatore T.D. (A) M-EDF/02 “**Metodi e didattiche delle attività sportive**”
Presso l'Università eCampus Novedrate (CO)
- 13.02.2016 al 31.12.2018 Consulente Scientifico presso la Facoltà di Kinesiologia Università di Split (Croazia)
- 14.02.2017 a 31.07.2019 Direttore del Laboratorio di Ricerca “Sport Performance Lab” presso la Facoltà di Kinesiologia Università di Split (Croazia)
- 16.05.2012 – 12.05.2014 Post-Doc Fellowship presso Tunisian Research Laboratory "Sport Performance Optimisation", National Center of Medicine and Science in Sports (CNMSS), Tunisia

ATTIVITÀ DIDATTICA A LIVELLO UNIVERSITARIO IN ITALIA

- 1 Insegnamento: anno 2019/2020/2021/2022 Corso di Laurea in Scienze Motorie “Didattica del Movimento Umano” Università degli Studi di Milano
- 2 Docente a contratto anno 2014/2015/2016/2017/2018/2019 Corso di Laurea in Scienze Motorie “Didattica degli Sport Individuali” Facoltà di Psicologia presso l'Università “e-Campus” Novedrate (CO)
- 3 Docente a contratto anno 2014/2015/2016/2017/2018/2019 Corso di Laurea in Scienze Motorie “*Metodi di valutazione motoria ed attitudinale allo sport*” Facoltà di Psicologia presso l'Università “e-Campus” Novedrate (CO)

AWARDS

- 1 Riconoscimento Scientifico (Primo posto) da “PROFFORMANCE International Teaching Excellence Award” il progetto “Implementation of Non Government Organisations (NGO) as Teaching Basis in High Education and Research” Budapest giugno 2022
- 2 European College of Sport Science (ECSS) per la partecipazione al bando internazionale “2020 ANTA Sports Awards” per il progetto: Stride variability monitoring as new tool for running race training. Online - ottobre 2020.
- 3 Riconoscimento Scientifico (terzo posto) dall'European College of Sport Science (ECSS) per la partecipazione al bando internazionale “2020 ANTA Sports Awards” per il progetto: Stride variability monitoring as new tool for running race training. Online - ottobre 2020.
- 4 Premio: Through the Generosity of Nestlé Nutrition Institute and Elsevier Science Nutrition: The International Journal of Applied and Basic Nutritional Sciences Announces the WINNERS of the 2019 John M. Kinney Nestlé Nutrition Awards come migliore articolo scientifico pubblicato (Time-restricted feeding influences immune responses without compromising muscle performance in older men).
- 5 Premio: Best Paper: The Brzycki formula' optimization for the 1-RM calculation with isotonic

- machine in bodybuilders. Congresso Internazionale ISMULT 30 novembre 1 dicembre 2018 Salerno (Best Paper Award + 1000 euro “IBSA Foundation for Scientific Research”).
- 6 Premio: Award Certificate Faculty of kinesiology 2017. Riconoscimento per Attività di Ricerca Internazionale; Faculty of kinesiology, University of Split. Spalato 26 agosto 2017
 - 7 Premio/Riconoscimento dall’European College of Sport Science (ECSS) come Ricercatore che ha contribuito significativamente allo sviluppo delle Scienze dello Sport, Cologne 23 ottobre 2017.
 - 8 Premio: Best Paper: Coloured shoes: an easy motor learning approach in young footballers. Congresso Internazionale ISMULT 1-2 dicembre 2017 Roma (Best Paper Award + 1000 euro “IBSA Foundation for Scientific Research”).
 - 9 Premio per la ricerca scientifica in ambito di Scienze dello Sport attraverso bando internazionale dall’European Athletics Innovation Awards Lousanne October 2016, “The centrifugal track as a tool for sprint-specific strength training”
 - 10 Premio: Best Paper Walking vs. Nordic-walking: the metabolic demands - V International Congress “Muscles, Ligaments and Tendons – Research and Clinical practice” – Salerno (Italy) December 4/5, 2015
 - 11 Premio per la ricerca scientifica in ambito di Scienze dello Sport attraverso bando internazionale dall’European Athletics Innovation Awards – Lousanne October 2012, Johnny Padulo “Kinematic analysis of running in different speeds and slopes”.
 - 12 Premio per la ricerca scientifica in ambito di Scienze dello Sport attraverso bando internazionale dall’European Athletics Innovation Awards Lousanne October 2012, Johnny Padulo “Kinematic analysis of racewalking in different speeds and slopes”.

POSIZIONI IN COMITATI EDITORIALI

Il Dr Padulo ricopre le seguenti posizioni editoriali:

- ❖ Editor in chief “ACTA KINESIOLOGICA” e-ISSN: 1840-3700 p-ISSN: 1840-2976 UDK: 796 Catalogue: COBISS BH da Gennaio 2022
- **Associate Editor**
 - *Exercise Physiology (specialty section on Frontiers in Physiology) 3.6 IF (da Dicembre 2015 ad Agosto 2016) ISSN:1664-042X*
 - *Exercise Physiology (specialty section on Frontiers in Physiology) 4.134 IF (2020-2021) ISSN:1664-042X Research Topic: The Biomechanics of Competitive Gait: Sprinting, Hurdling, Distance Running and Race Walking*
 - *Exercise Physiology (specialty section on Frontiers in Physiology) 4.134 IF (2021-2022) ISSN:1664-042X Research Topic: Structural and Mechanistic Determinants of Endurance Performance*
 - *Exercise Physiology (specialty section of Frontiers in Physiology and Frontiers in Sports and Active Living) da marzo 2020*
 - *PlosOne dal 24 agosto 2016 ISSN:1932-6203 (Electronic)*
 - *Biology of Sport dal 6 ottobre 2016 ISSN 2083-1862 (Electronic)*
 - *Acta Kinesiologica dal 27 ottobre 2018 e-ISSN 1840-3700*
 - *International Journal of Environmental Research and Public Health (ISSN 1660-4601) da Marzo 2020*
 - Guest Editor (s) of Special Issue “Role of Exercise in Prevention of Obesity in Children” in *American Journal of Sports Science and Medicine ISSN (Print): 2333-4592 ISSN (Online): 2333-4606*
 - Guest Editor (s) of Special Issue “Circadian Rhythm and Calorie: Impact on Redox

- Regulation, Oxidative Stress, and Metabolism” in Oxidative Medicine and Cellular
- Longevity (IF 3.37)
- Guest Editor (s) of Special Issue “*American Journal of Sports Science* ISSN Print: 2330-8559. ISSN Online: 2330-8540

Svolge il ruolo di referee per riviste internazionali come:

- *American Journal of Sports Science and Medicine* ISSN (Print): 2333-4592 ISSN (Online): 2333-4606
- *Applied Physiology, Nutrition, and Metabolism* ISSN, 17155312
- *Asian Journal of Sports Medicine* ISSN: e: 2008-7209 | p: 2008-000X
- *Biology of Sport* eISSN: 2083-1862. ISSN: 0860-021X
- *BioMed Research International* ISSN: 2314-6133 (Print) ISSN: 2314-6141 (Online)
- *British Medicine Journal Open* ISSN: 0959-8138 (print); 1756-1833 (web)
- *Cell Stress and Chaperones Journal* ISSN: 1355-8145 (Print) 1466-1268 (Online)
- *Data in Brief* ISSN: 2352-3409
- *Ethnicity and Health* ISSN: 1355-7858 (print); 1465-3419 (web)
- *European Journal of Sport Science* Print ISSN: 1746-1391 Online ISSN: 1536-7290
- *Frontiers in Psychology* ISSN: 1663-4365
- *International Journal of Developmental Science* ISSN print: 2192-001X; ISSN Online: 2191-7485
- *International Journal of Environmental Research and Public Health* (ISSN 1660-4601)
- *International Journal of Exercise Science* ISSN: 2074-9775
- *International Journal of Physiology and Performances* ISSN: 1555-0265
- *International Journal of Sport Medicine* ISSN: 0172-4622
- *Journal of Alternative and Complementary Medicine* ISSN: 1075-5535
- *Journal of Applied Physiology* ISSN, 87507587, 15221601
- *Journal of Athletic Enhancement* ISSN: 2324-9080
- *Journal of Electromyography and Kinesiology* ISSN. 1050-6411
- *Journal of NeuroEngineering and Rehabilitation* ISSN: 1743-0003
- *Journal of Orthopaedic Surgery and Research* ISSN: 1749-799X
- *Journal of Science and Medicine in Sport* ISSN: 1440-2440
- *Journal of Sport and Health Science* ISSN: 2095-2546 E-ISSN: 2213-2961
- *Journal of Sports Medicine* ISSN: 2356-7651
- *Journal of Sports Engineering and Technology* eISSN: 1754338X | ISSN: 17543371
- *Journal of Sports Sciences* ISSN: 0264-0414 Online ISSN: 1466-447X
- *Journal of Sports Sciences: Science and Medicine in Football* Print ISSN: 2473-3938 Online ISSN: 2473-4446
- *Kinesiology* print ISSN 1331- 1441, online ISSN 1848-638X
- *Medicine & Science in Sports & Exercise* ISSN: 0195-9131
- *Medicine* ISSN: 1357-3039
- *Muscle & Nerve* ISSN: 0148-639X
- *Open Access Journal of Sports Medicine* ISSN: 1179-1543
- *Ovidius University Annals, Series physical education and sport/Science, movement and health* ISSN: 2285-777X, 2285-7788
- *PeerJ* ISSN: 2376-5992 PeerJ Preprints ISSN: 2167-9843
- *Physical Therapy in Sport* ISSN, 1466-853X
- *Physiology & Behavior* ISSN: 0031-9384

- *PloS One* ISSN:1664-042X
- *Research Quarterly for Exercise and Sport* ISSN: 0270-1367
- *Scientific Reports* ISSN 2045-2322
- *Sport Sciences for Health* ISSN: 1825-1234
- *Sports Biomechanics* ISSN 1476-3141 (Print); ISSN 1752-6116 (Online)
- *Sports Medicine* ISSN: 0112-1642
- *SpringerPlus* ISSN: 2193-1801
- *The Journal of Sports Medicine and Physical Fitness* ISSN 0022-4707 Online ISSN 1827-1928
- *The Journal of Strength & Conditioning Research* ISSN: 1064-8011; Online ISSN: 1533-4287
- *The Physician and Sportsmedicine* ISSN 0091-384
- *Sports Health: A Multidisciplinary Approach* ISSN 1941-7381 da 15 ottobre 2020
- Proceedings of the Institution of Mechanical Engineers, Part H: Journal of Engineering in Medicine ISSN: 20413033 | ISSN: 09544119 dal 6 giugno 2022

MEMBERSHIPS PROFESSIONALI ED ABILITAZIONI

- **Siamoc – Gait & Posture** “Società italiana di analisi del movimento in clinica” dal 2010 al 2018
- **ECSS** “European College Sport Science” dal 2011 al 2020 (*Fellow da ottobre 2017*)
- **Sismes** Società Italiana delle Scienze Motorie e Sportive dal 2016 al 2020
- **Siemes** Società Italiana di Educazione Motoria e Sportiva dal 2016 al 2019
- **ACSM** American College of Sports Medicine dal 2016 al 2020
- **ISMULT** Italian Society of Muscles, Ligaments and Tendons dal 2013 a tutt’oggi (dal 2019 Eletto nel Consiglio Direttivo)

PUBBLICAZIONI SCIENTIFICHE INDICIZZATE

1. Oliva, F., Marsilio E., Asparago G., Giai Via A., Biz C., **Padulo J.**, Spoliti M., Foti C., Oliva G., Mannarini S., Rossi A.A., Ruggieri P., Maffulli N. (2022) Achilles Tendon Rupture and Dysmetabolic Diseases: A Multicentric, Epidemiologic Study. *J Clin Med Jun* 27;11(13):3698. doi: 10.3390/jcm11133698
2. Lazic A., Kocic M., Trajkovic N., Popa C., Peyré-Tartaruga L.P., **Padulo J.** (2022) Acute Effects of Caffeine on Overall Performance in Basketball Players—A Systematic Review. *Nutrients* 2022, 14, 1930. <https://doi.org/10.3390/nu14091930>
3. Rampichini S., Coratella G., Cè E., Longo S., Doria C., Borrelli M., **Padulo J.**, Shokohyar S., Michielon G., Limonta E., Esposito F. (2022) Effects of 8-week oral splint usage on body flexibility and muscle strength-endurance performance in Pilates practitioners. <https://doi.org/10.1007/s11332-022-00942-z>
4. Washif JA,**Padulo J.**, Chamari K. (2021) COVID-19 lockdown: A global study investigating athletes’ sport classification and sex on training practices. *International Journal of Sports Physiology and Performance*. Online ahead of print.
5. **Padulo J.**, Ayalon M., Barbieri F.A., Di Capua R., Doria C., Ardigò L.P., Dello Iacono A. (2022). Effects of Gradient and Speed on Uphill Running Gait Variability. *Sports Health*. 2022 Mar 27:19417381211067721. doi: 10.1177/19417381211067721. Online ahead of print
6. Russo L., **Padulo J.**, Oliva F., Maffulli N. (2021) Letter to Editor about ‘Kiss goodbye to the “kissing knees”’: no association between frontal plane inward knee motion and risk

- of future non-contact ACL injury in elite female athletes. *Sport Biomechanics* – In press <https://doi.org/10.1080/14763141.2021.1968024>
7. Washif JA, Farooq A,**Padulo J.**, Ben Saad H, Chamari K. (2021) Training During the COVID-19 Lockdown: Knowledge, Beliefs, and Practices of 12,526 Athletes from 142 Countries and Six Continents. *Sports Medicine*, 1-16. doi: 10.1007/s40279-021-01573-z Online ahead of print.
 8. Ardigò L.P., Buglione A., Russo L., Cular D., Esposito F., Doria C, **Padulo J.** Marathon shoes vs. track spikes: a crossover pilot study on metabolic demand at different speeds in experienced runners. *Res Sports Med* 2021 May 14;1-8. doi: 10.1080/15438627.2021.1929225. Online ahead of print.
 9. Bouagina R., **Padulo J.**, Fray A., Larion A., Abidi H., Chtara M., Souhail Chelly M., Khalifa R.. (2022) Short-term in-season ballistic training improves power, muscle volume and throwing velocity in junior handball players. A randomized control trial. *Biology of Sport* 39(2), pp. 415–426 <https://doi.org/10.5114/biolSport.2022.106150>
 10. Palermi S., Bragazzi N.L., Cular D., Ardigò L.P., **Padulo J.** (2022) How chest press-based exercises can alleviate the burden of cardiovascular diseases. *Hum Mov.* 2022;23(4) DOI: <https://doi.org/10.5114/hm.2021.106911>
 11. Gai Via A., Oliva F., **Padulo J.**, Oliva G., Maffulli N. (2022). Insertional Calcific Tendinopathy of the Achilles Tendon and Dysmetabolic Diseases: An Epidemiological Survey. *Clin J Sport Med* 32(1):e68-e73. doi: 10.1097/JSM.0000000000000881
 12. Dhabbi W., Chaabene H., Chaouachi A., **Padulo J.**, Behm D.G., Cochrane J., Burnett A., Chamari K. (2022). Kinetic analysis of push-up exercises a systematic review with practical recommendations. *Sport Biomechanics* 21:1, 1-40 doi.org/10.1080/14763141.2018.1512149
 13. Iuliano E., Cular D., **Padulo J.**, Larion A., Melenco I., Kuvacic G., Dhahbi W., Migliaccio G.M. (2021). Predictive ability of body mass parameter to estimate 4-6 repetition maximum of upper and lower limb muscles in soccer players. *Acta Kinesiologica* 15 (2021) Issue. 2:120-124 DOI. 10.51371/issn.1840-2976.2021.15.2.16
 14. **Padulo J.**, Larion A., Turki O., Melenco I., Paopa C., Palermi S., Migliaccio G.M., Manarini S., Rossi A.A. (2021). Ecological and Construct Validity of a New Technical Level Cuban Dance Field Test. *Int. J. Environ. Res. Public Health*, 18(24), 13287; <https://doi.org/10.3390/ijerph182413287>
 15. Ardigò L.P., Ouergui I., **Padulo J.**, Nobari H., Formenti D. (2021) Special Issue “Researching Sports Biomechanics for Disabled People”. *Sports* 9, 161. <https://doi.org/10.3390/sports9120161>
 16. Hanley B., **Padulo J.**, Slawinski J. (2021) Editorial: The Biomechanics of Competitive Gait: Sprinting, Hurdling, Distance Running and Race Walking. *Frontiers Sports Active Living* 3:790934. doi: 10.3389/fspor.2021.790934
 17. De Giorgio A., Iuliano E., Turner A., Millevolte C., Cular D., Ardigò L.P., **Padulo J.** (2021) Validity and reliability of a light-based electronic target for testing response time in fencers. *The Journal of Strength and Conditioning Research*. 35(9):2636-2644. doi: 10.1519/JSC.00000000000003160
 18. Russo L., Padulo J., Oliva F., Maffulli N. (2021) Letter to Editor about “Functional evaluation of the knee following ACL reconstruction: A complex dynamical systems perspective” *Journal of Human Sport and Exercise* Vol.16, No 3, 737-739
 19. Beslija T., Cular D., Kezic A., Tomljanovic M., Ardigò L.P., Dhahbi W., **Padulo J.** (2021) Height-based model for the categorization of athletes in combat sports. *Eur J Sport Sci* Apr;21(4):471-480. doi: 10.1080/17461391.2020.1744735

20. Russo L., Palermi S., Dhahbi W., Kalinski S.D., Bragazzi L.N., **Padulo J.** (2021). Selected components of physical fitness in rhythmic and artistic youth gymnast. *Sport Sciences for Health* (2021) 17:415–421 <https://doi.org/10.1007/s11332-020-00713-8>
21. Vando S., Longo S., Cavaggioni L., Maurino L., Larion A., Invernizzi P.L., **Padulo J.** (2021) The Effects of Short-Term Visual Feedback Training on the Stability of the Roundhouse Kicking Technique in Young Karatekas. *International Journal Environmental and Public Health* 18(4), 1961; <https://doi.org/10.3390/ijerph18041961>
22. Dello Iacono A., **Padulo J.**, Beslija T., Halperin I. (2021) The barbell hip-thrust exercise: test-retest reliability and correlation with isokinetic performance. *The Journal of Strength and Conditioning and Research*. 1;35(3):659-667 doi: 10.1519/JSC.0000000000002779.
23. Cular D., Dhahbi W., Kolak I., Dello Iacono A., Beslija T., Laffaye G., **Padulo J.** (2021) Reliability, sensitivity and minimal detectable change of a new specific climbing test for assessing asymmetry in reach technique. *The Journal of Strength and Conditioning and Research* 35(2):527-534. doi: 10.1519/JSC.0000000000002694
24. Savoia C., **Padulo J.**, Colli R., Marra E., McRobert A., Chester N., Azzone V., Pullinger S.A., Dominic D. (2020) The Validity of an Updated Metabolic Power Algorithm Based upon di Prampero's Theoretical Model in Elite Soccer Players. *International Journal Environmental and Public Health* 2020, 17(24), 9554; <https://doi.org/10.3390/ijerph17249554>
25. Oliva F., Vittadini F., Frizziero A., Costantino C., Fusco A., Gai Via A., Foti C., Nanni G., Forte A., Biz C., Vulpiani M.C., De Carli A., Berardi A., Fini M., **Padulo J.**, Maffulli N. (2020). I.S.Mu.L.T. Recommendations for Intra and Periarticular Injections during COVID-19 Pandemic. *Muscles, Ligaments and Tendons Journal* 10 (3):343-346. doi: 10.32098/mltj.03.2020.00.
26. Turki O., Dhahbi W., **Padulo J.**, Khalifa R., Ridene S., Alamari K., Milic M., Gueid S., Chamari K. (2020). Warm-Up With Dynamic Stretching: Positive Effects on Match-Measured Change of Direction Performance in Young Elite Volleyball Players. *International Journal of Sports Physiology and Performance*, 15, 528-533
27. Cipollaro L., Giordano L., **Padulo J.**, Oliva G., Maffulli N. (2020). Musculoskeletal symptoms in SARS-CoV-2 (COVID-19) patients. *J Orthop Surg Res* 18;15(1):178. doi: 10.1186/s13018-020-01702-w.
28. Zalleg D., Ben Dhahbi A., Dhahbi W., Sellami M., **Padulo J.**, Souaifi M., Beslija T., Chmari K. (2020). Explosive push-ups: from popular simple exercises to valid tests for upper-body power. *The Journal of Strength and Conditioning and Research* Oct;34(10):2877-2885. doi: 10.1519/JSC.0000000000002774
29. Ardigò L.P., Palermi S., **Padulo J.**, Dhahby W., Russo L., Linetti S., Cular D., Tomljanovic M. (2020). External Responsiveness of the SuperOp™ Device to Assess Recovery After Exercise: A Pilot Study. *Front. Sports Act. Living*, 14 July 2020 | <https://doi.org/10.3389/fspor.2020.00067>
30. Russo L., Di Capua R., Arnone B., Borrelli M., Coppola R., Esposito F., **Padulo J.** (2020). Shoes and Insoles: The Influence on Motor Tasks Related to Walking Gait Variability and Stability. *Int J Environ Res Public Health*, 17 (12), 4569; doi:10.3390/ijerph17124569
31. **Padulo J.**, Trajkovic N., Cular D., Grgantov Z., Madic D.M., Di Vico R., Traficante R., Traficante A., Alin L., Ardigò L.P., Russo L. (2020). Validity and Reliability of Isometric-Bench for Knee Isometric Assessment *Int J Environ Res Public Health*, 17 (12), 3708. doi: 10.3390/ijerph17124326
32. Trajkovic N., Madic D., Milanovic Z., Macak D., **Padulo J.**, Krustup P., Chamari K. (2020). Recreational soccer effects on fitness and aggression. *Biology of Sport* 37(2):185-193

33. Milic M., Erceg M., Palermi S. Iuliano E., Borrelli M., Cè E., Esposito F., **Padulo J.** (2020) Uphill walking at iso-efficiency speeds. *Biology of Sport* 37(3):247–253
34. Bogataj S., Pajek M., Hadzic V., Andrasic S., **Padulo J.**, Trajkovic N. (2020). Validity, Reliability, and Usefulness of My Jump 2 App for Measuring Vertical Jump in Primary School Children. *Int J Environ Res Public Health*, 17 (10), 3708. doi:10.3390/ijerph17103708
35. Garcia T., Dal Pupo J., Aparecida Knihis D., Furlaneto Rodrigues O.A., Zimmermann H.B., **Padulo J.** (2020). Single- Versus multi-joint isometric protocols to induce a post-activation potentiation effect on squat jump performance. *Human Movement* 21(3): 71–80.
36. Patania V.M., **Padulo J.**, Iuliano E., Ardigò L.P., Cular D., Miletic A., De Giorgio A. (2020). The Psychophysiological Effects of Different Tempo Music on Endurance Versus High-Intensity Performances. *Frontiers in Psychology* 5;11:74.
37. Szwarz A., Jaszczur-Nowichi J., Aschenbrenner P., Zasada M., **Padulo J.**, Lipińska P.. (2019). Motion analysis of elite Polish soccer goalkeepers throughout a season. *Biology of Sport*. 36(4):357-363.
38. Invernizzi P.L., Signorini G., Michielon G., **Padulo J.**, Scurati R. (2019). The “Safe Falls, Safe Schools” multicentre international project: evaluation and analysis of backwards falling ability in Italian secondary schools. *Journal of Physical Education and Sport*, Vol.19 (Supplement issue 5), Art 277, pp. 1871-1877, 2019
39. **Padulo J.**, Ardigò L.P., Bianco M., Čular D., Madic D., Markoski B., Dhahbi D. (2019) Validity And Reliability Of A New Specific Parkour Test: Physiological And Performance Responses. *Frontiers in Physiology* 2019 Oct 30;10:1362.doi: 10.3389/fphys.2019.01362
40. Bezrati I., Kacem Ben Fradj M., Hammami R., Ouerghi N., **Padulo J.**, Moncef F. (2019). A single mega dose of vitamin D3 improves selected physical variables in vitamin D insufficient young amateur soccer players: a randomized controlled trial. *Applied Physiology, Nutrition, and Metabolism*, e-First Article. <https://doi.org/10.1139/apnm-2019-0525>
41. Milavic B, **Padulo J.**, Grgantov Z, Milić M, Mannarini S, Manzoni GM, Ardigò LP, Rossi A. (2019) Development and factorial validity of the Psychological Skills Inventory for Sports, Youth Version – Short Form: Assessment of the psychometric properties. *PlosOne* 15;14(8): e0220930. doi: 10.1371/journal.pone.0220930. eCollection 2019.
42. Rađa A, Kuvačić G1, De Giorgio A, Sellami M, Ardigò LP, Bragazzi NL, **Padulo J.** (2019) The ball kicking speed: A new, efficient performance indicator in youth soccer. *PLoS One*. 2019 May 17;14(5):e0217101
43. Garcia Bataller A.G., Maffulli N., Neyro J.L., **Padulo J.**, Santisteban Martinez J.M., Bragazzi N.L., Calderon Montero F.J. (2019). Fluctuation of iron carrying capacity in an elite female triathlete while maintaining sporting performance. *Gazzetta Medica Italiana* 178(7-8):563-8 DOI : 10.23736/S0393-3660.18.03888-3
44. Salzano A., Camuso F., Sepe M., Sellami M., Ardigò L.P., **Padulo J.** (2019). Acute Effect Of Toe Cap Choice On Toe Deviation Angle And Perceived Pain In Female Professional Ballet Dancers. *BioMed Research International* doi: 10.1155/2019/9515079. eCollection 2019 Volume 2019, Article ID 9515079, 8 pages
45. Russo L., **Padulo J.** Letter to the Editor concerning "Relationship between sagittal spinal curves geometry and isokinetic trunk muscle strength in adults" by Elsayed W, Farrag A, Muaidi Q, Almulhim N (*Eur Spine J* [2018] 27:2014-2022). *Eur Spine J*. 2019 Jan;28(1):191-192

46. **Padulo J.**, Bragazzi N.L., De Giorgio A., Grgantov Z., Prato S., Ardigo L.P. (2019) The Effect Of Physical Activity On Cognitive Performance In An Italian Elementary School: Insights From A Pilot Study Using Structural Equation Modeling. *Frontiers in Physiology* March 2019 Volume 10; Article 202. <https://doi.org/10.3389/fphys.2019.00202>
47. **Padulo J.**, Iuliano E., Brisola G., Dello Iacono A., Moura Zagatto A., Lupo C., Fuglsang T., Ardigo L.P. Cular D. (2019) Validity and reliability of a standalone low-end 50-Hz Gns receiver during running. *Biology of Sport* 2019;36(1):75–80
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ABSTRACT A CONVEGNI

1. The energetic cost of forward vs shuttle running in marathon runners and soccer players. Padulo J., Buglione A., Doria C., Borrelli M., Esposito F. (P.91) XII National Congress of Sports Science – Padua (Italy) 8/10 October 2021 Sport Sci Health (2021) 17:1–137 <https://doi.org/10.1007/s11332-021-00838-4>
2. Effects of respiratory muscle training on diaphragm muscle structure and function: a novel electromyographic, mechanomyographic and ultrasound approach. Doria C., Borrelli M., Rampichini S., Coratella G., Longo S., Limonta E., Padulo J., Cè E., Esposito F. (P.46) XII National Congress of Sports Science – Padua (Italy) 8/10 October 2021 Sport Sci Health (2021) 17:1–137 <https://doi.org/10.1007/s11332-021-00838-4>
3. 6° Congresso Internazionale National Strength and Conditioning Association N.S.C.A. Madrid (Spagna) Universidad Europea · Villaviciosa de Odón 29 Settembre 2018. Padulo Johnny, E. Iuliano, W. Dhahbi, G. Kuvacic, T. Beslija, D. Cular Titolo: Predictive ability of body mass parameter to estimate 4-6 RM of pectoral and leg muscles exercises' in body-builder. ISBN: 978-84-09-05961-4 Pag.55
4. 6° Congresso Internazionale National Strength and Conditioning Association N.S.C.A. Madrid (Spagna) Universidad Europea · Villaviciosa de Odón 29 Settembre 2018. G.M. Migliaccio, J. Padulo, A. Dello Iacono, P. Samozino, E. Iuliano, Z. Grgantov Titolo: Activation level and perceived effort on quadriceps exercise: Leg press or Smith machine? ISBN: 978-84-09-05961-4 Pag.84
5. 8° Congresso Internazionale I.S.Mu.L.T. Open mind and new technologies in muscles ligaments and tendons. Coppola Roberto, Guerra Francesco, Patania Vittoria Maria, Penna Giuseppe, Padulo Johnny: The Brzycki formula' optimization for the 1-RM calculation with isotonic machine in bodybuilders. Salerno 30 novembre 1 dicembre 2018
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10. The effects of structural and technical constraints on the profiles of soccer-based passing drill exercises: suggestions for periodization planning and skill development. Dello Iacono A., Padulo J., Meckel Y., Eliakim E. World conference on science and soccer. Renne (France) 31 maggio – 2 giugno 2017
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 16. Physiological responses to two consecutive simulated taewondo matches (4×1.5 min) in elite young athletes Nikolaidis P.T., Tasiopoulus I., Kostoulas I., Tziolas P., Meletakos P., Torres-Luque G., Padulo J. ECCS International Conference Sport Science – Malmo (Sweden) 24/27 June 2015
 17. Physiological responses to repeated sprint ability test (10×15 m) in young basketball players: the effect of change of direction Meletakos P., Tasiopoulus I., Kostoulas I., Ganavias P., Padulo J., Nikolaidis P.T. ECCS International Conference Sport Science – Malmo (Sweden) 24/27 June 2015
 18. Heart rate responses to training and testing in postpubescent female volley players: the effect of maturity Kostoulas I., Tasiopoulus I., Padulo J., Busko K., Afonso J., Torres-Luque G., Nikolaidis P.T. ECCS International Conference Sport Science – Malmo (Sweden) 24/27 June 2015
 19. Differences in chronological, biological and training age between more efficient and less efficient youth female volleyball players Milić M., Grgantov Z., Duraković M., Nešić G., Padulo J. 5Th International Scientific Conference – Split (Croatia) 28/20 August 2015
 20. The effect of shuttle running on neuromuscular performances in soccer players Losavio R., Attene G., Bragazzi N.L., Dello Iacono A., Oggianu M., Ardigò L.P., Vando S., Padulo J. VII National Congress of Sports Science – Padua (Italy) 2/4 October 2015
 21. The benefits of running on a centrifugal track: a pilot study Picerno P., Padulo J. VII National Congress of Sports Science – Padua (Italy) 2/4 October 2015
 22. New diagnostic method to assess the “Break-point” in Nordik Hamstring Exercise: a pilot study Russo L., Tentarelli M., Barni L., Benis R., Sacchetti M., D’Ovidio A., Bartolucci P., Padulo J. VII National Congress of Sports Science – Padua (Italy) 2/4 October 2015
 23. Paddling, kayak on-water arrangement and propulsion management in the elite canoist Vando S., Ardigò L.P., Padulo J. VII National Congress of Sports Science – Padua (Italy) 2/4 October 2015
 24. The Effects of 12 Weeks of Neuromuscular Power Training on Elite Swimmers Migliaccio G.M., Cosso M., Bazzu A., Skryabin A., Padulo J. III ITU Science & Triathlon Conference – Paris (France) 26/27 November 2015
 25. The bioenergetics of the uphill running. Vando S., Ardigò L.P. Padulo J. V International Congress “Ligaments and Tendons – Research and Clinical practice” – Salerno (Italy) December 4/5 2015
 26. Speed is nothing... without control, about fitness as well! Sartori S., Ardigò L.P. Motta S., Padulo J. V International Congress “Ligaments and Tendons – Research and Clinical practice” – Salerno (Italy) December 4/5 2015
 27. Internal load modulation over gradient in walking. De Maria S., Motta S., Ardigò L.P., Bragazzi N., Padulo J. V International Congress “Ligaments and Tendons – Research and Clinical practice” – Salerno (Italy) December 4/5 2015
 28. Walking vs. Nordic-walking: the metabolic demands. Rizzi M., Ardigò L.P. Motta S., Padulo J. (Award - Best Paper) V International Congress “Ligaments and Tendons – Research and

- Clinical practice” – Salerno (Italy) December 4/5 2015
29. Speed vs. muscle activation during an isotonic flexion. Leo V., Ardigò L.P. Motta S., Padulo J. V International Congress “Ligaments and Tendons – Research and Clinical practice” – Salerno (Italy) December 4/5 2015
 30. The effects of one-week training Camp on postural sway in young male Karate athletes Galasso M., Vando S., Padulo J. V International Congress “Ligaments and Tendons – Research and Clinical practice” – Salerno (Italy) December 4/5 2015
 31. Relationship between change of direction ability, balance, speed and power in prepubescent soccer players Colace F., Hammani R., Chamari K., Padulo J. V International Congress “Ligaments and Tendons – Research and Clinical practice” – Salerno (Italy) December 4/5 2015
 32. The construct validity of session RPE during training session in young female Roller-skating athletes and coach Ciccarese A., Ardigò L.P., Motta S., Padulo J. V International Congress “Ligaments and Tendons – Research and Clinical practice” – Salerno (Italy) December 4/5 2015
 33. Spinal Mouse: a critical systematic review of the literature Bragazzi N.L., Bacigaluppi S., Ardigò L.P., Padulo J. V International Congress “Ligaments and Tendons – Research and Clinical practice” – Salerno (Italy) December 4/5 2015
 34. Acute effects of visual feedback in young karatekas Vando S., Masala D., Falese L., Padulo J. 14th International Scientific Conference “PERSPECTIVES IN PHYSICAL EDUCATION AND SPORT” – Costanta (Romania) May 23,24 2014
 35. Eighth weeks of detraining effects on metabolic demands and waist-hip ratio in elderly Migliaccio G.M., Roberto S., Padulo J., Mulliri G., Marcelli M., Loi A., Cannas S., Collu G., Milia R. ACSM's 61st Annual Meeting, 5th World Congress on Exercise is Medicine® and World Congress on the Role of Inflammation in Exercise, Health and Disease. May 27-31, 2014 Orlando – Florida.
 36. Effects of detraining on metabolic demands after 12 weeks of vigorous training program in a randomized group of over 65 yrs Migliaccio G.M., Roberto S., Padulo J., Mulliri G., Marcelli M., Loi A., Omeri M., Collu G., Milia R. ECCS International Conference Sport Science – Amsterdam (Holland) 1/5 July 2014
 37. Metabolic optimization of the basketball free throw Vando S., Padulo J., Migliaccio G.M., Chamari K., Attene G., Masala D., Falese L., Ardigò L.P. ECCS International Conference Sport Science – Amsterdam (Holland) 1/5 July 2014
 38. Wii Balance Board as a device for investigating kayak's biomechanics: a pilot study. Vando S., Ardigò L.P., Masala D., Falese L., Padulo J. VI Congress of Sports Science – Naples (Italy) 26/28 September 2014
 39. Reaction time in different level of table tennis players. Vando S., Masala D., Zagatto A., Curcio R., Migliaccio G.M., Padulo J. V Congress of Sports Science – Pavia (Italy) 25/29 September 2013
 40. Kinematic analysis on pelvis range of motion in clay target shooting players. Bernardi M., Dalla Vedova D., Gallozzi C., Besi M., Gardini F.R., Becchi V., Carlozzi V., Fazi F., Padulo J., De Angelis M., Vando S., Faina M. V Congress of Sports Science – Pavia (Italy) 25/29 September 2013
 41. Uphill Running. Migliaccio G.M. – Padulo J. Asian Conference on Sport Science – 25/26 October 2013 Hong Kong Institute Sprint vs. Intermittent Training In Young Basketball Players. J. Padulo, G. Attene, S. Bramani, F. Pizzolato. ECCS International Conference Sport Science – Bruges (Belgium) 4/7 July 2012
 42. Uphill Training in Soccer Players: Sprint vs. Intermittent. G. Attene, G. Ibba, M. Scorcu, F. Pizzolato, J. Padulo. XXXII World Congress of Sports Medicine – Rome (Italy) 27/30 September 2012
 43. The effect of the step frequency manipulation on the step length in competitive Race Walkers.

- S. Vando, J. Padulo. IV Congress of Sports Science – Palermo (Italy) 5/7 October 2012
44. Reliability and validity of the MarkWiiR™ for kinematic analysis. Vando S, Pizzolato P, Bagno D, Padulo J. IV° Congresso Nazionale SISMES – Palermo 5,7 ottobre 2012.
 45. The effect of the step frequency manipulation on the step length in marathon runners Padulo J., Iuliano E., Calcagno G. IV° Congresso Nazionale SISMES – Palermo 5,7 ottobre 2012.
 46. Kinematic and Heart Rate analysis of soccer at increasing or constant velocity. J. Padulo, G. Annino, E. Padua, G. M. Stracquadaneo, S. D'Ottavio. I° International Conference Science and Football – Palermo 15/17 April 2011.
 47. Goalkeeping Match Analysis. J. Padulo, G. Annino, B. Ruscello, C. Del Ciello, S. D'Ottavio. I° International Conference Science and Football – Palermo 15/17 April 2011
 48. Slopes And Speed Related Effects On Kinematic And Emg Patterns In Elite Race Walking. J. Padulo, G. Annino, P. Lebone, G. Vernillo, A. La Torre, J. Tihanyi, S. D'Ottavio. ECCS International Conference Sport Science – Liverpool (UK) 6/8 July 2011
 49. Kinematics Of Running At Different Slopes And Speeds. J. Padulo, G. Annino, G.M. Migliaccio, G. Granatelli, B. Ruscello, N. Degortes, S. D'Ottavio, J. Tihanyi. ECCS International Conference Sport Science – Liverpool (UK) 6/8 July 2011
 50. Monitoring Of Body Loading For Rugby Players. G. Granatelli, G. Briotti, J. Padulo, B. Ruscello, S. D'Ottavio. ECCS International Conference Sport Science – Liverpool (UK) 6/8 July 2011.
 51. Time-Motion Analysis In Rugby Sevens. G. Granatelli, G. Briotti, B. Ruscello, J. Padulo, S. D'Ottavio. ECCS International Conference Sport Science – Liverpool (UK) 6/8 July 2011
 52. Control of muscle activation as a function of the initial leg position in a simple cycling paradigm. J. Padulo, P. Mignogna, G. Attene, G.M. Migliaccio, S. D'Ottavio, D. Viggiano. 8th IBRO World Congress of Neuroscience – Florence 14/18 July 2011
 53. Effect of fast vs. low arm extension training on size, strength and activation of upper limb muscles in bodybuilders. J. Padulo, P. Mignogna, G. Melchiorri, S. Mignardi, F. Tonni, S. D'Ottavio, G.M. Migliaccio, M. Pinna and A. Concu. VII[^] Edizione della giornata della Ricerca Scientifica 18 giugno 2010 – Facoltà di Medicina e Chirurgia – Università degli Studi di Cagliari
 54. Optimization of Starting Conditions in Track Cycling Competitions. J. Padulo, P. Mignogna, S. D'Ottavio, D. Viggiano, G.M. Migliaccio, M. Pinna and A. Concu. VII[^] Edizione della giornata della Ricerca Scientifica 18 giugno 2010 – Facoltà di Medicina e Chirurgia – Università degli Studi di Cagliari.
 55. A Kinematic Analysis of Rugby Place-Kicking. J. Padulo; S. D'Ottavio, G. Granatelli, B. Ruscello, G. Melchiorri, G.M. Migliaccio, M. Pinna and A. Concu. VII[^] Edizione della giornata della Ricerca Scientifica 18 giugno 2010 – Facoltà di Medicina e Chirurgia – Università degli Studi di Cagliari.
 56. Specificity of exercise test in functional evaluation of swimmers agonists. M. Pinna, R. Milia, G.M. Migliaccio, A. Loi, M. Ortu, L. Angius, F. Tocco, J. Padulo, S. D'Ottavio and A. Concu. VII[^] Edizione della giornata della Ricerca Scientifica 18 giugno 2010 – Facoltà di Medicina e Chirurgia – Università degli Studi di Cagliari.
 57. Abnormal breathing patterns in obese postmenopausal women. R. Milia, F. Tocco, A. Crisafulli, F. Melis, A. Loviselli, F. Velluzzi, P. Arru, M. d'Aquila, R. Mura, E. Morongiu, S. Roberto, P. Chiappori, M. Puxeddu, J. Padulo And A. Concu. VII[^] Edizione della giornata della Ricerca Scientifica 18 giugno 2010 – Facoltà di Medicina e Chirurgia – Università degli Studi di Cagliari.
 58. Three-dimensional analysis of the way (ATRICAM): a video analysis system suitable for biomechanical evaluation of the athlete on the field. S. Ferrandu, A. Argiolas, A. Crisafulli, F. Tocco, R. Milia, B. Mandas, A. Capra, J. Padulo, R. Contini, P. Labieni, M. Pau, B. Picasso,

- S. D'Ottavio And A. Concu. VII^a Edizione della giornata della Ricerca Scientifica 18 giugno 2010 – Facoltà di Medicina e Chirurgia – Università degli Studi di Cagliari.
59. Kinematic analysis of race-walking at increasing velocity and slope. J. Padulo, G. Annino, A. Concu, M. Pinna, G. M. Migliaccio, G. Briotti, N. Tozzo, S. D'Ottavio. II° Congresso Nazionale SISMES – Torino 1,2 ottobre 2010.
 60. The effect on joint mobility after one-week training with karate-preparatory exercises vs. sport games in children. J. Padulo, L. Maurino, F. Baldassarre, A. Ricciotti, C. Casale, S. Nastro, B. Ruscello, S. Mignardi, A. Tiloca, S. D'Ottavio II° Congresso Nazionale SISMES – Torino 1,2 ottobre 2010.
 61. Cardio-metabolic changes during an interval-training session of competitive middle-distance runners. G.M. Migliaccio, N. Degortes, R. Milia, P. Sanna, J. Padulo, G. Annino, A. Crisafulli, A. Concu, F. Tocco. II° Congresso Nazionale SISMES – Torino 1,2 ottobre 2010.
 62. A sport-specific ergometer for high-level swimmers. G.M. Migliaccio, M. Pinna, R. Milia, J. Padulo, G. Annino, S. D'Ottavio, A. Concu. II° Congresso Nazionale SISMES – Torino 1,2 ottobre 2010.

RELATORE A CONGRESSI E CONVEGNI NAZIONALI

1. Seminario dedicato ai Docenti della Scuola dello Sport della Scuola dello Sport del CONI Lombardia. Relatore su invito **Padulo Johnny** Titolo: “L'Evidenza Scientifica”. Milano Hotel Royal Garden 18-19 dicembre 2021.
2. Webinar Coni Sardegna – Mens Fit su invito **Padulo Johnny** Titolo: “Sperimentare se stessi”. 4 dicembre 2020
3. Webinar Coni Sardegna su invito **Padulo Johnny** Titolo: La variabilità del passo nella corsa e nel cammino: cosa c'è da sapere". 2 novembre 2020
4. Webinar I.S.Mu.L.T. Lezione Magistrale su invito **Padulo Johnny** Titolo: Variabilità della locomozione nella riabilitazione e nelle scienze sportive. 3 settembre 2020.
5. Conferenza Nazionale “Perspective on Physical Education and Sports Sciences” Università degli Studi di Salerno. Presentazione orale su invito **Padulo Johnny** Titolo: Il Laureato in Scienze Motorie 2.0.... spunti di riflessione. Fisciano 21 ottobre 2019.
6. Convegno Nazionale “la prevenzione dell'infortunio sul campo dal miglioramento del gesto atletico all'ottimizzazione delle performance come terapia medico – chirurgico - riabilitativa” Presentazione orale **Padulo Johnny** Titolo: “Repeated Sprint Ability” come strumento diagnostico per verificare il decremento di forza muscolare nei giocatori di calcio. Riconoscimento ECM Maddaloni presso il centro Ospedaliero “San Michele” 30 marzo 2019
7. Salerno 12 maggio 2018. Aula Magna Agency - Convegno: “La Danza incontra la Medicina Riabilitativa” riconoscimento ECM. Presentazione orale **Padulo Johnny** Titolo: “Danza.....: questione di fisica.
8. III° Convegno Nazionale del Centro Studi di Scienze del Movimento e del Benessere “Educare alla salute attraverso il Movimento” Presentazione orale **Padulo Johnny** Titolo: Core stability: Injury prevention. Riconoscimento ECM Liceo A. Genovesi, Napoli 5 settembre 2018
9. Novedrate 4 marzo 2016 – Università eCampus – Convegno: Progressi Tecnico-Scientifici sul Triathlon. Presentazione orale **Padulo Johnny** titolo “Il triathlon: le novità”
10. Enna 26/27 maggio 2016 – Università Core – Convegno: La cultura del movimento e dello sport negli attuali scenari educativi e formativi. Presentazione orale Dott. **Padulo Johnny** titolo “La valutazione motoria nei bambini”
11. Novedrate 27 Febbraio 2015 Università eCampus – Convegno: “Le caratteristiche fisiche

- e psicologiche dell'atleta di alto livello". Presentazione orale **Padulo Johnny** titolo "La preparazione fisica dell'atleta d'élite"
12. Novedrate 14 maggio 2015 – Università eCampus Convegno: Il Running & il Runner. Aspetti tecnici e fisiologici. Presentazione orale **Padulo Johnny** titolo "La Corsa in una nuova dimensione"
 13. Novedrate 29 settembre 2015 – Università eCampus – Convegno: Aspetti Tecnici e Fisiologici del Nuoto. Presentazione orale **Padulo Johnny** titolo "L'allenamento a secco tramite il metodo "Cometti"
 14. Campobasso 4 Dicembre 2014, Università degli Studi del Molise – Convegno "La preparazione fisica per l'ottimizzazione della performance". Presentazione orale **Padulo Johnny** titolo "I ritmi circadiani nello sport"
 15. Cagliari, 26/27 gennaio 2013; CONI Sardegna - Convegno: Metodi strumenti ed esperienze per valutare la performance. Presentazione orale **Dott. Johnny Padulo** titolo "La valutazione cinematica del ciclista"
 16. Massa Carrara, 5/8 settembre 2013, FIJLKAM CRT Karate – Convegno Nazionale. Presentazione orale **Dott. Johnny Padulo** titolo: Training Load nel Karate.
 17. Caserta, 11/12 ottobre 2013; AISRP - IV Convegno di Posturologia: La Posturologia nell'Arte e nello Sport". Presentazione orale **Dott Johnny Padulo** titolo "La valutazione stabilometrica nell'anziano"
 18. Cagliari 14 dicembre 2012. Coni Sardegna e Dipartimento di Medicina (Università di Cagliari). Convegno: La Ricerca Scientifica applicata allo Sport "L'Università verso le Olimpiadi". Presentazione orale **Dott. Johnny Padulo** titolo "La valutazione cinematica della corsa su diverse pendenze"
 19. Taranto, 29/30 dicembre 2012 Convegno FIJLKAM "Budo Day - Propriocezione e Prevenzione in età evolutiva negli sport da combattimento. Presentazione orale **Dott Johnny Padulo** titolo "La valutazione stabilometrica nei bambini come strumento di controllo del carico d'allenamento".
 20. Cagliari 15 febbraio 2011. CONI Sardegna e Dipartimento di Ingegneria Meccanica (Università di Cagliari). Convegno: "Monitorare e Migliorare le performance nello sport con le innovazioni scientifiche e tecnologiche. Presentazione orale **Dott. Johnny Padulo** titolo "Il costo energetico della corsa a diverse pendenze".
 21. Campobasso 22 settembre 2011. CONI Molise – Università degli Studi del Molise. Convegno "La Pesistica: Applicazione pratica e sviluppi futuri". Presentazione orale **Dott. Johnny Padulo** titolo "La valutazione della potenza muscolare".
 22. Roma 19 aprile 2010 Università Roma Tor Vergata Facoltà Medicina e Chirurgia relatore al Convegno: "Mestieri e Professioni del Laureato in Scienze Motorie nell'Universo Sportivo Contemporaneo" Presentazione orale **Dott. Johnny Padulo** titolo "La tecnologia in ambito sportivo"
 23. Relatore: Effect of fast vs. low arm extension training on size, strength and activation of upper limb muscles in bodybuilders. VII[^] Edizione della giornata della Ricerca Scientifica 18 giugno 2010 – Facoltà di Medicina e Chirurgia – Università degli Studi di Cagliari
 24. Relatore: Optimization Of Starting Conditions In Track Cycling Competitions. **J. Padulo.** VII[^] Edizione della giornata della Ricerca Scientifica 18 giugno 2010 – Facoltà di Medicina e Chirurgia – Università degli Studi di Cagliari.
 25. Relatore: A Kinematic Analysis Of Rugby Place-Kicking. **J. Padulo.** VII[^] Edizione della giornata della Ricerca Scientifica 18 giugno 2010 – Facoltà di Medicina e Chirurgia – Università degli Studi di Cagliari.
 26. Relatore: Kinematic analysis of race-walking at increasing velocity and slope. **J. Padulo.** II° Congresso Nazionale SISMES – Torino 1,2 ottobre 2010.
 27. Relatore: The effect on joint mobility after one-week training with karate-preparatory exercises vs. sport games in children. **J. Padulo** II° Congresso Nazionale SISMES –

Torino 1,2 ottobre 2010

28. Termoli 18 luglio 2010 Convegno: “Crescere con la Boxe” P.G.S. e CONI Molise Presentazione orale **Dott. Johnny Padulo** titolo “**Il modello prestazionale nella Boxe**”
29. Termoli 10-12 luglio 2009 Convegno Internazionale: “L’allenamento funzionale” P.G.S. Molise e CONI Presentazione orale **Dott. Johnny Padulo** titolo “La video analisi negli sport da combattimento”
30. Petrella Tifernina (CB) 19 agosto 2009 FIDAL Convegno Internazionale: “La corsa in una nuova dimensione” Presentazione orale **Dott. Johnny Padulo** titolo “La corsa in salita”
31. Termoli 31 maggio 2009 Convegno Internazionale “La Scienza al servizio dello Sport” P.G.S. Molise e CONI Presentazione orale **Dott. Johnny Padulo** titolo “La valutazione funzionale dell’atleta”.
32. Montemiletto (AV) 10 Dicembre 2005 Montemiletto Team Running e FIDAL; Convegno Internazionale “Alimentazione, obesità e sport”. Presentazione orale **Dott. Johnny Padulo** titolo “La programmazione nutrizionale pre gara”.

RELATORE A CONGRESSI E CONVEGNI INTERNAZIONALI

1. XII Congresso Internazionale Sismes – Padova (Italia) 10 Ottobre 2021. Presentazione orale: **Padulo Johnny** titolo: The energetic cost of forward vs shuttle running in marathon runners and soccer players
2. Conferenza Internazionale “Primo convegno internazionale di medicina, psicologia, metodologia e body conditioning nella danza”. Ateneo della Danza (Centro di formazione professionale delle arti coreutiche) con riconoscimento ECM. Presentazione orale su invito **Padulo Johnny** Titolo: La Danza.....: è questione di chimica o di fisica? Siena 23 luglio 2021
3. Convegno Internazionale della Task “Webinar” 27 aprile 2021, Presentazione orale su invito **Padulo Johnny** titolo: La variabilità della pagaiata come strumento per il monitoraggio del carico esterno nell’allenamento dei kayaker
4. Conferenza Internazionale della Sport Science Accademy. Campus X Roma 14 dicembre 2019 Presentazione orale **Padulo Johnny** titolo: Poster guidelines.
5. Conferenza Internazionale della Sport Science Accademy. Campus X Roma 13 dicembre 2019 Presentazione orale **Padulo Johnny** titolo: Articolo scientifico vs. articolo divulgativo
6. VI Convegno Internazionale MADSS – Salerno (Italia) 23 Novembre 2019. Presentazione orale **Padulo Johnny** titolo: La strategia per correggere gli errori nella tecnica dei danzatori
7. XI Congresso Internazionale Sismes – Bologna (Italia) 27/29 Settembre 2019. Presentazione orale **Padulo Johnny** titolo: Ecological and construct validity of a repeated sprint test in Parkour
8. Congresso Internazionale dell’European of College of Sport Science ECSS – Praga (Rep Ceca) 4 Luglio 2019 Presentazione orale **Padulo Johnny** titolo: Uphill running gait variability.
9. Congresso Internazionale dell’European of College of Sport Science ECSS – Dublino (Irlanda) 5 Luglio 2018 Presentazione orale **Padulo Johnny** titolo: Validity and Reliability of a 30-S Continuous Jumps Test to assess anaerobic power and capacity in young Karatekas.
10. 1^ Conferenza Internazionale: Talents and dual career in sports. Facoltà di kinesiologia Università di Split (Croazia) 11-12 Luglio 2018 Presentazione orale **Padulo Johnny** titolo: Sport practice effect on cognitive performance in elementary school
11. Conferenza Internazionale della Sport Science Accademy. Roma 8 settembre 2018

- Presentazione orale **Padulo Johnny** titolo: 1-RM for every-one”.
12. 6° Congresso Internazionale National Strength and Conditioning Association N.S.C.A. Madrid (Spagna) Universidad Europea - Villaviciosa de Odón 29 Settembre 2018. Presentazione orale **Padulo Johnny** Titolo: Predictive ability of body mass parameter to estimate 4-6 RM of pectoral and leg muscles exercises’ in body-builder
 13. Conferenza Internazionale della Sport Science Accademy. Milano 27 ottobre 2018 Presentazione orale **Padulo Johnny** titolo: 1-RM for every-one as a multidisciplinary approach”.
 14. 8° Congresso Internazionale I.S.Mu.L.T. Open mind and new technologies in muscles ligaments and tendons. Presentazione orale **Padulo Johnny** Titolo: Shoes and insoles: the influence on motor task. Salerno 1 dicembre 2018
 15. Conferenza Internazionale della Sport Science Accademy. Campus X Roma 14 dicembre 2018 Presentazione orale **Padulo Johnny** titolo: Un’idea originale per un valido progetto
 16. Congresso Internazionale dell’European of College of Sport Science ECSS – Metropolis Ruhr (Germany) 6 Luglio 2017 Presentazione orale **Padulo Johnny** titolo: Validity/Reliability of a low-cost IMU-Enanced 50-Hz GPS receiver for team sport investigations.
 17. Convegno Internazionale: the paradigm of anaerobic capacity and anaerobic power. Spalato (Croatia) Università di Split – Facoltà di Kinesiologia, 28 ottobre 2017 Presentazione orale **Padulo Johnny** titolo: “Anaerobic capacity during the run test”.
 18. Bauru (Brasile) 14 Giugno 2016 – Università Unesp, Convegno Internazionale “La Corsa” Presentazione orale **Dr. Padulo Johnny** titolo “La biomeccanica della corsa: una nuova prospettiva di approfondimento
 19. Palermo 24-26 giugno 2016 – Convegno Internazionale “Euro Mediterranean Institute of Science and Technology –FeEL EWos – Families Live European Week of Sport. Presentazione orale **Dr. Padulo Johnny** titolo “La prestazione motoria e cognitiva”
 20. Spalato (Croatia) Università di Split – Facoltà di Kinesiologia, 25 luglio 2016 Convegno Internazionale: Scientific Research. Presentazione orale **Padulo Johnny** Titolo “How to improve research!”
 21. Congresso Internazionale dell’European of College of Sport Science ECSS – Vienna (Austria) 6/9 Luglio 2016 Presentazione orale **Padulo Johnny** titolo: Effects of circadian rhythms on night-time-swimming during the Olympics: will performance be affected?: A pilot study for Rio 2016
 22. Congresso Internazionale dell’European of College of Sport Science ECSS – Vienna (Austria) 6/9 Luglio 2016 Presentazione orale **Padulo Johnny** titolo: Metabolic optimization of the basketball jump-shot.
 23. VIII Congresso Internazionale Sismes – Rome (Italy) 7/9 October 2016 Presentazione orale **Padulo Johnny** titolo: A systematic review of table tennis-related injuries. Ball score test sensitivity to discriminate international vs. national level table tennis players
 24. Spalato (Croatia) Università di Split – Facoltà di Kinesiologia, 5/6 dicembre 2016 Convegno Internazionale “Le nuove tendenze tecnologiche in ambito sportivo e kinesiologico”. Presentazione orale **Padulo Johnny** titolo: “Sport technology”
 25. Roma (Università Foro Italico) 7/9 ottobre 2016 – VIII Convegno Internazionale - Sismes Presentazione orale **Padulo Johnny** Titolo: “Ball Score test nei giocatori di Tennis Tavolo”
 26. Congresso Internazionale dell’European of College of Sport Science ECSS – Malmo (Sweden) 24/27 June 2015 Presentazione orale **Padulo Johnny** titolo: The effects of recovery time on repeated sprint ability in soccer players
 27. VII Congresso Internazionale Sismes – Padova (Italy) 2/4 October 2015. Presentazione orale **Padulo Johnny** titolo: Sensibility of neuromuscular performances in clinically healthy soccer players under fatigue conditions

28. Congresso Internazionale dell'European of College of Sport Science ECSS ECCS International Conference Sport Science – Amsterdam (Holland) 1/5 July 2014. Presentazione orale **Padulo Johnny** Titolo The effects of multiple changes of direction training on neuromuscular performances
29. VI Convegno Internazionale - Sismes – Naples (Italy) 26/28 September 2014 Presentazione orale **Padulo Johnny** Titolo: Gradient repeated sprint ability in young soccer players.
30. Bergamo 25 ottobre 2014; I.A.L.T. Convegno Internazionale: Patologia dell'avampiede e del mesopiede nello sport. Presentazione orale **Dott. Johnny Paulo** titolo: "Barefoot"
31. Congresso Internazionale "PERSPECTIVES IN PHYSICAL EDUCATION AND SPORT" – Costanta (Romania) May 23 – 24, 2014. Presentazione orale **Padulo Johnny** Titolo: Validity of RPE session in young male karate athletes
32. Congresso Internazionale dell'European of College of Sport Science ECSS – Amsterdam (Holland) 1/5 July 2014 Presentazione orale **Padulo Johnny** titolo: The effects of multiple changes of direction training on neuromuscular performances
33. VI Congresso Internazionale Sismes – Naples (Italy) 26/28 September 2014 Presentazione orale **Padulo Johnny** titolo: Gradient repeated sprint ability in young soccer players.
34. Maggio 23 – 24, 2014; Congresso Internazionale "PERSPECTIVES IN PHYSICAL EDUCATION AND SPORT" – University "Physical Education" of Costanta (Romania). Presentazione orale **Padulo Johnny** titolo: Validity of rpe session in young male karate athletes.
35. 13st Congresso Internazionale "PERSPECTIVES IN PHYSICAL EDUCATION AND SPORT" – University "Physical Education" of Costanta (Romania) Presentazione orale **Padulo Johnny** titolo: Acute effect of whole body vibration on running gait in marathon runners May 24,25 2013
36. Congresso Internazionale dell'European of College of Sport Science ECSS – Barcellona (Spain) 26/29 June 2013 Presentazione orale **Padulo Johnny** Titolo: The acute effect of whole body vibration on repeated shuttle-running in young soccer players
37. V Congresso Internazionale Sismes – Pavia (Italy) 25/29 September 2013 Presentazione orale **Padulo Johnny** titolo: The acute effect of multiple change/direction during shuttle running in young basketball players.
38. Barcellona, 26/28 giugno 2013; Congresso Internazionale dell'European of College of Sport Science ECSS – Presentazione orale **Dott. Johnny Padulo** Titolo: The acute effect of whole body vibration on repeated shuttle-running in young soccer players.
39. Relatore: Uphill Training in Soccer Players: Sprint vs. Intermittent. **J. Padulo**. XXXII World Congress of Sports Medicine – Rome (Italy) 27/30 September 2012
40. Relatore: Sprint vs. Intermittent Training In Young Basketball Players. **J. Padulo** ECCS International Conference Sport Science – Brudges (Belgium) 4/7 July 2012
41. Relatore: Kinematic and Heart Rate analysis of soccer at increasing or constant velocity. **J. Padulo** I° International Conference Science and Football – Palermo 15/17 April 2011.
42. Relatore: Goalkeeping Match Analysis. **J. Padulo** I° International Conference Science and Football – Palermo 15/17 April 2011
43. Relatore: Slopes And Speed Related Effects On Kinematic And Emg Patterns In Elite Race Walking. **J. Padulo** ECCS International Conference Sport Science – Liverpool (UK) 6/8 July 2011
44. Relatore: Kinematics Of Running At Different Slopes And Speeds **J. Padulo** ECCS International Conference Sport Science – Liverpool (UK) 6/8 July 2011
45. Relatore: Control of muscle activation as a function of the initial leg position in a simple cycling paradigm. **J. Padulo** 8th IBRO World Congress of Neuroscience – Florence 14/18 July 2011
46. 30 sett/1 ott – 2011. Convegno Internazionale, FIJLKAM Sede Istituto Fond. Pennese

Portici (NA). “La gestione dell’atleta nel terzo millennio” Presentazione orale **Dott. Johnny Padulo** titolo “Il monitoraggio dell’allenamento nei bambini che praticano karate” Il Pres. Della Rep. Giorgio Napolitano ha conferito al congresso una propria medaglia di rappresentanza.

47. Castelvoturno (CE) 4 luglio 2010, FIJLKAM **Convegno tecnico internazionale di Karate** "I sistemi di valutazione dell’allenamento”. Presentazione orale **Dott. Johnny Padulo** titolo “La preparazione fisica nel Karate”
48. 40° Jubileumi Mozgásbiológiai Università di Budapest “Convegno Internazionale” Budapest (HU) 18 November 2010 Presentazione orale **Padulo Johnny** Titolo: Running on different gradient

BREVETTI

1. **Johnny Padulo** – Stefano Vando. “MarkWiiR” sensore infrarosso per studiare/valutare la dinamica del passo. Deposito N.LT2012A000008 – Brevetto nr. 0000281020 deposito del 17.07.2012 presso L’Ufficio Marchi e Brevetti di Latina (Ministero dello Sviluppo Economico) accettato il 05.01.2016, proroga dal 2017
2. Luca Russo, **Johnny Padulo**, Alfonso Traficante, Alberto Baldini. Panca modulare per valutazioni isometriche. N. 202019000001440 deposito del 03.05.2019 presso L’Ufficio Marchi e Brevetti di Roma (Ministero dello Sviluppo Economico) accettato il 29.05.2020
3. Benedetto Arnone, **Johnny Padulo**, Stefano Palermi, Vittoria Maria Patania. “Calzino sensorizzato per le pressioni plantari” N. 202019000000767 deposito del 09.03.2019 presso L’Ufficio Marchi e Brevetti di Roma (Ministero dello Sviluppo Economico) accettato il 25.02.2021

Milano li, 1 agosto 2022

Prof Johnny Padulo PhD FECSS

