

Curriculum Vitae of Antonio Tessitore Ph.D (short)

Contact Details:

Position: Associate Professor of Sport Science
Address: University of Rome Foro Italico
 Department of Movement, Human and Health Sciences
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 00135 Rome
 Italy
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Education

- Doctorate Degree in *Physical Education and Movement Sciences* at Vrije Universiteit Brussel, Brussels, Belgium
- Master of Sciences in *Theory and Methodology of Training* at University of Rome “Tor Vergata”, Rome, Italy;
- Bachelor Degree in *Motor Sciences* at University of Rome “Tor Vergata”, Rome, Italy;
- Degree of Specialization in *Sport Technics and Theory and Methodology of Training* at Superior Institute of Physical Education, Rome, Italy;
- Bachelor Degree in *Physical Education* at Superior Institute of Physical Education, Rome, Italy;

Assignments at University of Rome “Foro Italico”

Current

- Associate Professor (Sport Science) (2012, ongoing);
- Member of the Department of Movement, Human and Health Sciences;
- Member of the Phd Committee in Human Movement and Sport Sciences” (2014 – ongoing);
- President of the Institutional Committee for Sport and Educational Facilities (2014 – ongoing);
- Member of the Executive Committee of Master Degree in “Sport Sciences and Technique”
- Member of the Consulting Board of Athletic Department (2014-ongoing);
- Head Coach of the Varsity Soccer Team (2006- ongoing).

Past

- Assistant Professor (Sport Science) (2005 – 2012);
- Member of the Phd Committee in: “Sport and Health Science (since 2006-), “Sport, Exercise and Ergonomics” (since 2008-), “Physical Activity and Sport Sciences” (since 2013);
- Member of the Consulting Board of Lifelong Learning Department (2008-2013);
- Coordinator of the Sport Performance Laboratory (2009-2012);
- Rector’s Delegate for the Athletic Department, 2005-2007;

Participation in research and educational projects (main activities)

a) International projects

2018

- Coordinator of the University of Rome Foro Italico Unit of the Erasmus+ project “Education Model for Parents of Athletes In Academics (EMPATIA)”, grant awarded by European Union (agreement n° 2017-2425/001-001);
- Member of the University of Rome Foro Italico Unit of the Erasmus+ project “Intercultural Education through Physical Activity, Training and Coaching (EDUPACT)” grant awarded by European Union (agreement n° 2017-2754/001-001);

2016

- Member of the University of Foro Italico Unit for the group *LISTANet* of the European Scientific Program *DEterminants of DIet and Physical ACTivity (DEDIPAC)* Knowledge Hub of the Joint Programming Initiative Healthy Diet and Healthy Lifestyle (JPI HDHL) – (1/12/2013 - 30/11/2016)

2014

- Collaborator of the project “Intensive Programme on Sport as a Mean for European Citizenship (IP-SMEC). University of Coimbra (Portugal), funds EU.

- Member of the Advisory Board of the “4th World Conference on Science and Soccer”, Portland, OR, USA (June 5-7).

2013

- Collaborator of the project “Intensive Programme on Sport as a Mean for European Citizenship (IP-SMEC). University of Coimbra (Portugal), funds EU;
- Coordinator of the Module 7 “Specialization in Exercise Science – Coaching Expertise” of the project “Post-Graduate level Training of Trainers Programme in Physical Education & Sport”, (European Commission Liaison, office of Kosovo), funds EU;

2012:

- Collaborator of the project “Intensive Programme on Sport Performance: A Lifespan Challenge” (*IP-SPALC*) LLP/Erasmus program 2010/2011, funds EU.

2011:

- Collaborator of the project “Intensive Programme on Sport Performance: A Lifespan Challenge” (*IP-SPALC*) LLP/Erasmus program 2010/2011, funds EU.

2010:

- Collaborator of the project “Intensive Programme on Sport Performance: A Lifespan Challenge”, (*IP-SPALC*), LLP/Erasmus program 2009/2010, funds EU.

2008

- Collaborator of the project PRIN “*La pratica sportiva nella UE come nuovo diritto di cittadinanza e come sensore del mutamento culturale*” (code 2008BS7BA7), research unit in “Gender differences toward access and progression of sport carieer”.

Courses taught at the University of Rome Foro Italico, academic year 2017/18:

- “Giochi Sportivi / Team Sports”, Bachelor Degree in Sport Science (first year), responsible of the course;
- “Sport di Situazione 1 / Situational Sports 1”, Master Degree in Sport Sciences and Technique (first year), responsible of the course and module “Giochi Sportivi di Squadra 1 / Team Sports 1”;
- “Sport di Situazione 2 / Situational Sports 2” ” Master Degree in Sport Sciences and Technique (second year); responsible of the module “Giochi Sportivi di Squadra 2 / Team Sports 2”;
- “Psicologia e Coaching Sportivo / Psychology and Sport Coaching”, Bachelor Degree in Management and Organization of Elite Sport (second year), responsible of the course and module “Sport Coaching”;
- Coordinator of the following elective courses “Football Americano/American Football”; “Basball and Softball”; “Minibasket”, “Arbitro di Pallavolo/Volleyball Referee”.

Promoter of thesis for students of Bachelor Degree, Master Degree in Science and Technique of Sport and PhD school.

In the past has taught at the University Magna Graecia of Catanzaro (Catanzaro, Italy), Bachelor Degree in Sport Science, respoonsible of the course “Sport di Squadra/Team Sports” (2006-2011).

Main teaching experience abroad

- More than 20 Erasmus Teaching Staff at: Vrije Universiteit Brussel (Belgium); University of Coimbra (Portugal); University of Ljubljana (Slovenia); Universidad Autonoma de Madrid (Spain); Catholic University of Valencia (Spain); Universidad Polit cnica de Madrid (Spain); University of Vienna (Austria); University of Elbasan “Aleksander Xhuvani” (Albania); University of Shkodra “Luigj Gurakuqi” (Albania); University of Pristina (Republic of Kosovo); Alexandru Ioan Cuza University of Iasi (Romania)

- Invited Professor at University of Coimbra (Portugal), at Master Degree in Biokinetics, course of “Muscle adaptation to exercise”, module of 13 hours, academic years 2015/16; 2016/17 and 2017/18;

- Visiting professor at University of Pristina, module of 15 hours, at Master Degree in Sport Science, academic year 2017/18.

- Visting Professor at University of Vienna, academic year 2016/17;

- Invited professor at Universidad Autonoma de Madrid (Spain), module of 6 hours, 1st level master in Theory and Methodology of Training, 2015.

Main Invited Lecturer and Speaker abroad

- Invited speaker at the “First Festival of Fitness”, Alexandru Ioan Cuza University of Iasi (Romania), 2018;
- Invited speaker at 2nd International Conference on Football, Valencia (Spain), 2017.
- Invited Presentations at 8th Conference on Youth Sport - 2016, Ljubljana, Slovenia, 2016;
- Invited lecture at University of Coimbra (PhD and Master students) “How the ability to decelerate can affect the players' performance in team sports”, Coimbra, Portugal, 2015;
- Invited Lecture on “recovery in Soccer”, Universidad Autonoma de Madrid (Spain), 2015;
- Invited Presentation at 7th Conference on Youth Sport - 2014, Ljubljana, Slovenia, 2014;
- Invited lectures at Intensive Programme on Sport as a Mean for European Citizenship,. University of Coimbra, Portugal, 2014;
- Invited lecture at Intensive Programme on Sport as a Mean for European Citizenship,. University of Coimbra, Portugal, 2013;
- Invited lecture at University of Ljubljana (European Project Sport & Technology) on “Sport & Technology: the coaching perspective”. Ljubljana, Slovenia, 2013
- Post-Graduate level Training of Trainers Programme in Physical Education & Sport.2012/13 “Specialization in Exercise Science – Coaching Expertise” (20 hours), Pristina, Kosovo.
- Invited Lecture on “Recovery in Team Sports”, University of Portland, OR, USA. 2012.
- Oral Presentation to the 6th Conference on Youth Sport 2012, title “Is the ability to sprint with a stop on the finish line somewhat independent by sprinting with a flying arrival?” Bled, Slovenia, 2012.
- Slovenia Soccer Federation, First Level Coach (Professional) Course, lecture on “Conditioning for soccer: a path to an integrated approach”. Ljubljana, Slovenia, 2012.
- Invited lectures at “Harmonizing Sport Science in the Balkans in the EU Perspective”, Intensive Course Health and Physical Activity, lecture on Training and Recovery Monitoring of Team Sports *Performance*:
 - University of Tirana, Albania, 2011;
 - University of Tetovo, Macedonia, 2011.
- University of Coimbra (Portugal), “X FORUM INTERNACIONAL DO DESPORTO”: lectures on “Recovery in Soccer” and “Agility, Coordination and Cognitive Training in Team Sports”, 2010.
- University of Malta (Malta), Institute for Physical Education and Sport, seminar on Youth Soccer, 2006;

Research Collaborations

- Visiting researcher to Portland University (Portland, OR, USA) May 10th – June 11th 2014;
- Visiting researcher to Indiana University (Bloomington, IN, USA) August 1st – August 31st 2012;
- Visiting researcher to Indiana University (Bloomington, IN, USA) June 13th – October 20th 2008;

Main Professional Experiences in Soccer

- Coach of the soccer varsity team of the University of Rome Foro Italico (2006 – ongoing);
- Assistant Coach and Physical Coach of “Cisco Calcio Roma”, Professional Team of Serie C2, 2005-2006;
- Assistant Coach and Physical Coach of “Lodigiani”, Professional Team of Serie C2, 2004-2005;
- Assistant Coach and Physical Coach of “Tivoli Calcio”, Professional Team of Serie C2, 2002-2003 and 2003-2004;
- Physical Coach of Teams “Primavera” and “Allievi Nazionali”, Professional Team AS Roma (Serie A), 1997-2003 (year 1999, Italian Soccer Championship);
- Physical Coach of Italian Youth National Team (Figc) Under 15, Under 16 and Under 17 (with U16 participating to the European Championship), 2000-2001;
- Evaluation of Stage for Goalkeeper of Italian Youth National team, 1999;
- Physical Coach of “Pool Industrie Civitacastellana”, Italian national Semi-professional league (CND 1995-96 and 1996-97);
- Coach and Physical Coach of several teams of no-Professional league (Figc), 1989-1995;
- Coach of “Roma Calcio Femminile”, female team of Italian National Female Championship, Serie B, 1987-88;
- Physical Coach of “Roma Calcio Femminile”, female team of Italian National Female Championship, Serie A,

1984-85.

List of Publications of Antonio Tessitore

Pubblicazioni In Estenso su Riviste Internazionali Peer Reviewed

1. Coelho-e-Silva M. J., Rebelo-Gonçalves R., Martinho D., Ahmed A., Luz, L.G., Duarte J. P., Severino V., Baptista R.C., Valente-dos-Santos J., Vaz V., Goncalves R.S., **Tessitore A.**, Figueiredo A.J.. (2018). Reproducibility of estimated optimal peak output using a force-velocity test on a cycle ergometer. *PLoS one*, 13(2), e0193234.
2. Condello G., Foster C., Minganti C., Capranica L., **Tessitore A.** (2018). Monitoring of the preseason soccer period in non-professional players. *Kinesiology: International journal of fundamental and applied kinesiology*, 50(Supplement 1), 25-26.
3. Menescardi C., **Tessitore A.**, Estevan I., Condello G., Lupo C. (2018). Analysis of shots in relation to the outcome in elite women's water polo matches. *RICYDE. Revista Internacional de Ciencias del Deporte*, 14(51), 84-95. (doi: 10.5232/ricyde2018.05107).
4. Lupo C., Condello G., Courel-Ibáñez J., Gallo C., Conte D., **Tessitore A.** (2018). Effect of gender and match outcome on professional padel competition. *RICYDE. Revista Internacional de Ciencias del Deporte*, 14(51), 29-41. (doi: 10.5232/ricyde2018.05103).
5. Rebelo-Gonçalves R., Coelho-e-Silva M.J., Valente-dos-Santos J., **Tessitore A.**, Figueiredo A.J. (2017). Longitudinal study of aerobic performance and soccer-specific skills in male goalkeepers aged 11-18 years. *Science and Medicine in Football*, 1(1), 40-47. (doi: 10.1080/02640414.2016.1252848).
6. Lupo C., Condello G., Ortega E., Cardenas D., Conte D., **Tessitore A.** (2017). Elite hit ball performance profile: technical and tactical, and heart rate aspects, and effects of competition on jump and strength performance. *RICYDE. Revista Internacional de Ciencias del Deporte*, 14(52), 111-123. (doi: 10.5232/ricyde2018.05202)
7. Capranica L., Condello G., Tornello F., Iona T., Chiodo S., Valenzano A., De Rosas M., Messina G., **Tessitore A.**, Cibelli G. (2017). Salivary alpha-amylase, salivary cortisol, and anxiety during a youth taekwondo championship: An observational study. *Medicine*, 96(28): e7272.
8. Lupo C., Capranica L., Cortis C., Guidotti F., Bianco A., **Tessitore A.** (2017). Session-RPE for quantifying load of different youth taekwondo training sessions. *The Journal of Sports Medicine and Physical Fitness*, 57(3):189-194. (doi: 10.23736/S0022-4707.16.06021-X).
9. Lupo C., **Tessitore A.**, Gasperi L., Gomez M. A.R. (2017). Session-RPE for quantifying the load of different youth basketball training sessions. (2017) *Biology of Sport*, 34(1):11-17. (doi: 10.5114/biol sport.2017.63381).
10. Conte D., Favero T., Niederhausen M., Capranica L., **Tessitore A.** (2017). Effect of Number of Players and Maturity on Ball-Drills Training Load in Youth Basketball. *Sports*, 5(1), 3. (doi:10.3390/sports5010003).
11. Conte D., Favero T.G., Niederhausen M., Capranica L., **Tessitore A.** (2017). Determinants of the effectiveness of fast break actions in elite and sub-elite Italian men's basketball games. *Biology of sport*, 34(2), 177-183. (doi: 10.5114/biol sport.2017.65337).
12. Francioni F.M., Figueiredo A.J., Terribili M., **Tessitore A.** (2016). Analysis of the intraseasonal stability of field test performances in young academy soccer players. *Journal of Sports Sciences*, 34(10), 966-972. (doi: 10.1080/02640414.2015.1082612).
13. Rebelo-Gonçalves R., Figueiredo A.J., Coelho-e-Silva M.J., **Tessitore A.** (2016). Assessment of technical skills in young soccer goalkeepers: reliability and validity of two goalkeeper-specific tests. *Journal of Sports Science and medicine*, 15(3), 516-523.
14. Condello G., Kernozek T.W., **Tessitore A.**, Foster C. (2016). Biomechanical Analysis of a Change-of-Direction Task in College Soccer Players. *International Journal of Sports Physiology and Performance*, 11(1): 96-101. (doi.org/10.1123/ijspp.2014-0458).
15. Conte D., Favero T.G., Niederhausen M., Capranica, L. **Tessitore A.** (2016). Effect of different number of players and training regimes on physiological and technical demands of ball-drills in basketball. *Journal of Sports Sciences*, 34(8), 780-786. (doi: 10.1080/02640414.2015.1069384).
16. Lupo C. and **Tessitore A.** (2016). How Important is the Final Outcome to Interpret Match Analysis Data: The Influence of Scoring a Goal, and Difference Between Close and Balance Games in Elite Soccer: Comment on Lago-Penas and Gomez-Lopez (2014). *Perceptual and Motor Skills* 122: 280-285. (doi:10.1177/0031512515626629).
17. Gjaka M., Tschan H., Francioni F.M., Tishukaj F., **Tessitore A.** (2016). Monitoring of loads and recovery perceived during weeks with different schedule in young soccer players. *Kinesiologia Slovenica*, 22(1):

- 16-26. (ISSN 1318-2269).
18. Conte D., **Tessitore A.**, Smiley K., Thomas C., Favero, T.G. (2016). Performance profile of NCAA Division I men's basketball games and training sessions. *Biology of Sport*, 33(2), 189-94. (doi: 10.5604/20831862.1200512).
 19. Francioni F.M., Figueiredo A.J., Lupo C., Conte D., Capranica L., **Tessitore A.** (2016). Preseason Strategies of Italian First League Soccer Clubs in Relation to their Championship Ranking: A Five-Year Analysis. *Journal of Human Kinetics*, 50(1), 145-155. (doi: 10.1080/02640414.2015.1082612).
 20. Lupo C., Capranica L., Cortis C., Guidotti F., Bianco A., **Tessitore A.** (2016). Session-RPE for quantifying load of different youth taekwondo training sessions. *The Journal of Sports Medicine and Physical Fitness*. 50, 1827-1928. Accettato il 15.01.2016. (ISSN: 0022-4707).
 21. Lupo C., Capranica L., Cugliari G., Gomez M.A., **Tessitore A.** (2016). Tactical, swimming activity, and heart rate aspects of youth water polo game. *The Journal of Sports Medicine and Physical Fitness*. 56 997-1006. (ISSN: 0022-4707).
 22. Rebelo-Gonçalves R., Coelho-e-Silva, M.J., Severino V., **Tessitore A.**, Figueiredo A.J. (2015). Anthropometric and Physiological Profiling of Youth Soccer Goalkeepers. *International Journal of Sports Physiology and Performance*, 10(2): 224-31. (DOI: 10.1123/ijspp.2014-0181).
 23. Scarfone R., **Tessitore A.**, Minganti C., Capranica L., Ammendolia A. (2015). Match analysis heart-rate and CMJ of beach soccer players during amateur competition. *International Journal of Performance Analysis in Sport*, 15(1): 241-253. (ISSN: 1474-8185).
 24. Conte D., Favero T.G., Niederhauen M., Capranica L., **Tessitore A.** (2015). Physiological and technical demands of no dribble game drill in young basketball players. *Journal of Strength and Conditioning Research*, 29(12): 3375-3379. (doi: 10.1519/JSC.0000000000000997).
 25. Conte D., Favero T.G., Lupo C., Francioni F.M., Capranica L., **Tessitore, A.** (2015). Time-Motion Analysis of Italian Elite Women's Basketball Games: Individual and Team Analyses. *The Journal of Strength & Conditioning Research*, 29(1): 144-150. (DOI:10.1519/JSC.0000000000000633).
 26. Figueiredo A.J., Goncalves C.E., **Tessitore A.** (2014). Bridging the Gap Between Empirical Results, Actual Strategies, and Developmental Programs in Soccer. *International Journal of Sports Physiology and Performance*. 9(3): 540-543. (DOI: 10.1123/IJSP.2014_0023).
 27. Corvino M., **Tessitore A.**, Minganti C., Sibila M. (2014). Effect of Court Dimensions on Players' External and Internal Load during Small-Sided Handball Games. *Journal of Sports Science and Medicine*. 13(2): 297-303. (ISSN: 1303-2968).
 28. Tornello F., Capranica L., Minganti C., Chiodo S., Condello G., **Tessitore A.** (2014) Technical-Tactical Analysis of Youth Olympic Taekwondo Combat. *Journal of Strength and Conditioning Research*. 28(4): 1151-1157 (DOI:10.1519/JSC.0000000000000255).
 29. Lupo C., Capranica L., **Tessitore A.** (2014). The Validity of Session-RPE Method for Quantifying Training Load in Water Polo. *International Journal of Sports Physiology and Performance*. 9(4): 656-660. (DOI:10.1123/ijspp.2013-0297).
 30. Lupo C., Condello, G., Capranica L., **Tessitore A.** (2014). Women's water polo World Championships: technical and tactical aspects of winning and losing teams in close and unbalanced games. *Journal of Strength and Conditioning Research*. 28(1): 210-222. (doi:10.1519/JSC.0b013e3182955d90).
 31. Tornello F., Capranica L., Chiodo S., Minganti C., & **Tessitore A.** (2013). Time-Motion Analysis of Youth Olympic Taekwondo Combats. *The Journal of Strength & Conditioning Research*, 27(1): 223-228. (DOI: 10.1519/JSC.0b013e3182541edd).
 32. Guidotti F., Minganti C., Cortis C., Piacentini M. F., **Tessitore A.**, & Capranica, L. (2013). Validation of the Italian version of the Student Athletes' Motivation toward Sport and Academics Questionnaire. *Sport Sciences for Health*, 9(2): 51-58. (DOI: 10.1007/s11332-013-0145-x).
 33. Cortis C., **Tessitore A.**, Lupo C., Perroni F., Pesce C., Capranica L. (2013). Changes in jump, sprint and coordinative performances following a senior soccer match. *Journal of Strength and Conditioning Research*. 27(11): 2989-2996. (DOI:10.1519/JSC.0b013e3182897a46).
 34. Condello G., Minganti C., Lupo C., Benvenuti C., Pacini D., **Tessitore A.** (2013). Evaluation of change of direction movements in young rugby players. *International Journal of Sports Physiology & Performance*. 8(1): 52-56. (DOI: 10.1123/ijspp.8.1.52).
 35. Condello G., Schultz, K., & **Tessitore, A.** (2013). Assessment of Sprint and Change-of-Direction Performance in College Football Players. *International Journal of Sports Physiology & Performance*, 8(2): 211-212. (DOI: 10.1123/ijspp.8.2.211).
 36. **Tessitore A.**, Perroni F., Meeusen R., Cortis C., Lupo C., Capranica L. (2012). Heart rate responses and technical-tactical aspects of official 5-a-side youth soccer matches played on clay and artificial turf.

- Journal of Strength and Conditioning Research*, 26(1): 106-112. (DOI:10.1519/JSC.0b013e31821854f2).
37. Lupo C., **Tessitore A.**, Capranica L., Rauter S., Doupona Topic M. (2012). Motivation for a dual-career: Italian and Slovenian student-athletes. *Kinesiologia Slovenica*. 18, 3, 47-56. (DOI: 10.1080/02640414.2012.679673).
 38. Lupo C., Condello G., **Tessitore A.** (2012). Notational analysis of elite men's water polo related to specific margins of victory. *Journal of Sports Science and Medicine*, 11, 516-525. (ISSN: 1303-2968).
 39. Capranica L., Lupo C., Cortis C., Chiodo S., Cibelli G., **Tessitore A.** (2012). Salivary Cortisol and Alpha-Amylase Reactivity to Taekwondo Competition in Children. *European Journal of Applied Physiology*, 112(2): 647-52. (DOI:10.1007/s00421-011-2023-z).
 40. Lupo C., Minganti C., Cortis C., Perroni F., Capranica L., **Tessitore A.** (2012). Effects of competition level on the centre forward role of men's water polo. *Journal of Sports Sciences*, 30(9): 889-897. (DOI:10.1080/02640414.2012.679673).
 41. Chiodo S., **Tessitore A.**, Lupo C., Ammendolia A., Cortis C., Capranica L. (2012). Effects of official youth taekwondo competitions on jump and strength performance. *European Journal of Sport Science*, 12(2): 113-120. (doi:10.1080/17461391.2010.545837).
 42. Lupo C., Capranica L., Ammendolia A., Rizzuto F., **Tessitore A.** (2012). Performance analysis in youth waterbasket – a physiological, time motion, and notational analysis of a new aquatic team sport. *International Journal of Performance Analysis in Sport*, 12(1): 1-13. (ISSN: 1474-8185).
 43. Casolino C., Lupo C., Cortis C., Chiodo S., Minganti C., Capranica L., **Tessitore A.** (2012). Technical and Tactical Analysis of Youth Taekwondo Performance. *Journal of Strength and Conditioning Research*, 26(6): 1489-1495. (DOI: 10.1519/JSC.0b013e318231a66d).
 44. **Tessitore A.**, Perroni F., Cortis C., Meeusen R., Lupo C., Capranica L. (2011). Coordination of Soccer Players during Pre-Season Training. *Journal of Strength and Conditioning Research*, 25(11): 3059-69. (DOI:10.1519/JSC.0b013e318212e3e3).
 45. Chiodo S., **Tessitore A.**, Cortis C., Lupo C., Ammendolia A., Iona T., Capranica L. (2011). Effects of official taekwondo competitions on all-out performances of elite athletes. *Journal of Strength and Conditioning Research*, 25(2): 334-339. (DOI:10.1519/JSC.0b013e3182027288).
 46. Chiodo S., **Tessitore A.**, Cortis C., Cibelli G., Lupo C., Ammendolia A., De Rosas M., and Capranica L. (2011). Stress-related Hormonal and Psychological Changes to Official Youth Taekwondo Competitions. *Scandinavian Journal of Medicine and Science in Sports*, 21(1): 111-119. (DOI: 10.1111/j.1600-0838.2009.01046.x).
 47. Cortis C., **Tessitore A.**, Lupo C., Pesce C., Fossile E., Figura F., Capranica L. (2011). Inter-limb Coordination, Strength, and Jump and Sprint Performances Following a Youth Men's Basketball Game. *Journal of Strength and Conditioning Research*, 25(1): 135-142. (DOI:10.1519/JSC.0b013e3181bde2ec).
 48. Lupo C., **Tessitore A.**, Minganti C., King B., Cortis C., and Capranica L. (2011). Notational Analysis of American women's collegiate water polo matches. *Journal of Strength and Conditioning Research*, 25(3): 753-757. (DOI: 10.1519/JSC.0b013e3181cc245c).
 49. Benvenuti C., Minganti C., Condello G., Capranica L., **Tessitore A.** (2010). Agility assessment in female futsal and soccer players. *Medicina (Kaunas)*, 46(6): 415-420. (ISSN: 1010-660X)
 50. Capranica L., Chiodo S., Cortis C., Lupo C., Ammendolia A., and **Tessitore A.** (2010). Scientific Approaches to Olympic Taekwondo: Research Trends. *IDO–Ruch dla Kultury / Movement for Culture*, 10: 73–77.
 51. Cortis C., **Tessitore A.**, D'Artibale E., Meeusen R., and Capranica L. (2010). Effects of Post-Exercise Recovery Interventions on Physiological, Psychological and Performance Parameters. *International Journal of Sports Medicine*, 31(5): 327-335. (DOI: 10.1055/s-0030-1248242).
 52. Lupo C., **Tessitore A.**, Minganti C., Capranica L. (2010). Notational Analysis of elite and sub-elite water polo matches. *Journal of Strength and Conditioning Research*, 24(1), 223-229. (DOI:10.1519/JSC.0b013e3181c27d36).
 53. Perroni F., **Tessitore A.**, Cortis C., Lupo C., D'Artibale E., Cignitti L., and Capranica L. (2010), Energy Cost and Energy Sources during a Simulated Firefighting Activity. *Journal of Strength and Conditioning Research*, 24(12): 3457-3463. (DOI: 10.1519/JSC.0b013e3181b2c7ff).
 54. Cortis C., **Tessitore A.**, Perroni F., Lupo C., Pesce C., Ammendolia A., and Capranica L. (2009). Inter-limb Coordination, Strength and Power in Soccer Players Across Lifespan. *Journal of Strength and Conditioning Research*. 23(9): 2458-2466. (DOI: 10.1519/JSC.0b013e3181bc1b39).
 55. Lupo C., **Tessitore A.**, Cortis C., Ammendolia A., Figura A. and Capranica L. (2009). A physiological, time motion and technical comparison of youth water polo and Acquagoal. *Journal of Sports Sciences*, 27(8): 823-831. (DOI: 10.1080/02640410902946477).
 56. Perroni, F., **Tessitore, A.**, Cibelli, G., Lupo, C., D'Artibale, E., Cortis, C., Cignitti, L., De Rosas, M. and

- Capranica, L. (2009). Effects of simulated firefighting on the responses of salivary cortisol, alpha-amylase and psychological variables, *Ergonomics*, 52(4): 484-491. (DOI: 10.1080/00140130802707873).
57. **Tessitore A.**, Meeusen R., Pagano R., Benvenuti C., Tiberi M., and Capranica L. (2008). Effectiveness of active versus passive recovery strategies after futsal games. *Journal of Strength and Conditioning Research*, 22(5): 1402-1412. (DOI: 10.1519/JSC.0b013e31817396ac).
 58. Capranica L., **Tessitore A.**, D'Artibale E., Cortis C., Casella R., Camilleri E., and Pesce C. (2008). Italian Women's Television Coverage and Audience during the 2004 Athens Olympic Games. *Research Quarterly for Exercise and Sport*, 79(1): 101-115. (ISSN: 0270-1367).
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