



Riccardo Borzuola

WORK EXPERIENCE

Bindery operator

Legatoria Sensi [09/2011 – 10/2011]

Address: Perugia (Italy)

City: Perugia

Country: Italy

Archive manager

Università degli Studi di Perugia [04/2014 – 06/2014]

Address: perugia (Italy)

City: Perugia

Country: Italy

Mail clerk

Poste Italiane [01/09/2014 – 03/03/2015]

Address: Perugia (Italy)

City: Perugia

Country: Italy

Traineeship - Ricercatore in Biomeccanica Applicata

University of Colorado Boulder - Department of integrative Physiology [01/09/2016 – 01/03/2017]

Address: Boulder, CO (United States)

City: Boulder, CO

Country: United States

Research, development and design of a passive exoskeleton for rehabilitation

Assistant researcher in university

Cardiff Metropolitan University - Cyncoed Campus [01/05/2019 – 01/08/2019]

City: Cardiff

Country: United Kingdom

University lecturer

Università degli Studi di Roma "Niccolò Cusano" [01/10/2020 – Current]

City: Roma

Country: Italy

Lecturer of the course of "Biomechanics" - BD in Sport Science

EDUCATION AND TRAINING

Diploma di Liceo Scientifico

Liceo Scientifico Statale "Galileo Galilei" [01/09/2005 – 10/06/2010]

Address: Perugia (Italy)

Bachelor's Degree in Sport Science

Università degli Studi di Perugia [20/09/2011 – 11/03/2015]

Address: Perugia (Italy)

Level in EQF: EQF level 6

Inglese, Spagnolo

Educazione Fisica

Master's Degree in Human Technology in Sports and Medicine

Deutsche Sporthochschule Köln [02/10/2015 – 15/04/2018]

Address: Köln (Germany)

Field(s) of study: Biomechanics of Human Movement

Final grade: 1.5 - sehr gut/excellent

Thesis: The Impact of Whole-body Vibrations on the Physiological and Dynamic Response During Cycling

PhD in Human Movement and Sport Sciences

Università degli Studi di Roma "Foro Italico" [01/11/2018 – 27/04/2022]

Address: Piazza Lauro De Bosis, 15, 00135 Roma (Italy)

Field(s) of study: Bioingegneria e Neuromeccanica del Movimento

Final grade: Eccellente

Thesis: Neurophysiological mechanisms underlying Neuromuscular electrical stimulation

LANGUAGE SKILLS

Mother tongue(s): **Italian**

Other language(s):

English

LISTENING C2 READING C2 WRITING C2

SPOKEN PRODUCTION C2 SPOKEN INTERACTION C2

Spanish

LISTENING B2 READING B2 WRITING B2

SPOKEN PRODUCTION B2 SPOKEN INTERACTION B2

German

LISTENING A2 READING A2 WRITING A2

SPOKEN PRODUCTION A2 SPOKEN INTERACTION A2

French

LISTENING B1 READING B1 WRITING A2

SPOKEN PRODUCTION A2 SPOKEN INTERACTION A2

DIGITAL SKILLS

Microsoft Office / Microsoft Word / Microsoft Excel / Microsoft Powerpoint / MATLAB / Google Docs / Python / IBM SPSS / GraphPad / Adobe Photoshop / Adobe Premiere

PUBLICATIONS

Borzuola, R., Viellehner J., Potthast, W. (2018). The Impact of Whole-body Vibrations on the Physiological and Dynamic Response During Cycling. Deutsche Sporthochschule Köln publikationenn 2018.

[2018]

[Borzuola, R., Giombini, A., Torre, G., Campi, S., Albo, E., Bravi, M., Borrione, P., Fossati, C., & Macaluso, A. \(2020\). Central and Peripheral Neuromuscular Adaptations to Ageing. Journal of Clinical Medicine, 9\(3\), 741](#)

[2020]

[Borzuola, R., Labanca, L., Macaluso, A., & Laudani, L. \(2020\). Modulation of spinal excitability following neuromuscular electrical stimulation superimposed to voluntary contraction. European Journal of Applied Physiology, 120\(9\), 2105-2113.](#)

[2020]

[Etenzi, E., Borzuola, R., & Grabowski, A. M. \(2020\). Passive-elastic knee-ankle exoskeleton reduces the metabolic cost of walking. Journal of NeuroEngineering and Rehabilitation, 17\(1\), 104.](#)

[2020]

[Papalia, R., Ciuffreda, M., Albo, A. M., Fossati, C., Macaluso, A., Borzuola, R., De Vincentis, A., & Denaro, V. \(2020\). Return to Sport after Anatomic and Reverse Total Shoulder Arthroplasty in Elderly Patients: A Systematic Review and Meta-Analysis. Journal of Clinical Medicine, 9\(5\), 1576.](#)

[2020]

[Castaldi, G. M., Borzuola, R., Camomilla, V., Bergamini, E., Vannozzi, G., & Macaluso, A. \(2022\). Biomechanics of the Hammer Throw: Narrative Review. Frontiers in sports and active living, 4, 853536.](#)

[2022]

[Borzuola, R., Laudani, L., Labanca, L., & Macaluso, A. \(2022\). Superimposing neuromuscular electrical stimulation onto voluntary contractions to improve muscle strength and mass: A systematic review. European journal of sport science, 1-13. Advance online publication.](#)

[2022]

DRIVING LICENCE

Driving Licence: B

CONFERENCES AND SEMINARS

ISBS 2018 - International Society of Biomechanics in Sports

[Cologne, Germany, 12/07/2018 – 16/07/2018]

IUC - BOHNES colloquium

[Roma, 30/01/2019 – 01/02/2019]

International Society of Electrophysiology and Kinesiology 2020

[Online, 12/07/2020 – 14/07/2020]

71st SIF National Congress - Società Italiana di Fisiologia

[07/09/2021 – 09/09/2021]

International Society of Electrophysiology and Kinesiology 2022

[Québec City, Canada, 22/06/2022 – 26/06/2022]

HONOURS AND AWARDS

DAAD Prize - Outstanding academic achievements by international students

Deutsche Sporthochschule Köln [15/04/2018]

VOLUNTEERING

Comitato per la Vita "Daniele Chianelli"

[Perugia, 01/07/2005 – Current]

ALTRE COMPETENZE

Other Skills

- First aid: CPR - Colorado University

01/02/2023

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