



UNIVERSITÀ DEGLI STUDI DI PALERMO

ANTONIO PALMA

Full Professor – Program Leader

Short Curriculum Vitae

April 2016



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Antonio Palma was born in Marsala the April 18th, 1957.

In July 1981 he has graduated with honours in Medicine and Surgery Faculty at the University of Palermo.

In November 1985 he specialized in Radiodiagnostic at University of Palermo.

From 1985 to 2003 he has been University Assistant Professor in the Faculty of Medicine and Surgery at the University of Palermo and member of the Department of Experimental Medicine (DIMES).

From November 1999 to September 2003 he has been transferred in the Faculty of Motor Activity Sciences at the University of Palermo just founded.

From October 2003 to October 2006 he has been Associate Professor (BIO/16 S.S.D) in the Faculty of Medicine and Surgery at the University of Palermo.

From October 2006 up to now he is Full Professor in the Faculty of Motor Activity Sciences at the University of Palermo. Active member of Department of Sport and Exercise Sciences (DISMOT).

From October 2009 up to now he is the program leader of the Master Degree program in Sport Sciences at the University of Palermo.

From January 2014 up to now he is the program leader of the Bachelor Degree program in Sport and Exercise Sciences at the University of Palermo.

Teaching Activity

From 1985 he has developed exercises and seminars of osteoarthrology, microscopic anatomy, macroscopic anatomy in the official Courses of Human Anatomy at the faculty of Medicine and Surgery, at the Course of Degree in Natural Sciences and at the Institute of Physical Education.

He has participated to the academy board in the Integrated Course of Human Anatomy at the Course of Degree in Medicine and Surgery, Courses of Degree in Natural Sciences, Pharmacy, Chemistry and Pharmaceutical Technologies and at the Institute of Physical Education.

In 2004-05 academic year, he has been professor in the Official Courses of human anatomy at the Course of Degree in Techniques of Medical Radiology, for Images and Radiotherapy of the university of Palermo.

From 2003 up to now he has taught subjects in the field of "methods and didactics in sport and exercise" in the Degree Courses in Sport and Exercise Sciences at the University of Palermo.



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From 2003 up to now he belongs to the college of the Teachers at the PhD School of the Motor Activity Sciences of the University of Palermo and it he is tutor of two Phd students who develop research activity on the "Human Performance and Exercise" topic.

From 2010 up to now he belongs to the college of Teachers at PhD School of Human Nutrition and Experimental Medicine of the University of Palermo and it he is tutor of one Phd student who develop research activity on the "Human Performance and Exercise" topic.

Management activity & award

From 2006 until now he is the director of the laboratory of sciences of the sport activities at the University of Palermo.

He was a component of the committee organizer of Basket World Championships for deafs, Palermo 2011.

From 25th June 2007 he is a component of "certification quality system italia" committee, it is an accredited organism that certifies the administration system for the quality ISO 9001: 2000 e ISO 14001: 2004.

From 2008 until now he is the scientific and didactic coordinator of the Scuola dello Sport Sicilia (CONI-Training Provider).

From 2011 until now he is the head of CRASM research lab.

From 2011 until now he is co-editor in chief of the European Journal of Sport Studies.

On 2010 the National Olympic Committee (CONI) awarded Prof. Palma with a bronze medal for his invaluable support on managing activities.

On 2011 he created the first International Conference in Science & Football "Sicily April, 15-17 2011"; 310 participants, 13 countries involved and a book of abstracts already published (ISBN 978-88-905268-2-4).

From 2010 until now he is the Rector Deputy for the fitness and sport activities of University of Palermo' students.

Scientific activity

He is the head of a research group including three member of School (Marianna Bellafiore, Antonino Bianco and Giuseppe Battaglia) and a number of MSc students and BSc Students. He is also collaborating with the University of Padua, University of Greenwich, University of Split and the University of New Jersey.

His research activity focus on:

- The adaptation of the heart rate and the arterial pressure during a specific program of training in the élite soccer referees;



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- Increased expression of titin in mouse gastrocnemius muscle in response to an endurance-training program.
- Increased cx43 and angiogenesis in exercised mouse hearts.
- Assessment of cardio-respiratory fitness (CRF) without exercise testing and association of CRF with waist circumference (WC) in young adults
- Improving Equilibrium By Short-Term Balance Training In Healthy Older Women
- Influence of family history of NIDDM on basal metabolic rate in sedentary and active women.
- Protein supplementation in strength and conditioning adepts: knowledge, dietary behavior and practice in Palermo, Italy

Research activity of Prof. Palma includes more than 155 publications.

Latest Papers

2016. Bianco A, Spedicato M, Petrucci M, Messina G, Thomas E, Nese Sahin F, Paoli A, **Palma A.** A Prospective Analysis of the Injury Incidence of Young Male Professional Football Players on Artificial Turf. *Asian J Sports Med.* 2016 Mar 5;7(1):e28425. doi: 10.5812/asjism.28425. eCollection 2016 Mar.

2016. Battaglia G, Bellafiore M, Alesi M, Paoli A, Bianco A, **Palma A.** Effects of an adapted physical activity program on psychophysical health in elderly women. *Clin Interv Aging.* 2016 Jul 29;11:1009-15. doi: 10.2147/CIA.S109591. eCollection 2016.

2016. Alesi M, Bianco A, Luppina G, **Palma A,** Pepi A. Improving Children's Coordinative Skills and Executive Functions: The Effects of a Football Exercise Program. *Percept Mot Skills.* 2016 Feb;122(1):27-46. doi: 10.1177/0031512515627527. Epub 2016 Feb 1.

2016. Patti A, Bianco A, Paoli A, Messina G, Montalto MA, Bellafiore M, Battaglia G, Iovane A, **Palma A.** Pain Perception and Stabilometric Parameters in People With Chronic Low Back Pain After a Pilates Exercise Program: A Randomized Controlled Trial. *Medicine (Baltimore).* 2016 Jan;95(2):e2414. doi: 10.1097/MD.0000000000002414.

2015. Thomas E, Bianco A, Bellafiore M, Battaglia G, Paoli A, **Palma A.** Determination of a strength index for upper body local endurance strength in sedentary individuals: a cross sectional analysis. *Springerplus.* 2015 Nov 25;4:734. doi:10.1186/s40064-015-1539-9. eCollection 2015.



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2015. Alesi M, Bianco A, Padulo J, Luppina G, Petrucci M, Paoli A, **Palma A**, Pepi A. Motor and cognitive growth following a Football Training Program. *Front Psychol.* 2015 Oct 27;6:1627. doi: 10.3389/fpsyg.2015.01627. eCollection 2015.

2015. Bianco A, Mammina C, Jemni M, Filippi AR, Patti A, Thomas E, Paoli A, **Palma A**, Tabacchi G. A fitness index model for Italian adolescents living in Southern Italy. The ASSO project. *J Sports Med Phys Fitness.* 2015 Oct 16. [Epub ahead of print].

2015. Bianco A, Jemni M, Thomas E, Patti A, Paoli A, Ramos Roque J, **Palma A**, Mammina C, Tabacchi G. A systematic review to determine reliability and usefulness of the field-based test batteries for the assessment of physical fitness in adolescents - The ASSO Project. *Int J Occup Med Environ Health.* 2015;28(3):445-78. doi: 10.13075/ijomeh.1896.00393. Review.

2015. Bianco A, Lupo C, Alesi M, Spina S, Raccuglia M, Thomas E, Paoli A, **Palma A**. The sit up test to exhaustion as a test for muscular endurance evaluation. *Springerplus.* 2015 Jul 2;4:309. doi: 10.1186/s40064-015-1023-6. eCollection 2015.

2015. Sutura R, Bianco A, Paoli A, Padulo J, Thomas E, Iovane A, **Palma A**. Identification of normal and pathological posterior inter-malleolar ligament with dedicated high-field vs low-field MRI. A pilot study. *Muscles Ligaments Tendons J.* 2015 Mar 27;5(1):12-7. eCollection 2015