

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

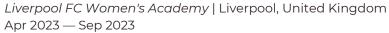
WORK EXPERIENCE

PhD in Sports Science University of Palermo| Pa

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



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 | Dublino, Irlanda 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.

GIUSEPPE SCARDINA



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



REFERENCE

References available upon request.

PRIVACY

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

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