

## PAOLO SPICUGLIA

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Paolo Spicuglia was born in Pietrasanta on 14th September 1992. After his graduation from the classical high school of Massa, he obtained a degree in “Motor Sciences, Sports and Health” at the University of Florence with a score of 110/110. He wrote a dissertation based on the method of “Post-activation potentiation”. He had successfully completed an advanced training called “Recupero funzionale del Movimento” at the University of Florence. Later he attended the “Master internazionale di riabilitazione e rieducazione funzionale nello sport” at EdyAcademy, Milan.

Since 2017 he has worked as professor on contract, at the University of Florence, especially he has taught “Metodologia dell’allenamento”, that is a classe of the “Motor Sciences, Sports and Health” academic course. He has been an assistant supervisor of many thesis projects and since 2016 he has been professor of EdyAcademy.

He has coordinated since 2014 many researches on the “Laboratorio di Scienze Motorie Applicate alla Medicina”, that works on the personalized and controlled physical exercises effects of the valuation on pathological and physiological conditions.

Moreover since 2014, thanks to the collaboration with “Corso d’Opera”, he has worked, with the professor Mario Marella’s staff, on a research project that was focused on the performance analysis of lyric singers. They found a working method that is personalized for any single performer.

Currently he works at Hastafisio, in Asti, that is a qualified center of physical therapy, rehabilitation and sport medicine.

He is co-author of the book headed “Warm up e moderni approcci all’allenamento”, published by Calzetti-Mariucci. He is also co-author of the international publication headed “Post activation potentiation improves athletic performance without affecting plasma oxidative level.”