



Nicola Giovanelli

Date of birth: 22/03/1985 | Nationality: Italian | Phone: (+39) 3737033009 (Work) | Email address: giovanellinicola@gmail.com | Address: Vicolo del Mulino 18, 38050, Mezzano, Italy (Home)

Work experience

Petzl country manager for athletes | Petzl – Dinamiche Verticali SRL | Torino, Italy

Manager of the Petzl Running Hub

Post-doc in exercise physiology and biomechanics | Università di Udine | Udine, Italy

I am working on exercise physiology and biomechanics. My main field of interest are: trail running, uphill walking/running, pole walking, XC skiing

PhD in Medical and Biological Sciences | Università di Udine | 01/01/2013 - 31/12/2015 | Udine, Italy

My supervisors were Dr. Stefano Lazzer (stefano.lazzer@uniud.it) and Prof. Alessandro Gasparetto (gasparetto@uniud.it)

I have spent six months (January-June 2015) in USA-Colorado University, Boulder, Department of Integrative Physiology for a research project under the supervision of Dr. Rodger Kram

Personal trainer, tourist guide | Brunet Hotels | 01/04/2005 - 30/09/2012 | Primiero, Italy

Tourist guide in Primiero Valley (Dolomites) for trekking, biking and other sports

Education & Training

PhD in Medical and Biological Sciences (defended April, 1st 2016) | Università di Udine | 01/01/2013 - 31/12/2015 | Udine, Italy

Field of study Exercise physiology and biomechanics | Level in EQF 8 | Address: P.le Kolbe 433100

Master of "Scienza dello Sport" (Sport Science) | Università di Udine | 01/11/2010 - 27/07/2012 | Udine, Italy

Field of study Exercise physiology, Running Biomechanics, Sport technique, Athletic training and coaching | Final grade: 108/110 | Level in EQF 7 | Thesis: "Ultra endurance competitions: which factors affect the energy cost of running during a 100 km running race" | Address: P.le Kolbe 433100

Bachelor of "Scienze motorie" | Università di Udine | 01/10/2004 - 24/03/2009 | Udine, Italy

Field of study Sport science | Final grade: 96/110 | Level in EQF 6 | Thesis: Skyrunning: training methodology and planning | Address: P.le Kolbe 433100

Language Skills

Mother tongue(s): Italian

	Understanding		Speaking		Writing
	Listening	Reading	Spoken production	Spoken interaction	
English	B1	B2	B2	B2	B2
German	A2	A2	A2	A1	A2

Skills

Microsoft Office | Google Drive | Social Media | Internet user | Good listener and communicator | Team-work oriented

Publications

Actually I have thirty-one scientific publications (see "List of Publications" attached)

Trail Running & Ultra Trail - 3rd edition

2024.

<https://mulatero.it/prodotto/trail-running-e-ultra-trail/>

Allenarsi per un nuovo alpinismo

2021.

Translated from English to Italian

<https://mulatero.it/prodotto/allenarsi-per-un-nuovo-alpinismo/>

Allenarsi per gli sport di montagna

2021.

Translated from English to Italian

<https://mulatero.it/prodotto/allenarsi-per-gli-sport-di-montagna/>

Trail Running & Ultra Trail - 2nd edition

2019.

<https://mulatero.it/prodotto/trail-running-ultra-trail-seconda-edizione/>

Trail Running & Ultra Trail

2017.

Honours and Awards

Literary award "Premio ITAS" 2020 for the book "Trail Running & Ultra Trail" – 2nd edition | 02/09/2020

Best application "Advanced research" | Forum Tecnologico NIDays - Milano | 12/03/2015

Boscariol P, Gasparetto A, Giovanelli N, Lazzer S, Taboga P, Shojaei Barjuei E. –