

Attività di ricerca e Pubblicazioni:

1. Buonsenso, A., **Fiorilli, G.**, Mosca, C., Centorbi, M., Notarstefano, C. C., Di Martino, G., ... & di Cagno, A. (2021). Exploring the Enjoyment of the Intergenerational Physical Activity. *Journal of Functional Morphology and Kinesiology*, 6(2), 51.
2. Boutios, S., **Fiorilli, G.**, Buonsenso, A., Daniilidis, P., Centorbi, M., Intrieri, M., & di Cagno, A. (2021). The Impact of Age, Gender and Technical Experience on Three Motor Coordination Skills in Children Practicing Taekwondo. *International Journal of Environmental Research and Public Health*, 18(11), 5998.
3. **Fiorilli, G.**, Quinzi, F., Buonsenso, A., Casazza, G., Manni, L., Parisi, A., ... & di Cagno, A. (2021). A Single Session of Whole-Body Electromyostimulation Increases Muscle Strength, Endurance and proNGF in Early Parkinson Patients. *International Journal of Environmental Research and Public Health*, 18(10), 5499.
4. **Fiorilli, G.**, Grazioli, E., Buonsenso, A., Di Martino, G., Despina, T., Calcagno, G., & Di Cagno, A. (2021). A national COVID-19 quarantine survey and its impact on the Italian sports community: Implications and recommendations. *Plos one*, 16(3), e0248345.
5. **Fiorilli, G.**, Quinzi, F., Buonsenso, A., Di Martino, G., Centorbi, M., Giombini, A., ... & di Cagno, A. (2020). Does Warm-up Type Matter? A Comparison between Traditional and Functional Inertial Warm-up in Young Soccer Players. *Journal of Functional Morphology and Kinesiology*, 5(4), 84.
6. di Cagno, A., Buonsenso, A., Baralla, F., Grazioli, E., Di Martino, G., Lecce, E., ... & **Fiorilli, G.** (2020). Psychological Impact of the Quarantine-Induced Stress during the Coronavirus (COVID-19) Outbreak among Italian Athletes. *International Journal of Environmental Research and Public Health*, 17(23), 8867.
7. di Cagno, A., Iuliano, E., Buonsenso, A., Giombini, A., Di Martino, G., Parisi, A., ... & **Fiorilli, G.** (2020). Effects of Accentuated Eccentric Training vs Plyometric Training on Performance of Young Elite Fencers. *Journal of Sports Science & Medicine*, 19(4), 703.
8. **Fiorilli G.**, Iuliano E., Pistone E., Aquino G., Tsopani D. Calcagno G., Di Cagno A. "Are Change of Direction Speed and Reactive Agility useful for determining the optimal field position in young soccer players?" *Journal of Sports Science and Medicine*, 2017, 12, 247-253.
9. **Fiorilli G.**, Iuliano E., Pistone E., Aquino G., Tsopani D. Calcagno G., Di Cagno A. (2017) "Agility and change of direction speed in soccer players: differences according to the ages and indications for training". *J Sports Med Phys Fitness*. 57(12) 1597-1604.
10. **Fiorilli G.**, Iuliano E., Aquino G., Campanella E., Tsopani D., Di Costanzo A., Calcagno G., di Cagno A. (2017). Different consecutive training protocols to design an intervention program for overweight youth: a controlled study. *Diabetes, Metabolic Syndrome and Obesity: Targets and Therapy*. 10 pg. 37-45.
11. Iuliano, E., **Fiorilli, G.**, Aquino, G., Di Costanzo, A., Calcagno, G., & di Cagno, A. (2017). Twelve-week exercise influences memory complaint but not memory performance in older adults: a randomized controlled study. *Journal of aging and physical activity*, 25(4), 612-620.
12. di Cagno, A., Giombini, A., Iuliano, E., Moffa, S., Caliendo, T., Parisi, A., ... & **Fiorilli, G.** (2017). Acute effect of whole body vibration on postural control in congenitally blind subjects: a preliminary evidence. *Disability and rehabilitation*, 1-5.
13. Moffa, S., Iuliano, E., Di Cagno, A., Pistone, E. M., **Fiorilli, G.**, & Calcagno, G. (2017). Acute effect of whole body vibration on balance in blind vs. no-blind athletes: a preliminary study. *Sport Sciences for Health*, 13(2), 323-329.

14. Marziliano, N., **Fiorilli, G.**, Casu, G., La Delfa, G., Occhipinti, D., Fiscella, D., ... & Intriari, M. (2017). Prevalenza dei genotipi RR del locus ACTN3-R577X in una popolazione sarda di atleti professionisti di muay thay. *MEDICINA DELLO SPORT*, 70(4), 503-511.
15. **Fiorilli, G.**, di Cagno, A., Iuliano, E., Aquino, G., Calcagnile, G., & Calcagno, G.. Special Olympics swimming: positive effects on young people with Down syndrome. *Sport Sciences for Health*, 2016 1-8.
16. di Cagno A, Minganti C, Quaranta F, Pistone EM, Fagnani F, **Fiorilli G**, Giombini A. Assessing the effects of a new cervical pillow on pain and sleep quality in recreational athletes with chronic mechanical neck pain: a preliminary comparative study. *J Sports Med Phys Fitness*. 2016 Sep 8. [Epub ahead of print]
17. Iuliano E., di Cagno A., Aquino G., Pistone E.M., Tsopani D., Calcagno G., Di Costanzo A., **Fiorilli G**. Relationship between physical activity and cognitive decline in aging. *Medicina dello Sport* 2016 March;69(1):151-61
18. di Cagno A, Iuliano E, **Fiorilli G**, Aquino G, Giombini A, Battaglia C, Menotti F, Tsopani D, Calcagno G. "Effects of rhythmical and extra-rhythmical qualities of music on hearth rate during stationary bike activities". *J Sports Med Phys Fitness*. 2015 May 29. [Epub ahead of print]
19. Giovanna Aquino, Enzo Iuliano, Alessandra Di Cagno, Angela Vardaro, **Giovanni Fiorilli**, Alfonso Di Costanzo, Giuseppe Calcagno & Giuseppe De Simone " Effects of Combined Training vs. Aerobic Training on Cognitive Functions in Chronic Obstructive Pulmonary Disease (COPD): A randomized Controlled Trial" *Ann Sports Med Res* 2015, 2(6): 1038.
20. Iuliano E, di Cagno A, Aquino G, **Fiorilli G**, Mignogna P, Calcagno G, Di Costanzo A. "Effects of different types of physical activity on the cognitive functions and attention in older people: A randomized controlled study." *Exp Gerontol*. 2015 Oct;70:105-10. doi: 10.1016/j.exger.2015.07.008. Epub 2015 Jul 13.
21. Battaglia C., di Cagno A., **Fiorilli G.**, Borriore P., Giombini A., Baralla F., Marchetti M., Pigozzi F. "Participation in a 9-month selected physical exercise program enhances psychological well-being in a prison population", *Criminal Behaviour and Mental Health*. 2015 Dec;25(5):343-54.
22. Kirialanis, P., Dallas, G., Di Cagno, A., **Fiorilli, G.** "Knee injuries at landing and take-off phase in gymnastics". *Science of Gymnastics Journal* Volume 7, Issue 1, 2015, Pages 17-25
23. Mellos V., Dallas G., Kirialanis P., Fiorilli G., Di Cagno A., "Comparison Between Physical conditioning status and improvement in artistic Gymnasts and non athletes-peers". *Science of Gimnastics Journal* 2014 Vol. 6 Issue 1: 33-43
24. Battaglia C, D'Artibale E, **Fiorilli G**, Piazza M, Tsopani D, Giombini A, Calcagno G, di Cagno A. Use of video observation and motor imagery on jumping performance in national rhythmic gymnastics athletes. *Hum Mov Sci*. 2014 Dec;38:225-34. doi: 10.1016/j.humov.2014.10.001. Epub 2014 Nov 11.
25. **Fiorilli G.**, Di Cagno A., Iuliano E., Aquino G., Giombini A., Battaglia C., Calcagno G., "Mental health and social participation skills of wheelchair basketball players: a controlled study". *Research Developmental Disabilities*, 2013 Nov 2;34(11):3679-3685.
26. Battaglia, C., di Cagno, A., **Fiorilli, G.**, Giombini, A., Fagnani, F., Borriore, P., Marchetti, M., Pigozzi, F., "Benefits of selected physical exercise programs in detention: A randomized controlled study". *International Journal of Environmental Research and Public Health* Volume 2013 October, 10; 31, (11), Pages 5683-5696.
27. Di Cagno A, Iuliano E, Aquino G, **Fiorilli G**, Battaglia C, Giombini A, Calcagno G "Psychological well-being and social participation assessment in visually impaired subjects playing Torball: A

- controlled study". *Research Developmental Disabilities*, 2013 Feb 2;34(4):1204-1209. doi: 10.1016/j.ridd.2012.11.010. [Epub ahead of print].
28. di Cagno A., **Fiorilli G.**, Iuliano E., Aquino G., Giombini A., Battaglia C., Piazza M., Tsopani D. and Calcagno G. "Time-of-day effects on static and dynamic balance in elite junior athletes and untrained adolescents". *International Journal of Sports Science & Coaching*. In Press (Vol. 9 n.1 January 2014).
 29. di Cagno A., Battaglia C., Fiorilli G., Piazza M., Giombini A., Fagnani F., Borrione P., Calcagno G., Pigozzi F. "Motor learning as a talent indicator for young gymnasts". *Journal of Sports Science & Medicine*. Epub ahead of print, ID:3267-2014.
 30. Piazza M., Battaglia C., **Fiorilli G.**, Innocenti G., Iuliano E., Aquino G., Calcagno G., Giombini A. and Di Cagno A., "Effects of resistance training on jumping performance in pre-adolescent rhythmic gymnasts: a randomized controlled study. *Italian Journal of Anatomy and Embryology* In Press (Vol. 119 n.1 2014).
 31. Di Cagno A., Battaglia C., Giombini A., Piazza M., **Fiorilli G.**, Calcagno G., Pigozzi F. and Borrione P. "Time of Day – Effects on Motor Coordination and Reactive Strength in Elite Athletes and Untrained Adolescents" *Journal of Sports Science and Medicine*, 2013, 12, 182-189.
 32. Borrione, P., Battaglia, C., **Fiorilli, G.**, Moffa, S., Tsopani D., Piazza, M., Calcagno, G., Di Cagno, A. Body image perception and satisfaction in elite rhythmic gymnasts: A controlled study. *Medicina dello Sport* 2013 Marzo; 66(1): 61-70.
 33. Di Cagno A, Marchetti M, Battaglia C, Giombini A, Calcagno G, Fiorilli G, Piazza M, Pigozzi F, Borrione P. "Is menstrual delay a serious problem for elite rhythmic gymnasts?", *Journa Sports Medicine Physical Fitness*. 2012 Dec;52(6):647-53.
 34. Latella C., **Fiorilli G.**, Battaglia C., Piazza M., Ciappetta F, di Cagno A., The Small Side Games-between "science and practice" *SDS*, 2010, n..86, pp 39-44.

Conference:

1. A. Buonsenso, **G. Fiorilli**, Iuliano, A. di Cagno, G. Calcagno iso-inertial eccentric-overload training in young soccer players: effects on strength, sprint, change of direction performance and soccer shooting precision Oral presentation 24th European Congress of Sport Sciences – 5-7 July 2019 Prague
2. A. Buonsenso, **G. Fiorilli**, L. Catalano, M. Centorbi, E. Iuliano, A. di Cagno, G. Calcagno Comparison between iso-inertial eccentric and plyometric training effects in young soccer players X Congresso Nazionale della Società Italiana delle Scienze Motorie e Sportive (SISMES) - Messina 5-7 Ottobre 2017. *Sport Science for Health* 2017, vol. 14 Suppl.1 - settembre 2018
3. G. Calcagno, E. Iuliano, F. Vinciguerra, A. Buonsenso, **G. Fiorilli**, A. di Cagno Effect of exercise on knee flexibility and strength in a subject with Arthrogyrosis multiplex congenital: a case study. X Congresso Nazionale della Società Italiana delle Scienze Motorie e Sportive (SISMES). Messina 5-7 Ottobre 2017. *Sport Science for Health* 2017, vol. 14 Suppl.1 - settembre 2018
4. **Fiorilli G.**, Iuliano E., Lupi F., Roticiansi S., di Cagno A, Calcagno G., . "Are changes of coaches, during the championships, useful for achieving better team results?". IX Congresso Nazionale della Società Italiana delle Scienze Motorie e Sportive (SISMES) - Brescia 29 Settembre - 1 Ottobre 2017. *Sport Science for Health* 2017, Suppl.1 S47.
5. Iuliano E., **Fiorilli G.**, Aquino G., Piazza M., Calcagno G., di Cagno A. IX Congresso Nazionale della Società Italiana delle Scienze Motorie e Sportive (SISMES) "Eating disorders

in the sport environment". Brescia 29 Settembre - 1 Ottobre 2017. Sport Science for Health 2017, Suppl.1 S28.

6. **Fiorilli, G.**, Iuliano, E., Moffa, S., Aquino, G, Pistone E., Calcagno, G., Di Cagno, A., "Acute effects of whole body vibration on balance in soccer players: a controlled study". Oral presentation VIII Congresso Nazionale della Società Italiana delle Scienze Motorie e Sportive (SISMES) – Roma 7-9 October 2016.
7. Skoura, D., Tsopani, D., Philippou, A, Di Cagno, A.**Fiorilli, G** Calcagno, G., , "Cortisol and oxytocin levels after jumping a Rhythmic Gymnastics Competition". Oral presentation VIII Congresso Nazionale della Società Italiana delle Scienze Motorie e Sportive (SISMES) – Roma 7-9 October 2016.
8. Moffa, S., Iuliano, E., **Fiorilli, G.**, Aquino, G, Di Cagno, A, Calcagno, G. "Acute effect of whole body vibration on postural control in torball players". Oral presentation VIII Congresso Nazionale della Società Italiana delle Scienze Motorie e Sportive (SISMES) – Roma 7-9 October 2016.
9. **Fiorilli, G.**, Iuliano, E., Pistone E., Aquino, G, Tsopani D., Calcagno, G., Di Cagno, A., "Agility and change of direction speed in soccer players: differences through the ages and indications for training". Oral presentation VII Congresso Nazionale della Società Italiana delle Scienze Motorie e Sportive (SISMES) – Padova October 2015
10. **Fiorilli, G.**, Iuliano, E., Aquino, G, Mignogna, P., Cristofano, A., Calcagno, G., Di Cagno, A., Di Costanzo. A., Different kinds of Physical Exercise for the Prevention of Dementia (EPD) in older adults. Oral presentation 19th ECSS Congress July 2014 Amsterdam
11. Iuliano E., **Fiorilli G.**, Aquino G., Di Cagno A., Calcagnile G., Calcagno G., Importance of sport and physical activity on social behavior in people with intellectual disabilities. Oral presentation VI Congresso Nazionale della Società Italiana delle Scienze Motorie e Sportive (SISMES) – Napoli 26-28 Settembre 2014
12. Battaglia C., **Fiorilli G.**, Iuliano E., Pistone E., Aquino G., Calcagno G., Di Cagno A. Effects of acute stretching on upper strength in elite women volleyball players Comunicazioni orale al VI Congresso Nazionale della Società Italiana delle Scienze Motorie e Sportive (SISMES) – Napoli 26-28 Settembre 2014
13. **Fiorilli G.**, Di Cagno A., Iuliano E., Aquino G., Giombini A., Battaglia C., Calcagno G., Psychological well being and social participation of wheelchair basketball participants and wheelchair non basketball participant: a controlled study. Oral communication al IV Congresso Nazionale della Società Italiana delle Scienze Motorie e Sportive (SISMES) – Pavia 27-29 Settembre 2013.
14. Aquino, G., Iuliano, E., Mignogna, P., Di Cagno, A., Cristofano, A., **Fiorilli, G.**, Calcagno, G., Tagliatalata, M., Di Costanzo. A. Physical Exercise For The Prevention Of Dementia (Epd): A Randomized, Parallel-Group, Observer-Blinded Clinical Trial's. Oral presentation 18th ECSS Congress July 2013 Barcelona.
15. Iuliano E., Aquino G., Moffa S., **Fiorilli G.**, Giombini A., Di Cagno A., Calcagno G. Effects of rhythmical and extra rhythmical musical qualities on spinning performance. Oral presentation 17th ECSS Congress July 2012 Bruges.
16. E. Iuliano, G. Aquino, A. Giombini, C. Battaglia, **G. Fiorilli**, A. Di Cagno G. Calcagno. Physical well-beging and social partecipation assesment in visually impaired subjects playing Torball: a controlled study. Sport Sciences for Health 2012; vol. 8 -1; pag. 64, Oral communication al III Congresso Nazionale della SISMES di Palermo 2012.

17. Giovanna Aquino, Giuseppe De Simone, **Giovanni Fiorilli**, Alessandra di Cagno, Giuseppe Calcagno. Efficacy of a physical retraining program in copd subjects. Oral communication al II Congresso Nazionale della SISMES di Verona 2011 ed abstract pubblicato su The journal of sport medicine and physical fitness 2011.
18. Battaglia, C., di Cagno, A.1, Pigozzi, F., Borrione, P., **Fiorilli, G.**, Marchetti, M, The effectiveness of physical activity on health and fitness for prison inmates. Poster presentation in 16th ECSS Congress 6-9 July 2011 Liverpool/UK.
19. Pinto, C.Battaglia, V. Bonavolontà, **G. Fiorilli**, M. Piazza, G. Calcagno, A. Di Cagno “New proposals of agility training in elite tennis players ”. Poster presentation al I Congresso Annuale SISMES Torino 2010; abstract pubblicato su The journal of sport medicine and physical fitness 2010.
20. D’Artibale E, Battaglia C, di Cagno A, **Fiorilli G**, Piazza M., Marchetti M. Anthropometric and menstrual characteristics of elite rhythmic gymnasts: comparison between two periods. Poster presentation in 15th Annual Congress European College of Sport Science, Antalya, Turkey, June , 2010.