

Curriculum Vitae

PERSONAL INFORMATION

Federico Donghi

WORK EXPERIENCE

Current Position
September 2017 -

Sport scientist & fitness trainer – Sport Service Mapei, Olgiate Olona (VA)

- Head of Training Department – Return to sport & athletic performance optimization
- Physiological, neuromuscular and functional assessment for pro athletes and amateurs
- Research, development and implementation of specific functional assessment test
- Management of the quality system (ISO 9001:2015) and lab instrumentation controlling
- Author and co-author and reviewer of scientific research in the field of “Sport Science”

September 2016 – July 2017

Research fellow (winner of the research grant “Aldo Sassi” - Mapei Sport Service)

Project: “Delayed Potentiation: effect in different sport disciplines”

November 2014 –2020

Strength and conditioning coach, individual and team sports (soccer, basketball, tennis, track & field).

EDUCATION AND TRAINING

Research grant

Winner of the 5th research grant “Aldo Sassi” 2016 – Fondazione MAI & MAPEI

Memberships

European College of Sport Science (ECSS) – 2016, 2017, 2025

2013/ 2016

Master Degree (MSc) Sport Science, 110/110 with hon

Thesis: Validation of the Microsoft Kinect™ for evaluating knee joint angle during squat.

Faculty of Sport Science – University of Milan

2010 / 2013

Bachelor Degree (Bsc) Sport Science

Thesis: The speed record in mountaineering ascent and the physiological adaptation processes.

Faculty of Sport Science – University of Milan

Papers on scientific journal
(peer-reviewed)

Association between running activities and odds of scoring goals during professional soccer matches. Ermanno Rampinini, Marco Martin, Nicola Riva, Marco Riggio, **Federico Donghi**, Aaron James Coutts. March 2025. Research in Sports Medicine. DOI: <https://doi.org/10.1080/15438627.2025.2475038>

Impact of COVID-19 lockdown on professional soccer players' match physical activities. Ermanno Rampinini, Marco Martin, Andrea Bosio, **Federico Donghi**, Domenico Carlomagno, Marco Riggio, Aaron James Coutts. October 2021. Science and Medicine in Football. DOI: [10.1080/24733938.2021.1995033](https://doi.org/10.1080/24733938.2021.1995033)

Impact of COVID-19 lockdown on Serie A soccer players' physical qualities. Ermanno Rampinini, **Federico Donghi**, Marco Martin, Andrea Bosio, Marco Riggio, Nicola A. Maffiuletti. February 2021. International Journal of Sports Medicine. DOI: [10.1055/a-1345-9262](https://doi.org/10.1055/a-1345-9262)

Morning Priming Exercise Strategy to Enhance Afternoon Performance in Young Elite Soccer Players. **Federico Donghi**, Ermanno Rampinini, Andrea Bosio, Maurizio Fanchini, Domenico Carlomagno, Nicola A. Maffiuletti. January 2021. International Journal of Sports Physiology and Performance. DOI: [10.1123/ijsp.2020-0094](https://doi.org/10.1123/ijsp.2020-0094)

Book of abstract

Exploring inter-limb asymmetries relationship using isokinetic, jump and change of direction tests. **Federico Donghi**, Mattia Frigerio, Andrea Bosio, Gabriele Scalise, Mattia Pollini, Marco Martin, Ermanno Rampinini. "30th Annual Congress of the European College of Sport Science". Rimini, Italy 2025

Differences in Neuromuscular Qualiteis Between Speed and Technical Italian Elite Apline Skiers. **Federico Donghi**, Andrea Bosio, Roberto Manzoni, Andrea Panzeri, Nicola Maffiuletti, Ermanno Rampinini. "9th International Congress on Science and Skiing", 2023. SaalbachHinterglemm, Austria

Effect of Different Morning Priming Exercises on Afternoon Performance in Road Cyclist. **Federico Donghi**, Andrea Bosio, Ermanno Rampinini, Andrea Morelli, Massimo Induni, Nicola Maffiuletti. 22nd Annual Congress of the European College of Sport Science. Ruhr 2017.

Effect of Morning Priming Exercise on Afternoon Performance in Young Soccer Players. Ermanno Rampinini, **Federico Donghi**, Andrea Bosio, Maurizio Fanchini, Domenico Carlomagno, Nicola Maffiuletti. 5th World Conference of Science and Soccer. Rennes 2017.

Validation of the microsoft kinect™ for evaluating knee joint angle in squat exercise. **Federico Donghi**, Alessio Rossi, Luca Bonfanti, Damiano Formenti, Giampietro Alberti. 21th Annual Congress of the European College of Sport Science. Wien 2016.

Paper on national scientific journal

Differenze fisiche e fisiologiche tra sciatori d'elite di discipline veloci e di discipline tecniche. **Federico Donghi**, Andrea Bosio, Marco Martin Roberto Manzoni, Ermanno Rampinini. Scienza&Sport.

Differenze fisiche e fisiologiche tra sciatori di Coppa del Mondo e di Coppa Europa. **Federico Donghi**, Marco Martin, Andrea Bosio, Roberto Manzoni, Ermanno Rampinini. Scienza&Sport.

Lo sci alpino: richieste fisiologiche e valutazione funzionale. **Federico Donghi**, Andrea Bosio, Roberto Manzoni, Ermanno Rampinini. Scienza&Sport Numero 37, 2018.

Oral presentations

- "La forza e la velocità – evidenze scientifiche".
XXII Corso per Esperti in Preparazione Fisica e Metodologia dell'Allenamento "Carlo Vittori".
12/09/2025. Roma, Italy.
- "Exploring inter-limb asymmetries relationship using isokinetic, jump and change direction tests".
30th Annual Congress of European College of Sport Science 04/07/2025. Rimini, Italy.
- "La biomeccanica per l'ottimizzazione della performance".
Lezioni per il Master Universitario di I livello in Biomeccanica Clinica e dello Sport dell'Università di Camerino, 07-08/06/2025. Olgiate Olona.

- "Dalla sala operatoria al salto triplo delle Olimpiadi di Parigi 2024".
11° Convegno Centro Ricerche Mapei Sport, 24/03/2025. Cadorago (CO)
- "Le valutazioni neuromuscolari nelle lesioni muscolo tendine"
Convegno Scienza&Sport Special Edition, Calcio e infortuni muscolari dall'evento traumatico al ritorno in campo. 15/03/2025. Milano
- "Allenamento di forza nel runner over".
Correre Masterclass, Correre bene a tutte le età. 09/11/2024. Milano
- "Il valore dei test di screening nella riduzione del rischio infortuni: l'esperienza Mapei Sport".
International Sports Rehabilitation Meeting, Effective Sports Knee Injuries Management: Cooperation Between Clinicians as a Key Factor, 14/06/2024. Crema
- "Differenze fisiche e fisiologiche tra sciatori di diverso livello e specialità".
10° Convegno Centro Ricerche Mapei Sport, 23/03/2024. Solbiate Olona (VA)
- "Differences in neuromuscular qualities between speed and technical Italian elite alpine skier"
9th International Congress on Science and Skiing", 22/03/2023. Saalbach, Austria
- "Metodologia dell'allenamento applicata".
14/03/2023. Università Ludes, Lugano, Svizzera
- "Test di valutazione funzionale, riabilitazione e ritorno in campo".
14/10/2022. Università Ludes, Lugano, Svizzera
- "La valutazione del calciatore". Lezioni in cooperazione con Prof. Rampinini dal 2018 ad oggi.
Master sulla preparazione atletica nel calcio, Università Cattolica di Milano e FIGC, Milano
- "Effetto dell'allenamento mattutino sulla prestazione pomeridiana nei giovani calciatori"
Congresso AIPAC: Training Load and Recovery in Football 28/05/2018. Firenze
- "Effect of Different Morning Priming Exercises on Afternoon Performance in Road Cyclist".
22th Annual Congress of European College of Sport Science 05/07/2017. Essen, Germany.
- "Effetto dell'allenamento mattutino sulla prestazione pomeridiana ("delayed potentiation") in giovani calciatori e ciclisti".
7th Convegno Centro Ricerche Mapei Sport 2017. Solbiate Olona (VA)
- Lezioni su invito tenute al corso di laurea magistrale di Scienze Motorie.
26/01/17 e 25/01/18. Unimi, Milano
- "Validation of the microsoft kinect™ for evaluating knee joint angle in squat exercise".
21th Annual Congress of European College of Sport Science. 2016. Wien, Austria.

Reviewer for scientific journals

International Journal of Sport Physiology and Performance

PlosOne

Science and Medicine in Football

Sports Medicine Open

Sport Sciences for Health

The Journal of Sports Medicine and Physical Fitness

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Signed: 25/09/2025

