

## ERMANNNO, RAMPININI

### P E R S O N A L   I N F O R M A T I O N

### E D U C A T I O N

**Università degli Studi di Milano – Dipartimento di Scienze dello Sport, Nutrizione e Salute, Facoltà di Scienze Motorie – 2014**

*Milano*

*Dottorato di Ricerca in Scienze dello Sport – (Doctor of Philosophy degree - PhD).*

**Università degli Studi di Milano – Facoltà di Scienze Motorie – 2001**

*Milano*

*Laurea in Scienze Motorie – (Master degree level).*

**Istituto Superiore di Educazione Fisica della Lombardia – 1995**

*Milano*

*Diploma di Educazione Fisica – (Bachelor degree level).*

**Istituto Magistrale Statale “M. Curie” – 1992**

*Tradate (VA)*

*Diploma di Maturità magistrale – (High School Certificate).*

### M A I N   P R O F E S S I O N A L   E X P E R I E N C E

**Sport Service MAPEI srl – from 2000**

*Castellanza (VA)*

- *Chief Operating Officer*
- *Head of Human Performance Laboratory*
- *Scientific Director*
- *Physiological assesment, training and scientific support for top level athletes and teams: professional cyclistis, mountain bikers, pro-cycling teams, professional soccer players, professional basketball players and technical staff, Italian National Golf team, tennis players, fencers, Kenyan runners, Italian Alpine ski team, professional motorbikers*
- *Company tutor for PhD students and stagers*

### E X T E R N A L   S C I E N T I F I C R E S P O N S A B I L I T I E S

*Reviewer for following journals:*

- *Applied Physiology Nutrition and Metabolism*
- *European Journal of Applied Physiology*
- *European Journal of Sport Sciences*
- *International Journal of Performance Analysis of Sport*
- *International Journal of Sports Medicine*
- *International Journal of Sports Physiology and Performance*

- *Journal of Sports Sciences*
- *Journal of Sport Science and Medicine*
- *Journal of Strength and Conditioning Research*
- *Journal of Science and Medicine in Sport*
- *Journal of Sport Medicine and Physical Fitness*
- *Medicine and Science in Sports and Exercises*
- *Ploze One*
- *Scandinavian Journal of Medicine and Science in Sports*
- *Sports Medicine*
- *Perception and motor skill*

Member of the European College of Sport Science

## PUBLICATIONS ON PEER-REVIEWED JOURNALS

Sansone P, Conte D, Tessitore A, **Rampinini E**, Ferioli D. A Systematic Review on the Physical, Physiological, Perceptual, and Technical-Tactical Demands of Official 3 × 3 Basketball Games. *Int J Sports Physiol Perform*. 2023 Aug 11;18(11):1233-1245. doi: 10.1123/ijsp.2023-0104. Print 2023 Nov 1. PMID: 37567576

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Gallo G, Bosio A, Martin M, Morelli A, Azzolini M, Guercilena L, Larrazabal J, **Rampinini E**. Relationships between training dose and record power outputs in professional road cyclists: insights and threats to validity. *Biol Sport*. 2023 Apr;40(2):485-495. doi: 10.5114/biol sport.2023.114284. Epub 2022 Jul 21. PMID: 37077803 Free PMC article.

Ferioli D, **Rampinini E**, Conte D, Rucco D, Romagnoli M, Scanlan A. Physical demands during 3 × 3 international male and female basketball games are partially impacted by competition phase but not game outcome. *Biol Sport*. 2023 Apr;40(2):377-387. doi: 10.5114/biol sport.2023.116012. Epub 2022 Jun 1. PMID: 37077781 Free PMC article.

Ferioli D, Conte D, Rucco D, Alcaraz PE, Vaquera A, Romagnoli M, **Rampinini E**. Physical Demands of Elite Male and Female 3 × 3 International Basketball Matches. *J Strength Cond Res*. 2023 Apr 1;37(4):e289-e296. doi: 10.1519/JSC.0000000000004338. Epub 2022 Sep 22. PMID: 36165976

Gualtieri A, **Rampinini E**, Dello Iacono A, Beato M. High-speed running and sprinting in professional adult soccer: Current thresholds definition, match demands and training strategies. A systematic review. *Front Sports Act Living*. 2023 Feb 13;5:1116293. doi: 10.3389/fspor.2023.1116293. eCollection 2023. PMID: 36860737 Free PMC article. Review.

Francini L, Castagna C, Bosio A, Connolly D, Induni M, Cereda F, **Rampinini E**. Association between match physical activity and neuromuscular characteristics in youth football. *J Sports Med Phys Fitness*. 2023 Jan;63(1):202-211. doi: 10.23736/S0022-4707.22.13537-1. Epub 2022 Mar 1. PMID: 35230067

**Rampinini E**, Martin M, Davide F, Bosio A, Azzolini M, Riggio M, Maffiuletti NA. Peripheral muscle function during repeated changes of direction in professional soccer players. *Eur J Appl Physiol*. 2022 Sep;122(9):2125-2134. doi: 10.1007/s00421-022-04988-2. Epub 2022 Jun 29. PMID: 35768697

**Rampinini E**, Martin M, Bosio A, Donghi F, Carlomagno D, Riggio M, Coutts AJ. Impact of COVID-19 lockdown on professional soccer players' match physical activities. *Sci Med Footb*. 2021 Nov;5(sup1):44-52. doi: 10.1080/24733938.2021.1995033. Epub 2021 Oct 31. PMID: 35077319

**Rampinini E**, Donghi F, Martin M, Bosio A, Riggio M, Maffiuletti NA. Impact of COVID-19 Lockdown on Serie A Soccer Players' Physical Qualities. *Int J Sports Med*. 2021 Feb 23. doi: 10.1055/a-1345-9262. Online ahead of print. PMID: 33621997.

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Donghi F, **Rampinini E**, Bosio A, Fanchini M, Carlomagno D, Maffiuletti NA. Morning Priming Exercise Strategy to Enhance Afternoon Performance in Young Elite Soccer Players. *Int J Sports Physiol Perform*. 2021 Jan 5;16(3):407-414. doi: 10.1123/ijsp.2020-0094. PMID: 33401241.

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Petruolo A, Connolly RD, Bosio A, Induni M, **Rampinini E**. Physiological profile of elite BMX cyclists and physiological-perceptual demands of a BMX race simulation. *J Sports Med Phys Fitness*. 2020 May 13. doi: 10.23736/S0022-4707.20.10855-7. Online ahead of print. PMID: 32406391.

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Ferioli D, **Rampinini E**, Bosio A, La Torre A, Azzolini M, Coutts AJ. The physical profile of adult male basketball players: Differences between competitive levels and playing positions. *J Sports Sci*. 2018 Nov;36(22):2567-2574. doi: 10.1080/02640414.2018.1469241. Epub 2018 Apr 26. PubMed PMID: 29697296.

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Ludwig N, Trecroci A, Gargano M, Formenti D, Bosio A, **Rampinini E**, Alberti G. Thermography for skin temperature evaluation during dynamic exercise: a case study on an incremental maximal test in elite male cyclists. *Appl Opt*. 2016 Dec 1;55(34):D126-D130. doi: 10.1364/AO.55.00D126.

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**Rampinini E**, Connolly DR, Ferioli D, La Torre A, Alberti G, Bosio A. Peripheral neuromuscular fatigue induced by repeated-sprint exercise: cycling vs running. *J Sports Med Phys Fitness*. 2014 Oct 7. [Epub ahead of print].

**Rampinini E**, Alberti G, Fiorenza M, Riggio M, Sassi R, Borges TO, Coutts AJ. Accuracy of GPS devices for measuring high-intensity running in field-based team sports. *Int J Sports Med*. 2015 Jan;36(1):49-53.

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**Rampinini E**, Connolly DR, Oppici L, Alberti G, La Torre A, Bosio A. Reliability of the assessment of peripheral muscle fatigue induced by high-intensity intermittent exercise. *J Sports Med Phys Fitness*. 2015 Oct;55(10):1129-37.

Coutts AJ, Kempton T, Sullivan C, Bilsborough J, Cordy J, **Rampinini E**. Metabolic power and energetic costs of professional Australian Football match-play. *J Sci Med Sport*. 2015 Mar;18(2):219-24.

Menaspà P, **Rampinini E**, Tonetti L, Bosio A. Physical fitness and performances of an amputee cycling world champion: a case study. *Int J Sports Physiol Perform*. 2012 Sep;7(3):290-4.

La Torre A, Vernillo G, Agnello L, Barardelli C, **Rampinini E**. Is it time to consider a new performance classification for high-level male marathon runners?. *J Strength Cond Res*. 2011 Dec;25(12):3242-7.

**Rampinini E**, Bosio A, Ferraresi I, Petruolo A, Morelli A, Sassi A. Match-related fatigue in soccer players. *Med Sci Sports Exerc*. 2011 Nov;43(11):2161-70.

Menaspà P, **Rampinini E**, Bosio A, Carlomagno D, Riggio M, Sassi A. Physiological and anthropometric characteristics of junior cyclists of different specialties and performance levels. *Scand J Sci Sports*. 2012 Jun;22(3):392-8.

Sassi A, Stefanescu A, Mensapà P, Bosio A, Riggio M, **Rampinini E**. The cost of running on natural grass and artificial surfaces. *J Strength Cond Res*. 2011 Mar;25(3):606-11.

**Rampinini E**, Sassi A, Azzalin A, Castagna C, Menaspà P, Carlomagno D, Impellizzeri FM. Physiological determinants of Yo-Yo intermittent recovery tests in male soccer players. *Eur J Appl Physiol*. 2010 Jan;108(2):401-9.

**Rampinini E**, Sassi A, Morelli A, Mazzoni S, Fanchini M, Coutts AJ. Repeated-sprint ability in professional and amateur soccer players. *Appl Physiol Nutr Metab*. 2009 Dec;34(6):1048-54.

Iaia M, **Rampinini E**, Bangsbo J. High-intensity training in football. Review. *Int J Sports Physiol Perform*. 2009 Sep;4(3):291-306.

Castagna C, Chaouachi A, **Rampinini E**, Chamari K, Impellizzeri FM. Aerobic and explosive power performance of elite Italian regional-level basketball players. *J Strength Cond Res*. 2009 Oct;23(7):1982-7.

Castagna C, Impellizzeri FM, Cecchini E, **Rampinini E**, Alvarez JC. Effects of intermittent-endurance fitness on match performance in young male soccer players. *J Strength Cond Res*. 2009 Oct;23(7):1954-9.

Coutts AJ, Quinn J, Hocking J, Castagna C, **Rampinini E**. Match running performance in elite Australian Rules Football. *J Sci Med Sport*. 2010 Sep;13(5):543-8.

Impellizzeri FM, **Rampinini E**, Maffiuletti NA, Castagna C, Bizzini M, Wisløff U. Effects of aerobic training on the exercise-induced decline in short-passing ability in junior soccer players. *Appl Physiol Nutr Metab*. 2008 Dec;33(6):1192-8.

Sassi A, **Rampinini E**, Martin DT, Morelli A. Effects of gradient and speed on freely chosen cadence: the key role of crank inertial load. *J Biomech*. 2009 Jan 19;42(2):171-7.

Weston M, Castagna C, Impellizzeri FM, **Rampinini E**, Breivik S. Ageing and physical match performance in English Premier League soccer referees. *J Sci Med Sport*. 2008 Oct 3.

Sassi A, Impellizzeri FM, Morelli A, Menaspà P, **Rampinini E**. Seasonal changes in aerobic fitness indices in elite cyclists. *Appl Physiol Nutr Metab*. 2008 Aug;33(4):735-42.

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**Rampinini E**, Impellizzeri FM, Castagna C, Azzalin A, Ferrari Bravo D, Wisløff U. Effect of match-related fatigue on short-passing ability in young soccer players. *Med Sci Sports Exerc.* 2008 May;40(5):934-42.

**Rampinini E**, Impellizzeri FM, Castagna C, Coutts AJ, Wisløff U. Technical performance during soccer matches of the Italian Serie A league: effect of fatigue and competitive level. *J Sci Med Sport.* 2009 Jan;12(1):227-33.

Ferrari Bravo D, Impellizzeri FM, **Rampinini E**, Castagna C, Bishop D, Wisloff U. Sprint vs. interval training in football. *Int J Sports Med.* 2008 Aug;29(8):668-74.

Impellizzeri FM, Bizzini M, **Rampinini E**, Cereda F, Maffiuletti NA. Reliability of isokinetic strength imbalance ratios measured using the Cybex NORM dynamometer. *Clin Physiol Funct Imaging.* 2008 Mar;28(2):113-9.

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Impellizzeri FM, Ebert T, Sassi A, Menaspà P, **Rampinini E**, Martin DT. Level ground and uphill cycling ability in elite female mountain bikers and road cyclists. *Eur J Appl Physiol.* 2008 Feb;102(3):335-41.

Castagna C, Impellizzeri FM, **Rampinini E**, D'Ottavio S, Manzi V. The Yo-Yo intermittent recovery test in basketball players. *J Sci Med Sport.* 2008 Apr;11(2):202-8.

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**Rampinini E**, Coutts AJ, Castagna C, Sassi R, Impellizzeri FM. Variation in top level soccer match performance. *Int J Sports Med.* 2007 Dec;28(12):1018-24.

**Rampinini E**, Impellizzeri FM, Castagna C, Abt G, Chamari K, Sassi A, Marcora SM. Factors influencing physiological responses to small-sided soccer games. *J Sports Sci.* 2007 Apr;25(6):659-66.

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**Rampinini E**, Bishop D, Marcora SM, Ferrari Bravo D, Sassi R, Impellizzeri FM. Validity of simple field tests as indicators of match-related physical performance in top-level professional soccer players. *Int J Sports Med.* 2007 Mar;28(3):228-35.

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Maffiuletti NA, Impellizzeri F, **Rampinini E**, Bizzini M, Mognoni P. Is aerobic power really critical for success in alpine skiing? *Int J Sports Med.* 2006 Feb;27(2):166-7; author reply 168-9.

La Torre A, Impellizzeri FM, **Rampinini E**, Casanova F, Alberti G, Marcora SM. Cardiovascular responses to aerobic step dance sessions with and without appendicular overload. *J Sports Med Phys Fitness*. 2005 Sep;45(3):264-9.

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Impellizzeri FM, **Rampinini E**, Sassi A, Mognoni P, Marcora S. Physiological correlates to off-road cycling performance. *J Sports Sci*. 2005 Jan;23(1):41-7.

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## ABSTRACTS PUBLISHED ON SCIENTIFIC JOURNALS

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Impellizzeri FM, Sassi A, Mognoni P and **Rampinini E**. Validity of a submaximal field test to evaluate aerobic fitness changes in soccer players. *J Sports Sci*. 2004; 22(6):547.

## PRESENTATIONS AT INTERNATIONAL CONGRESSES

Gualtieri A, Connolly RD, Riggi E, **Rampinini E**, Sassi R. Acute:Chronic work load ratio and injuries in elite soccer players: a comparison of two different approaches. 24th European College of Sport Science – Prague, Czech Republic 3<sup>th</sup>-6<sup>th</sup> July 2019. Oral.

Connolly RD, Gualtieri A, Ferrari-Bravo D, Sassi A, **Rampinini E**, Coutts AJ. Pitch dimensions in elite youth soccer training: impact on exercise intensity. 23rd European College of Sport Science – Dublin, Ireland 4<sup>th</sup>-7<sup>th</sup> July 2018. Oral.

Bosio A, Bizzi M, **Rampinini E**, Riggio M, Connolly RD, Marcora SM. Performance, physiological and psychological effects of additional cognitive workload during small-sided soccer games. 22nd European College of Sport Science – Metropolis Ruhr, Germany 5<sup>th</sup>-8<sup>th</sup> July 2017. Oral.

Connolly RD, Gualtieri A, Ferrari-Bravo D, Sassi R, **Rampinini E**. Inter and intra-seasonal variations in endurance and muscular performance in elite youth soccer players. 22nd European College of Sport Science – Metropolis Ruhr, Germany 5<sup>th</sup>-8<sup>th</sup> July 2017. Oral.

Donghi F, Bosio A, **Rampinini E**, Morelli A, Induni M, Maffiuletti NA. Effect of different morning priming exercise on afternoon performance in road cyclists. 22nd European College of Sport Science – Metropolis Ruhr, Germany 5<sup>th</sup>-8<sup>th</sup> July 2017. Oral.

Feroli D, Bosio A, Bilborough, JC, Tornagh, M, La Torre A, **Rampinini E**. The effect of training on peripheral neuromuscular fatigue induced by repeated change of direction in basketball. 22nd European College of Sport Science – Metropolis Ruhr, Germany 5<sup>th</sup>-8<sup>th</sup> July 2017. Oral.

Fanchini M, **Rampinini E**, Riggio M, Coutts AJ, Pecci C., McCall A. Association and predictive ability of training load with injury in elite soccer players. World Conference on Science and Soccer – Rennes, France 31<sup>st</sup> May – 2<sup>nd</sup> June 2017. Oral.

Gualtieri A, Connolly D, Ferrari Bravo D, Sassi R, **Rampinini E**. Match performance analysis in elite youth soccer players: a preliminary study – Rennes, France 31<sup>st</sup> May – 2<sup>nd</sup> June 2017. Oral.

**Rampinini E**, Donghi F, Bosio A, Fanchini M, Carlomagno D, Maffiuletti NA. *Effect of morning priming exercise on afternoon performance in young soccer players – Rennes, France 31<sup>st</sup> May – 2<sup>nd</sup> June 2017. Oral.*

Ferioli D, Bosio A, Carlomagno D, Azzolini M, La Torre A, **Rampinini E**. *Relationships between training load and physical fitness' changes in professional and semi-professional basketball players. 21st European College of Sport Science – Vienna, Austria 6<sup>th</sup>-9<sup>th</sup> July 2016. Oral.*

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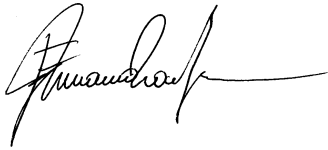
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**Rampinini E.**

E. Rampinini

A handwritten signature in black ink, appearing to read 'E. Rampinini', with a long horizontal stroke extending to the right.