

Curriculum



Nome Name:	Ferdinando
Cognome Surname:	Cereda

ORCID:	n.d.
Scopus Author ID:	n.d.
WOS Author ID:	n.d.
Sito WEB WEB site:	n.d.

POSIZIONE PROFESSIONALE ATTUALE / CURRENT PROFESSIONAL POSITION:

Posizione attuale Current position:	In Servizio
Qualifica Qualification:	Professore Associato (L. 240/10)
Ateneo/Ente/Azienda University/Institution/Company:	Università Cattolica del Sacro Cuore
Nazione Ateneo/Ente/Azienda University/Institution/Company Country:	ITA
Anno inizio Start Year:	2023
Anno fine End Year:	n.d.

PRECEDENTI ESPERIENZE LAVORATIVE (ULTIMI 10 ANNI) / PREVIOUS WORK EXPERIENCE (LAST 10 YEARS):

LINGUE / LANGUAGES:

Lingua Language:	Inglese
Scrittura Writing:	A1
Comunicazione Communication:	A1

AREA/SETTORE SCIENTIFICO-DISCIPLINARE / AREA/SECTOR SCIENTIFIC-DISCIPLINARY

Area scientifico-disciplinare Area scientific-disciplinary:	Scienze mediche
Area scientifico-disciplinare codice Area scientific-disciplinary code:	06
Settore scientifico-disciplinare codice Sector scientific-disciplinary code:	-Metodi e didattiche delle attività motorie
Settore scientifico-disciplinare codice Sector scientific-disciplinary code:	-MEDF-01/A

Area scientifico-disciplinare Area scientific-disciplinary:	Scienze storiche, filosofiche pedagogiche e psicologiche
Area scientifico-disciplinare codice Area scientific-disciplinary code:	11
Settore scientifico-disciplinare codice Sector scientific-disciplinary code:	-Didattica e pedagogia speciale
Settore scientifico-disciplinare codice Sector scientific-disciplinary code:	-PAED-02/A

DESCRIZIONE DEI PRINCIPALI RISULTATI SCIENTIFICI CONSEGUITI NEGLI ULTIMI 10 ANNI (CON ANNESSO ELENCO DI MASSIMO 10 PUBBLICAZIONI) / DESCRIPTION OF THE MAIN SCIENTIFIC RESULTS ACHIEVED IN THE LAST 10 YEARS (WITH ATTACHED LIST OF MAXIMUM 10 PUBLICATIONS):

Descrizione Description:	<i>The main results provide a comprehensive overview of a series of research activities in the fields of physical education, health, and sports sciences. The research aims to contribute to the understanding of various topics, including active and healthy aging, the impact of digital technology on health and physical education, pedagogical models in physical education, and the role of physical and sports activities in developing life skills. Additionally, it examines the cultural impact of fitness and the development of research skills in sports professionals. The ten publications address specific aspects, each focusing on a particular facet of the aforementioned topics. Reviewer for Nuova Secondaria; Acta Kinesiologica; Pedagogia Oggi; Heliyon; American Journal of Sports Sciences; Formazione & Insegnamento; Italian Journal of</i>
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	<i>Educational Research; Encyclopaideia; PESSR,OJS, VQR 2011-2014. Participation in the working group for the school for the "Stati Generali delle Scienze Motorie in Italia" Member of the National Council of the Unione Nazionale dei Chinesiologi Member of the Editorial Board of the American Journal of Sports Sciences. Member of the scientific committee, RESM series. Congress Presentation of scientific papers at the major conferences and congresses of the following scientific societies: SIPED, SIRD, SIEMeS, REN, CUICIID, CILCS. Overall, the publications contribute to the understanding of various aspects of physical education, health, and sports sciences.</i>
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PUBBLICAZIONI / PUBLICATIONS:

Anno della pubblicazione Year of publication:	2024
Citazione Citation:	Cereda, Ferdinando (2024). Teaching strategies for fitness experts. In: (a cura di): Rodríguez BC;Heredia NM;Corbacho Valencia JMC, La nueva alquimia entre el aprendizaje y la enseñanza. vol. 17, p. 125-137, Berlin:Peter Lang GmbH, ISBN: 9783631916032

Anno della pubblicazione Year of publication:	2024
Citazione Citation:	Cereda Ferdinando (2024). Gamification in physical education: exploring efficacy, challenges, and ethical considerations. LLL, vol. 21, p. 312-326, ISSN: 2279-9001, doi: https://doi.org/10.19241/lll.v21i44.851

Anno della pubblicazione Year of publication:	2024
Citazione Citation:	Cereda, F (2024). Movement as the core of physical engagement and understanding. p. 1-241, Roma:tab edizioni, ISBN: 978-88-9295-863-0

Anno della pubblicazione Year of publication:	2017
Citazione Citation:	Cereda Ferdinando (2017). Le basi metodologiche dell'EBP e la sua applicazione per le scienze motorie e sportive: l'approccio a sei livelli. FORMAZIONE & INSEGNAMENTO, vol. Anno XV, p. 331-345, ISSN: 2279-7505

Anno della pubblicazione Year of publication:	2023
Citazione Citation:	Cereda, F (2023). A modern pedagogical approach in the subject of physical education. PHYSICAL EDUCATION AND SPORTS, vol. 2, p. 126-141, ISSN: 2829-5846, doi: 10.56003/pessr.v2i2.265

Anno della pubblicazione Year of publication:	2023
Citazione Citation:	Cereda, F (2023). Developing research skills in training sports professionals: a reflective approach. JOURNAL OF PHYSICAL EDUCATION AND SPORT, vol. 23, p. 1861-1870, ISSN: 2247-8051, doi: 10.7752/jpes.2023.08226

Anno della pubblicazione Year of publication:	2023
Citazione Citation:	Cereda, Ferdinando (2023). Methods and teaching of motor activities - From theory to evidence practice. vol. 2023, p. 1-202, Mantova:Universitas Studiorum S.r.l. - Casa Editrice, ISBN: 978-88-3369-144-2

Anno della pubblicazione Year of publication:	2023
Citazione Citation:	Cereda, Ferdinando (2023). Models in physical education. Rome:Tab Edizioni, ISBN: 978-88-9295-699-5

Anno della pubblicazione Year of publication:	2024
Citazione Citation:	Cereda F (2024). Revaluating the educational significance of motor activities: a pedagogical perspective on research methods for physical education and human movement studies. STUDIUM EDUCATIONIS, vol. XXIV, p. 38-48, ISSN: 2035-844X, doi: 10.7346/SE-022023-04

Anno della pubblicazione Year of publication:	2018
Citazione Citation:	Cereda, Ferdinando (2018). The relationship between motor activity and health through the perception of competence. HUNGARIAN EDUCATIONAL RESEARCH JOURNAL, vol. 8, p. 69-80, ISSN: 2064-2199

DESCRIZIONE DEI PRINCIPALI PROGETTI DI RICERCA E PREMI CONSEGUITI NEGLI ULTIMI 10 ANNI (CON ANNESSO ELENCO DI MASSIMO 10 RISULTATI, INCLUDENDO, A TITOLO DI ESEMPIO, PRINCIPAL INVESTIGATOR O COORDINATORE LOCALE DI PROGETTI DI RICERCA COMPETITIVI NAZIONALI O INTERNAZIONALI, SIGNIFICATIVI PREMI CONSEGUITI PER LA PROPRIA ATTIVITÀ DI RICERCA)/ DESCRIPTION OF THE MAIN RESEARCH PROJECTS AND AWARDS AWARDED IN THE LAST 10 YEARS (WITH ATTACHED LIST OF MAXIMUM 10 ACHIEVEMENTS, INCLUDING, FOR EXAMPLE, PRINCIPAL INVESTIGATOR OR LOCAL COORDINATOR OF NATIONAL OR INTERNATIONAL COMPETITIVE RESEARCH PROJECTS,

SIGNIFICANT AWARDS AWARDED FOR YOUR RESEARCH ACTIVITY):

<p>Descrizione Description:</p>	<p><i>Scientific Coordinator of the funded research line at the Università Cattolica del Sacro Cuore in Milan for the years 2013-2017</i> Overseeing and directing research initiatives at the Università Cattolica del Sacro Cuore in Milan, I served as the Scientific Coordinator for a funded research line spanning the years 2013-2017. During this period, I played a pivotal role in guiding and advancing academic investigations within the university.</p> <p><i>Scientific Coordinator of the funded project "Bodymatica"</i> As the Scientific Coordinator of the "Bodymatica" project, I led a funded research initiative aimed at exploring and understanding various aspects related to the human body. This role involved coordinating research activities and ensuring the project's successful execution.</p> <p><i>Scientific Coordinator of the funded project "Irisin and Physical Exercise"</i> Taking charge as the Scientific Coordinator, I led a funded project focused on investigating the relationship between irisin and physical exercise. This research aimed to contribute valuable insights into the physiological effects of exercise on the production of irisin.</p> <p><i>Scientific Coordinator of the funded project "Understanding the learning experiences of interns in exercise science and sports: implications for professional development in the field of fitness"</i> In the role of Scientific Coordinator, I spearheaded a funded project that delved into the learning experiences of interns in exercise science and sports. This research aimed to uncover insights crucial for enhancing professional development in the fitness industry.</p> <p><i>Italian Pedagogy Award 2016 and 2024</i> In recognition of my contributions to pedagogy, I was honored with the Italian Pedagogy Award in 2016 and in 2024, acknowledging my outstanding achievements and impact in the field of education.</p> <p><i>High-Quality Publication Award, Università Cattolica del Sacro Cuore in Milan, 2017 and 2023</i> Acknowledging the excellence in my scholarly contributions, I received the High-Quality Publication Award from the Università Cattolica del Sacro Cuore in Milan in 2017 and 2023.</p>
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<p>Descrizione Description:</p>	<p>Scientific Coordinator of the funded research line at the Università Cattolica del Sacro Cuore in Milan for the years 2013-2014-2015-2016-2017.</p>
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<p>Descrizione Description:</p>	<p>Scientific Coordinator of the funded project "Bodymatica".</p>
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<p>Descrizione Description:</p>	<p>Scientific Coordinator of the funded project "Irisin and Physical Exercise".</p>
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Descrizione Description:	Scientific Coordinator of the funded project "Understanding the learning experiences of interns in exercise science and sports: implications for professional development in the field of fitness".
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Descrizione Description:	Italian Pedagogy Award 2016 and 2024
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Descrizione Description:	High-Quality Publication Award, Università Cattolica del Sacro Cuore in Milan, 2017 and 2023.
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DESCRIZIONE DEI PRINCIPALI RISULTATI CONSEGUITI NEGLI ULTIMI 10 ANNI IN TERMINI DI SVILUPPO DI RETI E RELAZIONI SCIENTIFICHE NAZIONALI E INTERNAZIONALI (CON ANNESSO ELENCO DI MASSIMO 5 RISULTATI, INCLUDENDO, A TITOLO DI ESEMPIO, PARTECIPAZIONE O ORGANIZZAZIONE DI CONVEGNI NAZIONALI E INTERNAZIONALI; CONTRIBUTI A CONSORZI DI RICERCA) / DESCRIPTION OF THE MAIN RESULTS ACHIEVED IN THE LAST 10 YEARS IN TERMS OF DEVELOPMENT OF NATIONAL AND INTERNATIONAL SCIENTIFIC NETWORKS AND RELATIONS (WITH ATTACHED LIST OF MAXIMUM 5 RESULTS, INCLUDING, FOR EXAMPLE, PARTICIPATION OR ORGANIZATION OF NATIONAL AND INTERNATIONAL CONFERENCES; CONTRIBUTIONS TO RESEARCH CONSORTIA):

Descrizione Description:	<i>In the last 10 years I had a key role in the coordination and planning of the National Siped Conference held in Milan on March 28-29, 2019. Contributed to the organization and management of the National Siped Congress in 2021, demonstrating commitment to the success of the event. Recognized as a speaker at the National Siped Congress for the past decade, providing valuable insights and expertise in the field. Engaged as a speaker at the International CUICIID Congress in 2023, participating in thematic sessions scheduled for October 4-5-6, 2023. Invited as a speaker for thematic sessions at the International LATINA Congress in 2023, contributing expertise on October 22-23-24, 2023.</i>
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Descrizione Description:	Organizing Committee, National Siped Conference in Milan, March 28-29, 2019.
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Descrizione Description:	Organizing Committee, National Siped Congress 2021.
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Descrizione Description:	Speaker at the National Siped Congress of last 10 years,
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Descrizione Description:	Speaker at the International CUICID Congress 2023, thematic sessions, October 4-5-6, 2023.
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Descrizione Description:	Speaker at the International LATINA Congress 2023, thematic sessions, October 22-23-24, 2023.
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DESCRIZIONE DEI PRINCIPALI RISULTATI CONSEGUITI NEGLI ULTIMI 10 ANNI IN TERMINI DI SUPPORTO ALLA COMUNITÀ SCIENTIFICA (CON ANNESSO ELENCO DI MASSIMO 5 RISULTATI, INCLUDENDO, A TITOLO DI ESEMPIO, RESPONSABILITÀ DI DIREZIONE DI COMITATI EDITORIALI; INCARICHI DI VALUTAZIONE DELLA RICERCA PRESSO ISTITUZIONI NAZIONALI O INTERNAZIONALI; RESPONSABILITÀ ISTITUZIONALI ALL'INTERNO DELL'ISTITUZIONE DI APPARTENENZA O DI ALTRE ISTITUZIONI) / DESCRIPTION OF THE MAIN RESULTS ACHIEVED IN THE LAST 10 YEARS IN TERMS OF SUPPORT TO THE SCIENTIFIC COMMUNITY (WITH ATTACHED LIST OF MAXIMUM 5 RESULTS, INCLUDING, FOR EXAMPLE, MANAGEMENT RESPONSIBILITIES OF EDITORIAL COMMITTEES; RESEARCH EVALUATION ROLES AT NATIONAL OR INTERNATIONAL INSTITUTIONS; INSTITUTIONAL RESPONSIBILITIES WITHIN THE INSTITUTION OF AFFILIATION OR OTHER INSTITUTIONS):

Descrizione Description:	<i>In the last 10 years I has been actively involved in the working group dedicated to shaping the future of motor sciences education in Italy at the "Stati Generali delle Scienze Motorie" in 2023. Serving as a member on the National Council of the Unione Nazionale dei Chinesiologi, contributing to the development and advancement of the field. Contributing expertise as a member of the Editorial Board for the American Journal of Sports Sciences, involved in the scholarly review and publication process. Actively participating as a member of the scientific committee for the RESM series, contributing to the academic rigor and quality of the publications. Serving as a co-coordinator for the Bachelor's degree program L-22 at The Catholic University of the Sacred Heart in Milan, playing a key role in the academic leadership and administration of the program.</i>
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Descrizione	Participation in the working group for the school for the "Stati Generali delle Scienze Motorie in
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Description:	Italia" 2023
Descrizione Description:	Member of the National Council of the Unione Nazionale dei Chinesiologi
Descrizione Description:	Member of the Editorial Board of the American Journal of Sports Sciences.
Descrizione Description:	Member of the scientific committee, RESM series.
Descrizione Description:	Co-coordinator of the Bachelor's degree program L-22

DESCRIZIONE DEI PRINCIPALI RISULTATI CONSEGUITI NEGLI ULTIMI 10 ANNI IN TERMINI VALORIZZAZIONE DELLE CONOSCENZE (CON ANNESSO ELENCO DI MASSIMO 3 RISULTATI, RELATIVI ALLA PARTECIPAZIONE DEL CANDIDATO ALLE ATTIVITÀ DI VALORIZZAZIONE DELLE CONOSCENZE) / DESCRIPTION OF THE MAIN RESULTS ACHIEVED IN THE LAST 10 YEARS IN TERMS OF KNOWLEDGE VALORIZATION (WITH ATTACHED LIST OF MAXIMUM 3 RESULTS, RELATING TO THE CANDIDATE'S PARTICIPATION IN KNOWLEDGE VALORIZATION ACTIVITIES):

Descrizione Description:	<i>Over the past decade, there has been a significant advancement in the dissemination and application of knowledge in the field of public engagement, with a particular focus on fitness and physical activity. Notably, active participation in national radio and television programs as an expert in fitness and motor activity has played a pivotal role in reaching a wide audience. Additionally, the organization of the ISSA Convention, an exclusive gathering for fitness professionals, stands out as a major achievement. This platform has provided a unique opportunity for knowledge exchange and collaboration among experts in the international sports sciences arena. Through these initiatives, a substantial contribution has been made to enhancing public understanding and involvement in the realms of fitness and physical well-being over the past 10 years.</i>
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Informazioni aggiornate alla data di candidatura 28-04-2025

Ferdinando Cereda

Il presente curriculum costituisce allegato e parte integrante dell'incarico sottoscritto