

Marco Panascì

Researcher in Physical Exercise and Sport Sciences

EDUCATION AND TRAINING

- **PhD:** PhD in Neuroscience with a CURRICULUM in EXERCISE AND SPORT SCIENCES, University of Genoa. Thesis title: "Acute Physiological, Metabolic and Perceptual Responses to different High-Intensity Interval Training formats."
- **Master's Degree:** Science, Technique and Didactics of Sport (LM-68), obtained on July 14, 2015, at the University of Milan, with a final grade of 110/110.
- **Bachelor's Degree:** Exercise and Sport Sciences, obtained on July 26, 2011, at the University of Messina, with a final grade of 103/110.

PROFESSIONAL HISTORY

- **01/03/2024-Present:** Fixed-term Researcher, Type A (RTD/A) in the Scientific Disciplinary Sector MEDF-01/B.
- **01/04/2023-29/02/2024:** FISM Research Fellow (Italian Multiple Sclerosis Foundation) at the Italian Multiple Sclerosis Association (AISM) in Genoa.
- **01/04/2022-31/03/2023:** Research Fellow in the Scientific Disciplinary Sector M-EDF/02 Methods and Didactics of Sport Activities at the Department of Experimental Medicine of the University of Genoa.
- **01/04/2021-31/03/2022:** Research Fellow in the Scientific Disciplinary Sector M-EDF/02 Methods and Didactics of Sport Activities at the Department of Experimental Medicine of the University of Genoa.

ACADEMIC APPOINTMENTS

- **Teaching Coordination:**

- **2024-2025:** Coordinator of the 2nd semester of the 1st year of the Master's Degree Course in Exercise and Sport Sciences (LM-68).
- **2023-2024:** Deputy Coordinator of the 1st and 2nd semester of the 2nd year of the Master's Degree Course in Exercise and Sport Sciences (LM-68).

- **Teaching:**

- **2024-2025:** Teaching appointment as RTD/A for the courses "Training Planning and Programming" and "Functional Evaluation in Sport."
- **2023-2024:** Teaching appointment as RTD/A for the courses "Training Planning and Programming" and "Functional Evaluation in Sport."

- **Tutoring:**

- **2023-2024:** Supervisor for several Bachelor's and Master's theses in Motor, Sport and Health Sciences and Exercise and Sport Sciences.
- **2022-2023:** Co-supervisor and supervisor for numerous Bachelor's and Master's theses.

EXPERIENCE

MAIN SEMINARS

- **Invited speaker:** At the AISM webinar "Innovative Frontiers in Multiple Sclerosis," May 15, 2024.
- **Invited speaker:** "Aerobic Training in Multiple Sclerosis: From Evaluation to Treatment," ECM Course – AISM Genoa, November 26, 2022.
- **Keynote Presentation:** "Small Sided Games versus Match Play: comparison of external and internal training load in junior soccer players," X Italian Society of Sport and Exercise Sciences (SISMES) Congress, Messina, October 5-7, 2018.

SCIENTIFIC RESPONSIBILITY FOR RESEARCH PROJECTS ACCEPTED FOR FUNDING ON THE BASIS OF COMPETITIVE CALLS INVOLVING PEER REVIEW

- **Research Grant:** Winner of the research grant for the FISM 2022/BR/003 project, with the role of "Principal Investigator."

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

- **Erasmus Scholarship:** January – May 2014 at the INSERM "Cognition, Action et Plasticité Sensori-Motrice" Laboratory - Faculty of Sport Sciences, Université de Bourgogne.

PRIZES AND ACCOLADES FOR SCIENTIFIC ACTIVITY, INCLUDING MEMBERSHIP OF ACADEMIES

- **Research Grant:** Winner of the research grant for the FISM 2022/BR/003 project.
- **Membership:** Ordinary Member of the Italian Society of Sport and Exercise Sciences (since 2021) and Ordinary Member of the European College of Sport Science (since 2025).