

## Emanuela Luisa Faelli

Associate Professor

### EDUCATION AND TRAINING

2004

**Master's degree in Sciences and Techniques of Preventive and Adaptive Motor Activities**

110/110 e lode

University of Genoa - Genoa – IT

### PROFESSIONAL HISTORY

1 November 2024- present

**Associate Professor of Physical Activity Methods and Teaching**

University of Genoa - Genoa – IT

1 November 2011-31 October 2024

**Researcher of Physical Activity Methods and Teaching**

University of Genoa - Genoa – IT

### ACADEMIC APPOINTMENTS

2024-present

**Director of the Motor and sports sciences in lower and upper secondary education  
competitive classes A048 and A049**

**Multidisciplinary Center for Teacher Training**

Teaching Qualification Programs

University of Genoa - Genoa – IT

2024-present

**Member of the Board of Directors**

**Multidisciplinary Center for Teacher Training**

Teaching Qualification Programs

University of Genoa - Genoa – IT

2024-present

**Member of the Executive Committee of the Multidisciplinary Center for Teacher Training**

Teaching, Management Activity

University of Genoa - Genoa – IT

2024-present

**Member of the Executive Committee of the Department of Experimental Medicine (Di.Me.S.),  
School of Medicine**

Research, Teaching, Management Activity

University of Genoa - Genoa - IT

[2024-present](#)

**Member of the Teaching Committee of the Department of Experimental Medicine (Di.Me.S.),  
School of Medicine**

Management Activity

University of Genoa - Genoa - IT

[2018 – present](#)

**Member of the Didactic-Pedagogical Programming Technique Commission**

**Member of the Quality Assurance Commission**

Sport Science Courses (L22, LM67, LM68)

University of Genoa - Genoa - IT

[2010-2017, 2020-2022, 2025-present](#)

**Member of the Academic Board of PhD Program in Neuroscience – Curriculum Motor and  
Sports Science**

University of Genoa - Genoa - IT

## EXPERIENCE

### MAIN SEMINARS

[10 April 2025](#)

Invited Speaker at the II Conference “LA GESTIONE TERRITORIALE INTEGRATA DEI FATTORI DI  
RISCHIO CARDIOVASCOLARE”

Ambulatorio Cardiometabolico Territoriale ad Approccio integrato dell’ASL 3 genovese.

“The benefits of physical activity on CVD risk: which training is right for whom?”

[4-5 April 2025](#)

Invited Speaker at the Conference: GIORNATE CARDIOLOGICHE DELL’A.R.C.A. LIGURIA  
“DAMIANO BARABINO”

Associazioni Regionali Cardiologi Ambulatoriali (ARCA).

“Sport and health: a marriage that must be made”.

[21-23 November 2024](#)

Invited Speaker at the Conference “SCIENZA DELL’ALIMENTAZIONE, SPORT E SALUTE”

Società italiana di nutrizione umana (SINU)

“Physical activity for seniors: how much and when?”

[13-14 June 2024](#)

Invited Speaker at the XIV Conference “X-Files in NUTRIZIONE CLINICA E ARTIFICIALE”

Società Italiana di Nutrizione clinica e Metabolismo (SINuC)

“Physical Exercise: A Fundamental Ally in the Treatment of Metabolic Diseases.”

[23 November 2023](#)

Invited Speaker at the I Conference “LA GESTIONE TERRITORIALE INTEGRATA DEI FATTORI DI  
RISCHIO CARDIOVASCOLARE”

Ambulatorio Cardiometabolico Territoriale ad Approccio integrato dell’ASL 3 genovese.

“Physical activity as an all too often forgotten ally.”

**8-10 September 2021**

Speaker (Pre-Recorded Oral Presentation) at the 26th ANNUAL CONGRESS EUROPEAN COLLEGE OF SPORT SCIENCE.

European College of Sport Science (ECSS)

"Static and dynamic stretching during warm-up ameliorates running economy and decreases the perception of effort in recreational endurance runners".

**6-7 giugno 2019**

Invited Speaker at the XIV Conference "X-Files in NUTRIZIONE CLINICA E ARTIFICIALE"

Società Italiana di Nutrizione clinica e Metabolismo (SINuC)

"Physical activity and metabolic profile".

**23 May 2019**

Invited Speaker at the Conference "Arriviamo alla meta: IL DOCENTE DI EDUCAZIONE MOTORIA NELLA SCUOLA PRIMARIA",

Fondazione Torneo Ravano

"The role of physical activity in developmental age".

**16-17 June 2016**

Invited Speaker at the XI Conference "X-Files in NUTRIZIONE CLINICA E ARTIFICIALE"

Società Italiana di Nutrizione clinica e Metabolismo (SINuC)

"What physical activity is recommended for obese individuals?"

**16-18 September 2015**

Member of the Organizing Committee of the 66th National Conference Nazionale of the Physiological Society (SIF)MAGAZZINI DEL COTONE, PORTO ANTICO, GENOVA

EDITORSHIP OR PARTICIPATION IN EDITORIAL BOARDS OF JOURNALS, PUBLISHING SERIES, ENCYCLOPAEDIAS AND TREATISES

**2021-present**

Member of the Editorial Board for the: International Journal of Environmental Research and Public Health (IJERPH) – (Reviewer Board) (ed. mdpi) (ISSN1660-4601).

**2023-present**

Member of the Editorial Board for the: International Journal of Human Movement and Sports Sciences – (Reviewer Board) (ISSN 2381-4403)

PRIZES AND ACCOLADES FOR SCIENTIFIC ACTIVITY, INCLUDING MEMBERSHIP OF ACADEMIES

**2019 - present**

Member of the "Italian Society of Motor and Sport Science - SISMES"

