

Antonella Sbragi

## **EDUCATION AND TRAINING**

2001 Master's Degree in Physical Education (technical-sport specialization), University of Genoa (UNIGE)

1992 Bachelor's Degree in Pedagogy, University of Genoa (UNIGE)

1979 Diploma di laurea in Physical Education (Higher Institute of Physical Education), ISEF – Turin

1976 Classical High School Diploma (Maturità Classica), Liceo Colombo, Genoa

## **TEACHING QUALIFICATIONS**

2000 Psychology and Educational Sciences (Teaching Qualification – subject area 36), Secondary schools, MIUR – Regional School Office of Liguria

1983 Physical Education (Teaching Qualification – subject area 29A), Secondary schools, MIUR – Regional School Office of Liguria

## **POST-GRADUATE TRAINING AND QUALIFICATIONS**

2004 Certified Movement Analyst (CMA), Laban/Bartenieff Institute of Movement Studies (LIMS®), New York

## **PROFESSIONAL HISTORY**

1981 – 2001 Adjunct Professor, responsible for practical sessions in Theory, Technique and Didactics of Rhythmic Gymnastics, Higher Institute of Physical Education (ISEF), Florence – Genoa branch

2001 – present Adjunct Professor, official module Expressive Movement – integrated course Leisure-time Physical Activities (previously Group and Recreational Physical Activities), Degree Course in Sport and Exercise Sciences, University of Genoa (UNIGE)

2005 – 2008 Official module Rhythmic Gymnastics – integrated course Individual Sports, University of Genoa (UNIGE)

2014 – 2024 Official module Techniques of Sport Analysis – integrated course Movement Analysis, University of Genoa (UNIGE)

2021 – 2024 Official module Dance Sport – integrated course Leisure-time Physical Activities, University of Genoa (UNIGE)

2014 – 2015 Lecturer for TFA (Active Training Internship) and PAS (Special Enabling Paths), Teaching: Assessment and Monitoring Tools for Physical Activity (classes A030/A029), DISFOR Department, University of Genoa – Degree Course in Sport and Exercise Sciences

## ACADEMIC APPOINTMENTS

2001 – present Coordinator of the integrated course Leisure-time and Recreational Physical Activities; Committee for Student Elective Activities; Tutoring Committee and Internship Tutor; Supervisor of theses; Examination Boards; ADE (Elective Didactic Activities); Collaborations and Teaching Research Projects; Open Day initiatives, Degree Course in Sport and Exercise Sciences, University of Genoa (UNIGE)

## SCHOOL TEACHING EXPERIENCE

1977 – 2017 Teacher of Physical Education and Sport Sciences, Liceo Linguistico Internazionale “G. Deledda”, Genoa. Created a bridge between school and university, involving high school and university students in internships, research activities, and ADE. Designed and tested a motor imagery protocol, leading to the scientific article: 2020 – Thinking before doing: A pilot study on the application of motor imagery as a learning method during physical education lessons in high school. *Frontiers in Sports and Active Living*, 2:550744. doi:10.3389/fspor.2020.550744 (Canepa, P., Sbragi, A., Saino, F., Biggio, M., Bove, M., & Bisio, A.)

## FEDERAL APPOINTMENTS

2012 – present Member of the Regional Committee (Liguria) – Italian Federation of Dance Sport and Musical Sports (FIDESM, formerly FIDS – CONI). President (2017–2021), currently Vice President

2023 – present Local Representative of CONI for Arenzano and Cogoleto

## SPORTS QUALIFICATIONS

2023 National Coach in Academic Dances (Tecnico federale Danze accademiche), FIDESM

2021 Trainer in Electronic Sports (Formatore Sport Elettronici), Sport e Salute

2020 Third-level Sports Executive (Dirigente sportivo, Level 3)

2017 Second-level National Coach (Tecnico federale, Level 2), FIDESM

2009 Dance Master in Social and Ballroom Dances; Competition Judge, MIDAS

2004 Rhythmic Gymnastics Instructor; Competition Judge, FGI – Italian Gymnastics Federation

1977 Athletics Instructor (Track & Field – High Jump), FIDAL – Italian Athletics Federation

## TEACHING OR RESEARCH POSITIONS (FELLOWSHIPS) AT FOREIGN UNIVERSITIES AND RESEARCH INSTITUTES

2022 – 2024 Erasmus Plus Project “L’azione educativa”, UNIGE Team (Coordinator: M. Testa; Lecturers: A. Sbragi, E. Pierantozzi) for Sport for Life Savona. Funded under the Erasmus Plus Programme. Lead partner: Municipality of Savona with delegations from Slovenia and Portugal

2023 Accogliere e Opporsi (Welcoming and Opposing), A. Sbragi, E. Pierantozzi, IRIS UNIGE  
<https://hdl.handle.net/11567/1204376>

2009 European Project MELT – International Cultural Exchange. Outcomes: two theatre productions (Faith, Birmingham; The Journey of the Migrant, Genoa), based on research and didactic work from primary to secondary school through dance, theatre, and photography. Partners: Municipality of Genoa, CCSS Deledda Ensemble, Golden Hillock School (Birmingham UK), Birmingham Council. <http://www.melt-europe.eu/>

2004 Research Project The Expressive Languages – founded with a team of experts as part of the CCSS Gratia D. Ensemble at Liceo “G. Deledda”, Genoa. Appointed President. Centre dedicated to research on expressive languages (dance, music, singing, theatre, photography, sport). Achievements: theatre productions, workshops, seminars, publications, videos, historical research, music CDs, and international exchanges

## **NATIONAL PROJECTS FOR THE INTRODUCTION OF PHYSICAL EDUCATION IN PRIMARY SCHOOLS**

2012 – present Participation in ministerial projects Motor Literacy, Sport di Classe, and Scuola Attiva Kids as expert. Member of the Scientific and Technical Committee on the National Curriculum Guidelines: Body language as a communicative and expressive mode. Activities: seminars, teacher and tutor training, production of didactic materials. Scuola Attiva Kids supported by MIM, Sport e Salute, CIP, Presidency of the Council of Ministers, and National Sports Federations

## **MAIN SEMINARS (PRIMARY AND SECONDARY SCHOOL) – Selection**

2025 Inclusive Scuola Kids – Tuscany Region Provinces

2024 Music Unites the School – National event INDIRE (National Institute for Documentation, Innovation and Educational Research)

2024 Scuola Kids – Final Festival in Milan (Lombardy), Flash Mob with 1,800 pupils

2023 Turin International Book Fair – Scuola Attiva Kids practical and workshop activities

2023 – 2025 Didacta, Florence – Presentations and workshops on motor and expressive themes

2007 – 2013 National Project “The Physical Education We Want” – CAPDI&LSM. Contributions to national reports, participation as lecturer and national trainer. Publishers: Loescher, D’Anna; Institutions: CAPDI, MIUR

## **EDITORIAL BOARDS AND PUBLICATIONS – Selection**

2013 – present Journal “Educazione fisica, scienze motorie e sport” (CAPDI&LSM). Founding member, Editorial Board member. Collaboration with international journal MOBILE (Physical Education and Sport, UFSPO – Switzerland, FIEP)

2025 Olympics – S. Musco, A. Sbragi, E. Zocca. ISBN 9788857795294

2024 Play Arena – E. Zocca, A. Sbragi, P. Manetti. ISBN 9788857791241

2020 Sport e immaginAzione – E. Zocca, A. Sbragi, P. Manetti. ISBN 9788857792682

2023 Professione sport – E. Zocca, A. Sbragi, M. Gulisano, P. Manetti, M. Marella, F. Cervellati. ISBN 9788857794105

2020 MOVIMENTO CREATIVO – E. Zocca, A. Sbragi, M. Gulisano, P. Manetti, M. Marella, F. Cervellati. ISBN 9788857792641

2016 Competenze motorie – E. Zocca, A. Sbragi, M. Gulisano, P. Manetti, M. Marella. ISBN 9788857790466

2021 – present Member of the Scientific and Technical Committee for the Scuola Attiva Kids didactic kit

2019 Quaderni di Sport di Classe – Guide for Tutors and Primary School Teachers, Vol. 3. A. Sbragi, Activity Sheets: Progressione didattica B1–C3 – The body tells stories; Workshop: A. Bisio, A. Sbragi – Spazio al tempo. Sport e Salute S.p.A., Calzetti & Mariucci Editori

2018 Espressività e Sport, A. Sbragi, La Ricerca Journal, Loescher, No. 14, pp. 52–58

## **ESSAYS**

2012 A. Sbragi, The Intention in Movement, Liberodiscrivere

2003 A. Sbragi, In the Beginning There Was Action. Pathways of Expressive Movement, De Ferrari & De Vega

## **AFFILIATIONS**

2020 – present Member of Panathlon International. Contributed to the establishment of the “Alberto Sbragi” Graduation Award on Autism, Sport and Research, promoted by Panathlon, University of Genoa, CONI, and Sbragi family

2006 – present CAPDI & LSM – Active member since 2006, National Executive Committee until 2024. Past President AGILE Genoa, national CAPDI representative, lecturer in MIUR-accredited courses, Editorial Board member of Educazione fisica e Sport

2000 – present Aeroclub – Member. Enabled creation of ADE Air Sports – Flight School for Sport Sciences students

1973 – 1980 CUS Genoa – University Sports Centre. High jump athlete, ranked among Italy’s top ten, national championships participant, regional record holder for seven years

## **PRIZES AND RECOGNITIONS**

2017 Bronze Star for Sporting Merit – CONI

2006 Amici dello Sport Award – for choreography at Rhythmic Gymnastics World Cup and Volleyball World League

1988 ISEF Genoa Recognition – for teaching at the 10th anniversary of ISEF Genoa

1991 Scholarship – International Centre for Rosminian Studies, Stresa.

*Curriculum Vitae of Scientific, Teaching and Professional Activities of Antonella Sbragi*  
*Prepared in accordance with Articles 46 and 47 of Presidential Decree No. 445 of 28 December 2000*