



Simone Cuomo

Date of birth: 20/11/1991 | **Nationality:** Italian | **Gender:** Male | **Phone number:** (+39) 3663525849 (Mobile) | **Email address:** simone.cuomo@unito.it | **Address:** Via Marengo 32, 10126, Turin, Italy (Work)

● ABOUT ME

PhD Student in Medical Physiopathology with a particular interest in the role of exercise along the cancer continuum

● WORK EXPERIENCE

01/10/2020 – CURRENT Turin, Italy

UNIVERSITY TEACHING ASSISTANT UNIVERSITY OF TURIN - SCHOOL OF EXERCISE AND SPORT SCIENCES, TORINO (ITALIA)

Support to Prof. Anna Mulasso "Adapted Physical Activity" professor, in the planning and presentation of the lessons

Support to Prof. Paolo Riccardo Brustio "Theory and methodology of training" professor, in the planning and presentation of the lessons

08/04/2019 – 01/03/2020 Turin, Italy

MANAGER AT "PALESTRE SALUTE" GYM IN GRUGLIASCO NEUROMUSCULAR FUNCTION RESEARCH GROUP, UNIVERSITY OF TURIN, GRUGLIASCO (ITALY)

Management and coordination of the gym

Trainee students supervision

Test administration for the assessment of physical functioning levels

Administration of questionnaires for the assessment of psycho-social functionality levels

Design adapted training program on the basis of chronic pathology and level of individual physical functioning

Administration of training program

01/06/2018 – 01/10/2020 Turin, Italy

COLLABORATION TO THE PROJECT "PALESTRE SALUTE" AND THE WRITING OF MY MASTER'S DEGREE THESIS NEUROMUSCULAR FUNCTION RESEARCH GROUP, UNIVERSITY OF TURIN, TURIN (ITALY)

Test administration for the assessment of physical functioning levels

Administration of questionnaires for the assessment of psycho-social functionality levels

Design adapted training program on the basis of chronic pathology and level of individual physical functioning

Administration of training program

Statistical data analysis (through use of the GraphPad Prism 8.0 and SPSS statistical software)

Turin, Italy

PHYSICAL EDUCATION TEACHER SECONDARY SCHOOL ITALIAN MINISTRY OF EDUCATION

19/11/2018 – 01/10/2020 Turin, Italy

TECHNICAL ASSISTANT FOR SPORTS FACILITIES MUNICIPALITY OF TURIN

Management and maintenance of swimming facilities

● EDUCATION AND TRAINING

01/10/2020 – CURRENT

PHD STUDENT IN MEDICAL PHYSIOPATHOLOGY University of Turin

The effectiveness of active lifestyle and physical exercise as prevention strategies in a cohort of women with breast cancer

Website <https://dott-fisiopatologia.campusnet.unito.it/do/home.pl>

2016 – 2019 Turin, Italy

MASTER'S DEGREE IN - SPORT SCIENCE FOR PREVENTION AND REHABILITATION LM67 - 110/110 CUMLAUDE University of Turin

Website <educazionemotoria.campusnet.unito.it/do/home.pl>

2018 Turin, Italy

24 CFU FOR TEACHING University of Turin

2011 – 2014 Turin, Italy

BACHELOR DEGREE IN EXERCISE AND SPORT SCIENCE University of Turin

Website www.suism.unito.it/do/home.pl

● LANGUAGE SKILLS

Mother tongue(s): **ITALIAN**

Other language(s):

	UNDERSTANDING		SPEAKING		WRITING
	Listening	Reading	Spoken production	Spoken interaction	
ENGLISH	B2	C1	B2	B2	B2

Levels: A1 and A2: Basic user; B1 and B2: Independent user; C1 and C2: Proficient user

● ADDITIONAL INFORMATION

PUBLICATIONS

Articles

Mulasso A, Micheletti Cremasco M, Cuomo S, Testa A, Lattke LS, De Lorenzo A, Rainoldi A, Rabaglietti E. (2023). "Stay at Home" during the COVID-19 Pandemic: Effects on Physical Activity and Sedentary Behavior in an Italian Academic Community. *Int J Environ Res Public Health*; 20(2):1168.

Poster presentations

- Cuomo, S., Mulasso, A., Lupo, C., Rainoldi A. Influence of grip strength and age on manual dexterity in adult women. Italian Society Motor and Sport Science (SISMES), XII National Conference SISMES. Milano 4-6 November 2022.
 - Rabaglietti, E., Cuomo, S., Gallino, A., Beraudi M., Bertolusso R., Marinaro, L., Micene, G., Rainoldi, A., Mulasso A., Relationship between a sedentary lifestyle and psychological well-being during COVID-19: A survey on over 60 population. Italian Society of aging psychology (SIPI), XIV National Conference on the psychology of aging, May 29 2021 online.
 - Cuomo, S., Mulasso, A., Boccia, G., Agostino S., Rainoldi A., Influence of grip strength and age on manual dexterity in adult women. Italian Society Motor and Sport Science (SISMES), XII National Conference SISMES. Padova 8-10 October 2021.
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Abstract

- Frau J., Mulasso A., Coghe G., Rainoldi A., Cuomo S., Lorefice L., Fenu G., Cocco E. A multidimensional self-reported evaluation of frailty in people with multiple sclerosis. 9th Congress of the European Academy of Neurology. Budapest 1-4 July 2023.
 - Cusato J., Mulasso A., Ferrara M., Accardo G., Palermi A., Alessandra Manca A., Antonucci M., Bianco G., Maiese D., Chiara F., Mula J., De Vivo ED, Maddalone MG., Tettoni MC, Cuomo S., Marinaro L., Bonora S., Di Perri G., Lupo C., Rainoldi A., D'Avolio A. Physical activity, oxidative stress and antiretroviral therapy in people with HIV switched from triple to dual therapy: a multidisciplinary pilot study. Italian Conference on AIDS and Antiviral Research. Bari. 14-16 June 2023.
 - Mulasso A., Cuomo S., Gatto F., Saccaro S., Rabaglietti E., Broglio F., Rainoldi A., Benso A. Exploring physical activity levels and barriers to physical activity among adults with Type 1 Diabetes Mellitus. Italian Society Motor and Sport Science (SISMES), Sport Sciences for Health, XIII National Conference SISMES. Milano 4-6 November 2022.
 - Boccia, G., Mulasso, A., Cuomo, S., Brustio, P., Lupo C., Ungureanu, A., Rainoldi, A. Time-efficient, space-saving, and interactive platform to assess physical capacities in adult employees Italian Society Motor and Sport Science (SISMES), Sport Sciences for Health, XII National Conference SISMES. Padova 8-10 October 2021.
 - Mulasso, A., Cuomo S., Boccia G., Degan R., Moroni A., Micheletti Cremasco, M., Rainoldi A. What are the factors associated with physical capacities in adult employees? Preliminary results of the project Wellness@Work for UniTO. Italian Society Motor and Sport Science (SISMES), Sport Sciences for Health, XII National Conference SISMES. Padova 8-10 October 2021.
 - Mulasso, A., Cuomo S., Micene, G., Bertolusso, R., Rabaglietti, E., Rainoldi, A., Marinaro, L., Healthy Lifestyle Index, frailty and quality of life: results of a survey conducted on over 60 population at the time of COVID. Academy of medicine of Turin Journal. Healthy Ageing Week. Ferrero Foundation. Alba 8-13 November 2021.
 - Mulasso A., Brustio P., Cuomo S., D'Emanuele S., Rainoldi A. Contrastare le malattie croniche con l'esercizio fisico: La prima Palestra Salute della Regione Piemonte. "Invecchiamento di successo, body and mind connection" pag.79. Alba 6/9 Novembre 2019.
 - Mulasso A., Brustio P., D'Emanuele S., Cuomo S., Rainoldi A. Effects of adapted physical exercise on dual-task ability and frailty in people with chronic diseases: preliminary results of the "Palestra Salute" (Piedmont Region). , Proceedings from: "XI SISMES NATIONAL CONGRESS, Research and training applied to sport sciences. Bologna 27-29 September 2019.
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VOLUNTEERING

01/10/2018 – 20/11/2022 Turin, Italy

Giovani per Torino (Youth for Turin) Program that offers volunteering opportunities with a well-defined duration, on the occasion of particular events or exhibitions taking place in Turin

STAGE AND TRAINEESHIP

15/07/2018 – 15/09/2018

St. Jhon's University Strength & Conditioning Department

8000 Utopia Parkway Queens, NY, USA

Strength and conditioning for different team sport with emphasis on post-injury strength training and test administration in order to evaluate the level of the athletes

10/2017 – 12/2018

Isokinetic

Via delle Orfane 20/E, 10122 Torino, ITA

Functional recovery and recovery of active life gestures in people with orthopedic diseases
Recovery of the specific technical gesture of the athlete

SPORTS RESULTS

AOB elite boxer for Boxing Team Barge - bantamweight class

1. 2 times Italian vice-champion 2021 and 2022
2. 1st Place Italian University Championship 2017 and 2018
3. 3rd Place Italian Championship 2016 - 2018 - 2019
4. Piedmont Regional Championship 2016 - 2017 - 2018 - 2019 - 2020 - 2021 - 2022

Called up to the Italian national boxing team with which I was included in the Italian roster for the World Series of Boxing 2017 and I took part in international match
