



# GIUSEPPE SCARDINA

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## LANGUAGES

Italian: Native Language

English: Advanced Level (IELTS C1 Certification)

## SKILLS

Sports Science  
Strength and Conditioning  
Problem Solving  
Communication Skills  
Ability to work in a Team  
Customer Focus  
IT Skills  
Account Management  
Microsoft Office Package  
Time Management  
Flexibility  
Relationship Building

## DRIVING LICENCE

B | Apr 2015 — Dec 2025

## WORK EXPERIENCE



### PhD in Sports Science

University of Palermo | Palermo, Italy  
Nov 2024 — Present

As a PhD student in Sports Science, I study the factors influencing physical performance in youth athletes. My research involves designing studies, collecting, and analysing data on growth, development, and performance. I collaborate with experts and professionals to promote evidence-based approaches while developing skills such as critical thinking, problem-solving, and independent project management.



### Strength and Conditioning Coach Intern

Liverpool FC Women's Academy | Liverpool, United Kingdom  
Apr 2023 — Sep 2023

Design of strength and conditioning and rehabilitation programs. Responsibilities include monitoring performance during pitch-based sessions with GPS, detailed recording of gym-strength and power sessions, physical profiling of players with feedback, management of daily activities and contribution to research projects for the improvement of physical performance.



### Senior Strength and Conditioning Coach Intern

Liverpool John Moores University | Liverpool, United Kingdom  
Oct 2022 — May 2023

Shadowing, assisting, and delivering strength and conditioning support to all Liverpool John Moores University Performance Sport athletes. Responsibilities include attending coaches meetings, training interns and assisting with data collection and analysis using strength and power testing equipment.



### Assistant Academy Football Coach

Tieffe Club Juventus Academy | Palermo, Italy  
Feb 2022 — Jun 2022

Planning, delivering, and reviewing training sessions for the U7 and U13 groups, facilitating the player development plan and promoting the culture and philosophy of the club and academy. Effective communication with the team, coach and fitness trainer for the physical progress of the players.



### Erasmus+ for Traineeship, Sports Science Intern

University College Dublin | Dublin, Ireland  
Sep 2021 — Dec 2021

Conducting tests and evaluations on athletes, the general population, and for applied research studies. Responsibilities also include literature review and data analysis, as well as monitoring tests and evaluations within the Human Performance Laboratory.



### Fitness Trainer

SSD Excellent Gym | Casteldaccia, Italy  
Sep 2019 — Jul 2020

Guide clients in safe and effective exercise practices, differentiating training programs based on clients' ability and fitness levels, explaining exercise execution through practical demonstrations.

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## REFERENCE

References available upon request.

## PRIVACY

I authorise the processing of personal data contained within my CV, according to GDPR (EU) 2016/679.



### **Administrator and Cashier**

Cafe "Caffè Dante" | Bagheria, Italy

Jul 2015 — Sep 2017

Independently handle cash and card transactions, cashier, and account services, along with administrative tasks such as communicating with suppliers and managing inventory. Maintain accurate sales records and compile detailed reports. Responsibilities also include providing exceptional customer service, taking orders, answering phone calls, and managing the new employee onboarding process.

## EDUCATION

### **Master of Science, Strength and Conditioning**

Liverpool John Moores University

Liverpool, United Kingdom | Sep 2022 — Oct 2023



### **Bachelor's Degree, Sports and Exercise Sciences with Honours**

University of Palermo

Palermo, Italy | Sep 2017 — Jul 2021

Grade: First Class, 1:1 (110/110 cum Laude)



### **Erasmus+ for Study, Sport and Exercise Sciences**

University of Split

Split, Croatia | Sep 2020 — Mar 2021



## LICENSES & CERTIFICATIONS

### **Introduction to Clean Sport**

UKAD (United Kingdom Anti-Doping)

Jan 2023

### **Introduction to Coaching Football**

The Football Association

Mar 2022

### **Safeguarding Children Course**

The Football Association

Mar 2022

### **Introduction to First Aid in Football (IFAiF)**

The Football Association

Mar 2022

### **The FA Playmaker**

The Football Association

Jan 2022

### **Data Analysis with R Programming**

Google

Jan 2022

### **Introduction to Systematic Review and Meta-Analysis**

Johns Hopkins University (Coursera Online)

Oct 2021

### **Biomechanics and Proprioception in Athletes**

Italian Olympic Committee (Comitato Olimpico Nazionale Italiano, CONI)

Nov 2020

### **Youth Training**

Italian Olympic Committee (Comitato Olimpico Nazionale Italiano, CONI)

Jan 2018