



Andrea Pagliaro

PROFESSIONAL EXPERIENCE

2023 - Attuale

PhD Student-Health Promotion & Cognitive Sciences
University of Palermo | Palermo

Advanced research in bioenergetic processes and the development of innovative technologies aimed at improving sports performance and promoting health and wellness of individuals.

2019 - 2024

Strength and Conditioning Coach Heracles
Gymnasium | Milan

Responsible for athletic training and the planning of training programs for competitive athletes in combat sports, with a focus on injury prevention and reconditioning

2019 - 2023

Coach CrossFit Avanguardia | Milan

Management of training classes and development of customized programs specifically for weightlifting

2016 - 2018

Coach CrossFit Thrinax | Palermo

Design and management of training programs in the fields of weightlifting, strength, gymnastics, and endurance, with particular focus on athletic preparation for competitive athletes

2017 - 2018

Strength and Conditioning Coach Centro Sportivo Be Fit | Palermo

Athletic preparation for kickboxing, post-injury reconditioning, and postural gymnastics with a focus on prevention in old age

ACADEMIC BACKGROUND

2018 - 2020

Master's degree | Exercise Science
University of Milan , Milan

Experimental thesis: "The Impact of the Punch in the Performance Model of Boxing"
110/110 cum laude

2015 - 2018

Bachelor's degree | Exercise Science
University of di Palermo , Palermo

Experimental project: "Self-myofascial release and CrossFit"

PUBBLICAZIONI SCIENTIFICHE

📍 90144, Palermo

✉ Andrea.pagliaro@unipa.it

📅 01/11/1991

PERSONAL PROFILE

Young professional with strong motivation to grow in the role of athletic trainer and researcher. Throughout my career, I have refined the use of advanced training and reconditioning techniques, demonstrating proactivity, mental flexibility, and a strong team spirit. I organize my work in a rigorous, goal-oriented manner, with a constant focus on improving physical performance and overall well-being

SKILLS AND COMPETENCIES

Training Theory and Methodology:

Evaluation and optimization of physical performance

Training Programming: Development of specific programs for weightlifting and combat sports

Leadership: Leading classes and managing training groups

Problem Solving: Resolving issues related to injuries and sports performance

- **Performance enhancing strategies in sailings sports:
Beyond training and nutrition**

Pagliari A.; Alioto A.; Baldassano S.; Proia P.

Doi: <https://doi.org/10.5114/hm.2024.136051>

- **Epigenetic Biomarkers Modulate Osteogenesis in
Response to Exercise and Nutrition**

Proia P.; Rossi C.; Alioto A.;Amato A.;Polizotto
C.;Pagliari A.; Kulis S.; Baldassano S.

Doi:10.20944/preprints202308.0220.v1

- **Biochemical assessment of insulin and vitamin D
levels**

**in obese adolescents after diet and physical activity:
A retrospective observational study**

Alioto A.;Rossi C.;Capano S.;Amato A.;Baldassano
S.;Pagliari A.;Lauricello G.;Kuliś S.;Proia P.

Doi: 10.2478/bhk-2023-0028

CONFERENCES

- **96° Congresso della Società Italiana di Biologia
Sperimentale (SIBS),**

l'Aquila 25-28 April 2024,Italy

*From Lab To Track: The Taopatch® Biomarker And
Performance Detection Technologies*

*Andrea Pagliaro, Anna Alioto, Giuseppe Messina,
Alessandra Amato,Sara Baldassano, And Patrizia Proia*

- **3rd Unica Sport Science International Conference
of the University of Cagliari,**

Cagliari 19-21 June 2024, Italy

*The Analysis Of The Genetic Profile In Elite Point Fighting
Athletes.*

*Patrizia Proia, Andrea Pagliaro, Anna Alioto, Paolo
Milazzo, Sara Baldassano*

- **The 48th Federation of European Biochemistry
Societies (FEBS) Congress,**

Milano 29 June – 3 July 2024, Italy

*New Strategies For Performance Acute Stress Monitoring
In Volleyball Players: The Role Of ROS, Amylase And
Cortisol Levels*

*Patrizia Proia, Carlo Rossi, Andrea Pagliaro, Anna Alioto,
Gabriella Schiera, Italia Di Liegro*

- **XV Congresso Nazionale della SISMES, Chieti 19-
21 september 2024,Italy**

*Taopatch®: Redefining Sports Performance with
Nanotechnology.*

*Andrea Pagliaro, Giuseppe Messina,Anna Alioto, Domenico
Nuzzo, Sara Cipolla, Davide Cipolla, Domenico Guddemi,
Giovanni Saladino, Patrizia Proia*

CERTIFICATIONS

**Weightlifting Instructor FIPE - Weightlifting
Federation**

Milan, 2022

CrossFit L-1 Instructor - CrossFit Inc.

Palermo, 2019

**Advanced Programming for Cross-Athletes - Row
Training System**

Milan, 2018
Elastic Taping Operator ATS - Advanced Training System
Milan, 2016
Postural Gymnastics Instructor CSEN - National Educational Sports Center
Palermo, 2014

PROFESSIONAL SPORTS CAREER

- **Kickboxing Competitor**
Black Belt
Participation in national and international competitions
Selected for the Italian Junior National Team
- **Olympic Weightlifting Competitor**
Participation in regional competitions
- **CrossFit Competitor**
Participation in regional competitions

LINGUISTIC COMPETENCIES

Italiano: LINGUA MADRE

Inglese: A2



Elementare

Autorizzo il trattamento dei miei dati personali ai sensi dell'art. 13 del D. Lgs. 196/2003 e dell'art. 13 GDPR (Regolamento UE 2016/679) ai fini della ricerca e selezione del personale.

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