

ERMANNNO, RAMPININI

P E R S O N A L I N F O R M A T I O N

E D U C A T I O N

Università degli Studi di Milano – Dipartimento di Scienze dello Sport, Nutrizione e Salute, Facoltà di Scienze Motorie – 2014

Milano

Dottorato di Ricerca in Scienze dello Sport – (Doctor of Philosophy degree - PhD).

Università degli Studi di Milano – Facoltà di Scienze Motorie – 2001

Milano

Laurea in Scienze Motorie – (Master degree level).

Istituto Superiore di Educazione Fisica della Lombardia – 1995

Milano

Diploma di Educazione Fisica – (Bachelor degree level).

Istituto Magistrale Statale “M. Curie” – 1992

Tradate (VA)

Diploma di Maturità magistrale – (High School Certificate).

M A I N P R O F E S S I O N A L E X P E R I E N C E

Sport Service MAPEI srl – from 2000

Castellanza (VA)

- *Chief Operating Officer*
- *Head of Human Performance Laboratory*
- *Scientific Director*
- *Physiological assesment, training and scientific support for top level athletes and teams: professional cyclistis, mountain bikers, pro-cycling teams, professional soccer players, professional basketball players and technical staff, Italian National Golf team, tennis players, fencers, Kenyan runners, Italian Alpine ski team, professional motorbikers*
- *Company tutor for PhD students and stagers*

E X T E R N A L S C I E N T I F I C R E S P O N S A B I L I T I E S

Reviewer for following journals:

- *Applied Physiology Nutrition and Metabolism*
- *European Journal of Applied Physiology*
- *European Journal of Sport Sciences*
- *International Journal of Performance Analysis of Sport*
- *International Journal of Sports Medicine*
- *International Journal of Sports Physiology and Performance*

- *Journal of Sports Sciences*
- *Journal of Sport Science and Medicine*
- *Journal of Strength and Conditioning Research*
- *Journal of Science and Medicine in Sport*
- *Journal of Sport Medicine and Physical Fitness*
- *Medicine and Science in Sports and Exercises*
- *Ploze One*
- *Scandinavian Journal of Medicine and Science in Sports*
- *Sports Medicine*
- *Perception and motor skill*

Member of the European College of Sport Science

PUBLICATIONS ON PEER-REVIEWED JOURNALS

Sansone P, Conte D, Tessitore A, **Rampinini E**, Ferioli D. A Systematic Review on the Physical, Physiological, Perceptual, and Technical-Tactical Demands of Official 3 × 3 Basketball Games. *Int J Sports Physiol Perform*. 2023 Aug 11;18(11):1233-1245. doi: 10.1123/ijsp.2023-0104. Print 2023 Nov 1. PMID: 37567576

Martin M, **Rampinini E**, Bosio A, Azzalin A, McCall A, Ward P. Relationships Between Internal and External Load Measures and Fitness Level Changes in Professional Soccer Players. *Res Q Exerc Sport*. 2023 Sep;94(3):760-772. doi: 10.1080/02701367.2022.2053646. Epub 2022 Apr 29. PMID: 35486417

Gallo G, Bosio A, Martin M, Morelli A, Azzolini M, Guercilena L, Larrazabal J, **Rampinini E**. Relationships between training dose and record power outputs in professional road cyclists: insights and threats to validity. *Biol Sport*. 2023 Apr;40(2):485-495. doi: 10.5114/biol sport.2023.114284. Epub 2022 Jul 21. PMID: 37077803 Free PMC article.

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Ferioli D, Conte D, Rucco D, Alcaraz PE, Vaquera A, Romagnoli M, **Rampinini E**. Physical Demands of Elite Male and Female 3 × 3 International Basketball Matches. *J Strength Cond Res*. 2023 Apr 1;37(4):e289-e296. doi: 10.1519/JSC.0000000000004338. Epub 2022 Sep 22. PMID: 36165976

Gualtieri A, **Rampinini E**, Dello Iacono A, Beato M. High-speed running and sprinting in professional adult soccer: Current thresholds definition, match demands and training strategies. A systematic review. *Front Sports Act Living*. 2023 Feb 13;5:1116293. doi: 10.3389/fspor.2023.1116293. eCollection 2023. PMID: 36860737 Free PMC article. Review.

Francini L, Castagna C, Bosio A, Connolly D, Induni M, Cereda F, **Rampinini E**. Association between match physical activity and neuromuscular characteristics in youth football. *J Sports Med Phys Fitness*. 2023 Jan;63(1):202-211. doi: 10.23736/S0022-4707.22.13537-1. Epub 2022 Mar 1. PMID: 35230067

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Rampinini E, Martin M, Bosio A, Donghi F, Carlomagno D, Riggio M, Coutts AJ. Impact of COVID-19 lockdown on professional soccer players' match physical activities. *Sci Med Footb*. 2021 Nov;5(sup1):44-52. doi: 10.1080/24733938.2021.1995033. Epub 2021 Oct 31. PMID: 35077319

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Menaspà P, **Rampinini E**, Tonetti L, Bosio A. Physical fitness and performances of an amputee cycling world champion: a case study. *Int J Sports Physiol Perform*. 2012 Sep;7(3):290-4.

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Rampinini E, Bosio A, Ferraresi I, Petruolo A, Morelli A, Sassi A. Match-related fatigue in soccer players. *Med Sci Sports Exerc*. 2011 Nov;43(11):2161-70.

Menaspà P, **Rampinini E**, Bosio A, Carlomagno D, Riggio M, Sassi A. Physiological and anthropometric characteristics of junior cyclists of different specialties and performance levels. *Scand J Sci Sports*. 2012 Jun;22(3):392-8.

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Rampinini E, Sassi A, Morelli A, Mazzoni S, Fanchini M, Coutts AJ. Repeated-sprint ability in professional and amateur soccer players. *Appl Physiol Nutr Metab*. 2009 Dec;34(6):1048-54.

Iaia M, **Rampinini E**, Bangsbo J. High-intensity training in football. Review. *Int J Sports Physiol Perform*. 2009 Sep;4(3):291-306.

Castagna C, Chaouachi A, **Rampinini E**, Chamari K, Impellizzeri FM. Aerobic and explosive power performance of elite Italian regional-level basketball players. *J Strength Cond Res*. 2009 Oct;23(7):1982-7.

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Impellizzeri FM, **Rampinini E**, Maffiuletti NA, Castagna C, Bizzini M, Wisløff U. Effects of aerobic training on the exercise-induced decline in short-passing ability in junior soccer players. *Appl Physiol Nutr Metab*. 2008 Dec;33(6):1192-8.

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Weston M, Castagna C, Impellizzeri FM, **Rampinini E**, Breivik S. Ageing and physical match performance in English Premier League soccer referees. *J Sci Med Sport*. 2008 Oct 3.

Sassi A, Impellizzeri FM, Morelli A, Menaspà P, **Rampinini E**. Seasonal changes in aerobic fitness indices in elite cyclists. *Appl Physiol Nutr Metab*. 2008 Aug;33(4):735-42.

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Rampinini E, Impellizzeri FM, Castagna C, Azzalin A, Ferrari Bravo D, Wisløff U. Effect of match-related fatigue on short-passing ability in young soccer players. *Med Sci Sports Exerc.* 2008 May;40(5):934-42.

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Weston M, Castagna C, Impellizzeri FM, **Rampinini E**, Abt G. Analysis of physical match performance in English Premier League soccer referees with particular reference to first half and player work rates. *J Sci Med Sport.* 2007 Dec;10(6):390-7.

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ABSTRACTS PUBLISHED ON SCIENTIFIC JOURNALS

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PRESENTATIONS AT INTERNATIONAL CONGRESSES

Gualtieri A, Connolly RD, Riggi E, **Rampinini E**, Sassi R. Acute:Chronic work load ratio and injuries in elite soccer players: a comparison of two different approaches. 24th European College of Sport Science – Prague, Czech Republic 3th-6th July 2019. Oral.

Connolly RD, Gualtieri A, Ferrari-Bravo D, Sassi A, **Rampinini E**, Coutts AJ. Pitch dimensions in elite youth soccer training: impact on exercise intensity. 23rd European College of Sport Science – Dublin, Ireland 4th-7th July 2018. Oral.

Bosio A, Bizzi M, **Rampinini E**, Riggio M, Connolly RD, Marcora SM. Performance, physiological and psychological effects of additional cognitive workload during small-sided soccer games. 22nd European College of Sport Science – Metropolis Ruhr, Germany 5th-8th July 2017. Oral.

Connolly RD, Gualtieri A, Ferrari-Bravo D, Sassi R, **Rampinini E**. Inter and intra-seasonal variations in endurance and muscular performance in elite youth soccer players. 22nd European College of Sport Science – Metropolis Ruhr, Germany 5th-8th July 2017. Oral.

Donghi F, Bosio A, **Rampinini E**, Morelli A, Induni M, Maffiuletti NA. Effect of different morning priming exercise on afternoon performance in road cyclists. 22nd European College of Sport Science – Metropolis Ruhr, Germany 5th-8th July 2017. Oral.

Feroli D, Bosio A, Bilborough, JC, Tornagh, M, La Torre A, **Rampinini E**. The effect of training on peripheral neuromuscular fatigue induced by repeated change of direction in basketball. 22nd European College of Sport Science – Metropolis Ruhr, Germany 5th-8th July 2017. Oral.

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Gualtieri A, Connolly D, Ferrari Bravo D, Sassi R, **Rampinini E**. Match performance analysis in elite youth soccer players: a preliminary study – Rennes, France 31st May – 2nd June 2017. Oral.

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Ferioli D, Bosio A, Carlomagno D, Azzolini M, La Torre A, **Rampinini E**. Relationships between training load and physical fitness' changes in professional and semi-professional basketball players. 21st European College of Sport Science – Vienna, Austria 6th-9th July 2016. Oral.

Bosio A, Carlomagno D, Tornaghi M, Manzoni R, Panzeri A, **Rampinini E**. Differences in strength, power and fatiguability between Alpine Skiers of FIS World Cup and European Cup. 21st European College of Sport Science – Vienna, Austria 6th-9th July 2016. Oral.

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Castagna C, Francini L, Bosio A, Connolly DR, Carlomagno D, **Rampinini E**. Match demands and Field endurance tests in male non-elite young soccer. 8th World Congress on Science and Football – Copenhagen, Denmark 20th-23rd May 2015. Oral.

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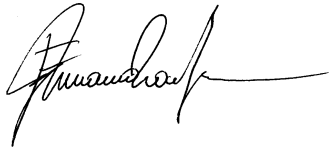
Calzetti e Mariuci, 2004

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Acido lattico, percezione dello sforzo (RPE) e qualità del recupero (TQR).

Rampinini E.

E. Rampinni

A handwritten signature in black ink, appearing to read 'E. Rampinni', with a long horizontal stroke extending to the right.