

# Francesco Bettariga, PhD Candidate

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## PROFILE

I am passionate about Exercise as Medicine. Currently, I work as a researcher at Edith Cowan University (Perth - Australia), pursuing the PhD in Exercise Oncology at the Exercise Medicine Research Institute. In particular, my interest focuses on exercise principles as well as understanding the mechanisms underlying biological changes in people suffering from cancer. My dream is to constantly implement my knowledge by deepening further my studies in this field.

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## EDUCATION

Aug 2022 — Present	<b>Doctor of Philosophy in Exercise Medicine, Edith Cowan University</b>	Perth (Australia)
Sep 2020 — Sep 2021	<b>Master's Degree in Strength and Conditioning, Middlesex University</b> Final grade: Honor (Cum Laude)	London (UK)
Sep 2014 — Nov 2017	<b>Bachelor's Degree in Physiotherapy, University of Brescia</b> Final grade: 110/100 Cum Laude	Brescia (Italy)
Sep 2005 — Jul 2010	<b>High School in Scientific Diploma, Annibale Calini High School</b> Final grade: 76/100	Brescia (Italy)

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## EMPLOYMENT HISTORY

Aug 2022 — Present	<b>Researcher in Exercise Oncology, Exercise Medicine Research Institute - Edith Cowan University</b>	Perth (Australia)
Nov 2020 — Jul 2022	<b>Post Graduate Lecturer on Exercise Medicine</b>	Bologna (Italy)
Feb 2019 — Jul 2022	<b>Lecturer Assistant on Musculoskeletal and Sports Rehabilitation</b>	Brescia (Italy)
Jun 2018 — Jul 2022	<b>Physiotherapist: Orthopaedic, Sport Rehabilitation, and Exercise Medicine</b>	Studio Erre, Brescia (Italy)
Mar 2018 — Feb 2020	<b>Physiotherapist: Orthopaedic and Neurological Rehabilitation</b>	Istituto Clinico Città di Brescia, Brescia (Italy)
Dec 2017 — Mar 2018	<b>Physiotherapist: Orthopaedic Pediatric Rehabilitation and Researcher</b>	Spedali Civili di Brescia, Brescia (Italy)

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## PUBLICATIONS

Francesco Bettariga, Luca Maestroni, Luca Martorelli, Anthony Turner, Chris Bishop. "The Effects of a 6-week Unilateral Strength and Ballistic Jump Training Program on the Force-Velocity Profiles of Sprinting, The Journal of Strength and Conditioning Research 2022; Publish Ahead of Print

Francesco Bettariga, Luca Maestroni, Luca Martorelli, Paul Jarvis, Anthony Turner, Chris Bishop. "The Effects of a Unilateral Strength and Power Training Intervention on Inter-limb Asymmetry and Physical Performance in Male Amateur Soccer Players", Journal of Science in Sport and Exercise 2022; Publish Ahead of Print

Francesco Bettariga, Anthony Turner, Sean Maloney, Luca Maestroni, Paul Jarvis, Chris Bishop. "The Effects of Training Interventions on Interlimb Asymmetries: A Systematic Review With Meta-analysis", Strength and Conditioning Journal: October 2022, Volume 44 - Issue 5, Pages 69-86; [https://doi: 10.1519/SSC.0000000000000701](https://doi.org/10.1519/SSC.0000000000000701)

Lisa Mantovani, Luca Maestroni, Francesco Bettariga, Massimiliano Gobbo, Nicola Francesco Lopomo, Sionnadh McLean. "Does isometric exercise improve leg stiffness and hop pain in subjects with Achilles tendinopathy? A feasibility study", Physical Therapy in Sport: November 2020, Volume 46, Pages 234-242; <https://doi.org/10.1016/j.ptsp.2020.09.005>

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#### PRESENTATIONS

Jun 2022	Exercise Medicine in Cancer Management	Bergamo (Italy)
Apr 2021	Physical Activity in Lipedema	Bologna (Italy)
Oct 2020	Strength and Conditioning for Swimmers	Brescia (Italy)

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#### AWARDS

Jun 2022	Award for being the best Post Graduate Student in Sports Medicine, Academic year 2020/2021	Middlesex University London (UK)
	Award for high grades during the Bachelor's degree, Academic year 2016/2017	University of Brescia Brescia (Italy)

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#### PROJECTS AND PUBLICATIONS IN PROGRESS

Sep 2022	Mantovani et al., "Physical Activity in People Suffering from Lipedema - Book Chapter"; Ediermes To be completed	
Sep 2022	Kraemer et al., "Assessment of Skeletal Muscle Hypertrophy and Morphology Consequent to Load in Resistance Training: A Narrative Review " Under Review	

Aug 2022	Bettariga et al., "Acute Effects of a Fatiguing Protocol on Peak Force and Rate of Force Development of the Hamstring Muscles in Soccer Players" Under Review
Jan 2022	Lazzarini et al., "Effectiveness of corticosteroid injections compared to conservative non-pharmacological interventions in rotator cuff tendinopathy: a systematic review with meta-analysis"; PROSPERO registration number: CRD42021240882 To be completed
Dec 2021	Mantovani and Bettariga, "Pain assessment in lipedema disease" To be completed
Nov 2021	Mantovani and Bettariga, "The effects of physical activity in people affected by lipedema" To be completed
Oct 2021	Bettariga et al., "Reliability and validity of hand-held dynamometer and hand-held sphygmomanometer for testing shoulder isometric external and internal rotator muscles strength" Under Review

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**SKILLS**

Leadership	Empathy
Problem Solving	Reliability
Perseverance	Adaptability
Collaboration & Teamwork	Sensitivity

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**LANGUAGES**

English	C1	Italian	Native speaker
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**HOBBIES**

In my free time I love doing various sports, including snowboard and scuba diving, and especially I play football at competitive level. I love travelling and discovering unknown places losing myself in nature. I am a great fan of auteur films.

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**REFERENCES**

Prof. Robert Newton from Edith Cowan University  
r.newton@ecu.edu.au

Dr. Chris Bishop from Middlesex University  
C.Bishop@mdx.ac.uk

Mr. Luca Maestroni from Middlesex University  
lucamae@hotmail.it