

## INFORMAZIONI PERSONALI

## Thomas Ewan

 Via Sampolo 77/E, 90143 Palermo (Italia)

 +393208899934

 ewan.thomas@unipa.it

Sesso Maschile | [Data di nascita](#) 29 Apr. 89 | [Nazionalità](#) Italiana

ESPERIENZA  
PROFESSIONALE

01/01/2011–alla data attuale

**Trainer and Fitness Promoter**

Palermo (Italia)

Calisthenics and Fitness Trainer and Founder of the Calisthenic movement in Sicily and Palermo (Calisthenics Sicilia and Calisthenics Palermo).

Formatore corsi di formazione per Fitness e Calisthenics ACSI

01/01/2014–31/12/2016

**PhD**

Università degli Studi di Palermo, Palermo (Italia)

30/10/2015–15/01/2016

**Contract Professor**

Università "Kore" di Enna, Enna (Italia)

Fitness

01/01/2015–30/06/2015

**Visiting PhD**

University of Colorado Boulder, Boulder, CO (Stati Uniti d'America)

Research activities at the Neural Control of Movement Lab

Research regarding Multiple Sclerosis, Manual Dexterity and aging

31/03/2017–alla data attuale

**Scientific Coordinator**

AISERCO International Academy of Osteopathic Medicine, Palermo (Italia)

12/05/2017–alla data attuale

**External Expert Professor**

Università degli Studi di Palermo, Palermo (Italia)

Research Methodology in Sport Science

10/07/2018–10/07/2018

**Docente universitario e in istituti di insegnamento superiore**

SISMES SUMMER SCHOOL, Urbino (Italia)

Professor of research methods in sport sciences for the SISMES Summer School 2018

## ISTRUZIONE E FORMAZIONE

22/03/2017–alla data attuale

**External Expert**

Livello 8 QEQ

Università degli Studi di Palermo, Palermo (Italia)

External Expert Professor for the Scienze Psicologiche, Pedagogiche, della Formazione e dell'esercizio department, in teaching research methods

01/10/2016–alla data attuale	<p><b>Diploma in Osteopathy</b> I.A.O.M. AISeRCo, Palermo (Italia)</p>	
01/01/2014–31/12/2016	<p><b>PhD</b> Palermo (Italia)</p> <p>PhD in Human Movement with a Thesis entitled "The Relation Between Stretching Typology and Stretching Duration: The Effects on Range of Motion" Graduated with 100/100.</p>	Livello 8 QEQ
01/01/2015–30/06/2015	<p><b>Research experience</b> University of Colorado Boulder, Boulder, CO (Stati Uniti d'America)</p> <p>Neurophysiology of Movement EMG Neuromuscular Control Multiple Sclerosis</p>	Livello 8 QEQ
2012–2014	<p><b>Masters Degree</b> Università degli Studi di Palermo, Palermo (Italia)</p> <p>Master Degree in Scienze e Tecniche delle attività Motorie e Sportive Graduated with 110/110 con Lode</p>	Livello 7 QEQ
2008–2011	<p><b>Bachelor Degree</b> Università degli Studi di Palermo, Palermo (Italia)</p> <p>Bachelor Degree in Scienze delle Attività Motorie e Sportive Graduated with 110/110 con lode</p>	Livello 6 QEQ

**COMPETENZE PERSONALI**

Lingua madre italiano, inglese

**Competenze comunicative** Very good communication skills acquired during different national and international events in academic and non academic environments.

Invited Lecturer - Master Posturologia e Scienze dell'esercizio fisico, University of Catania 26/07/2019

Invited Lecturer International Congress - Sport Nutrition and European Perspective, Milano 22-23 / 3/2019

Invited Lecturer - SISMES Summer School, Metodologia della ricerca applicata alle scienze motorie e sportive, Università degli Studi di Urbino 10.07.2018

Keynote Lecturer SISMES 2017

Invited Lecturer - La Ginnastica posturale integrata in età pediatrica, Università degli studi di Palermo 05.05.2017

Invited Lecturer - Fitness, postura e Sport, Università degli Studi di Palermo 26.11.2016

ACSM - American College of Sport Medicine 2016, 2017

ECSS - European College of Sport Sciences 2012, 2013, 2016, 2017

Rocky Mountain Biomechanics Society 2015

ECM su sindrome metabolica ARNAS CIVICO 2016

**Competenze professionali** Teaching experience at a University Level

Reviewer of SPORTS HEALTH journal - IF 1.39

Reviewer of the International Journal of Environmental Research and Public Health - IF 2.101  
 Reviewer of British Medical Journal Open - IF 2.369  
 Reviewer of European Journal of Applied Physiology - IF 2.423

Competenze digitali

AUTOVALUTAZIONE				
Elaborazione delle informazioni	Comunicazione	Creazione di Contenuti	Sicurezza	Risoluzione di problemi
Utente avanzato	Utente avanzato	Utente autonomo	Utente avanzato	Utente autonomo

Competenze digitali - Scheda per l'autovalutazione

Patente di guida A1, B

ULTERIORI INFORMAZIONI

Pubblicazioni

-Profiles of physical fitness risk behaviours in school adolescents from the ASSO project: A latent class analysis  
 Tabacchi G, Faigenbaum A, Jemni M, **Thomas E**, Capranica L, Palma A, Breda J, Bianco A. Int J Environ Res Public Health 2018

-Relationship between velocity and muscular endurance of the upper body  
**Thomas E**, Bianco A, Raia T, Messina G, Tabacchi G, Bellafiore M, Paoli A, Palma A. Hum Mov Sci 2018

-Decreased Postural Control in People with Moderate Hearing Loss  
**Thomas E**, Martines F, Bianco A, Messina G, Giustino V, Zangla D, Iovane A, Palma A Medicine 2018

-The Relation Between Stretching Typology and Stretching Duration: The Effects on Range of Motion  
**Thomas E**, Bianco A, Paoli A, Palma A Int j. Sport Med 2018

-Physical Fitness Evaluation of School Children in Southern Italy: A Cross Sectional Evaluation  
**Thomas E**, Palma A J Funct Morphol Kinesiol. 2018

-A framework for identifying the adaptations responsible for differences in pegboard times between middle-aged and older adults  
 Hamilton L, **Thomas E**, Almklass H, Enoka RM. Exp. Gerontol., 2017

-Treatment of chronic pain associated with bruxism through Myofunctional therapy.  
 Messina G, Martines F, **Thomas E**, Salvago P, Menchini Fabris GB, Poli L, Iovane A. Eur J Transl Myol 27 (3), 2017

-The effects of a calisthenics training intervention on posture, strength and body composition.  
**Thomas E**, Bianco A, Mancuso EP, Patti A, Tabacchi G, Paoli A, Messina G, Palma A.

Isokinet Exerc Sci. 2017

-Determinants Of Manual Dexterity In Middle-aged And Older Adults

Hamilton LD, **Thomas E**, Derqaoui K, Almuklass A, Enoka RM

Med Sci Sports Exerc. 2016 May;48(5 Suppl 1):824.

-A Prospective Analysis of the Injury Incidence of Young Male Professional Football Players on Artificial Turf. Bianco A, Spedicato M, Petrucci M, Messina G, **Thomas E**, Nese Sahin F, Paoli A, Palma A.

Asian J Sports Med. 2016 Mar 5;7(1):e28425

-Determination of a strength index for upper body local endurance strength in sedentary individuals: a cross sectional analysis.

**Thomas E**, Bianco A, Bellafiore M, Battaglia G, Paoli A, Palma A.

Springerplus. 2015 Nov 25;4:734.

-A fitness index model for Italian adolescents living in Southern Italy. The ASSO project.

Bianco A, Mammina C, Jemni M, Filippi AR, Patti A, **Thomas E**, Paoli A, Palma A, Tabacchi G.

J Sports Med Phys Fitness. 2015 Oct 16.

-A systematic review to determine reliability and usefulness of the field-based test batteries for the assessment of physical fitness in adolescents - The ASSO Project.

Bianco A, Jemni M, **Thomas E**, Patti A, Paoli A, Ramos Roque J, Palma A, Mammina C, Tabacchi G.

Int J Occup Med Environ Health. 2015;28(3):445-78

-The sit up test to exhaustion as a test for muscular endurance evaluation.

Bianco A, Lupo C, Alesi M, Spina S, Raccuglia M, **Thomas E**, Paoli A, Palma A.

Springerplus. 2015 Jul 2;4:309

-Identification of normal and pathological posterior inter-malleolar ligament with dedicated high-field vs low-field MRI. A pilot study.

Sutera R, Bianco A, Paoli A, Padulo J, **Thomas E**, Iovane A, Palma A.

Muscles Ligaments Tendons J. 2015 Mar 27;5(1):12-7

-Protein supplements consumption: a comparative study between the city centre and the suburbs of Palermo, Italy.

Bianco A, Mammina C, **Thomas E**, Ciulla F, Pupella U, Gagliardo F, Bellafiore M, Battaglia G, Paoli A, Palma A.

BMC Sports Sci Med Rehabil. 2014 Jul 12;6:29.

-The surprising influence of family history to type 2 diabetes on anaerobic performance of young male elite athletes.

Bianco A, Pomara F, Patti A, **Thomas E**, Petrucci M, Bellafiore M, Battaglia G, Paoli A, Palma A.

Springerplus. 2014 May 3;3:224

-Postural stability in subjects with whiplash injury symptoms: results of a pilot study.

Bianco A, Pomara F, Petrucci M, Battaglia G, Filingeri D, Bellafiore M, **Thomas E**, Paoli A, Palma A.

Acta Otolaryngol. 2014 Sep;134(9):947-51.

-Protein supplementation and dietary behaviours of resistance trained men and women attending commercial gyms: a comparative study between the city centre and the suburbs of Palermo, Italy.

Bianco A, Mammìna C, **Thomas E**, Bellafore M, Battaglia G, Moro T, Paoli A, Palma A.

J Int Soc Sports Nutr. 2014 Jun 18;11:30.

-Alcohol consumption and hormonal alterations related to muscle hypertrophy: a review.

Bianco A, **Thomas E**, Pomara F, Tabacchi G, Karsten B, Paoli A, Palma A.

Nutr Metab (Lond). 2014 Jun 6;11:26. doi: [10.1186/1743-7075-11-26](https://doi.org/10.1186/1743-7075-11-26). eCollection 2014.

-Evaluation of fitness levels of children with a diagnosis of acute leukemia and lymphoma after completion of chemotherapy and autologous hematopoietic stem cell transplantation.

Bianco A, Patti A, **Thomas E**, Palma R, Maggio MC, Paoli A, Palma A.

Cancer Med. 2014 Apr;3(2):385-9.

-Type 2 diabetes family histories, body composition and fasting glucose levels: a cross-section analysis in healthy sedentary male and female

Bianco A, Pomara F, **Thomas E**, Paoli A, Battaglia G, Petrucci M, Proia P, Bellafore M, Palma A.

Iran J Public Health. 2013 Jul 1;42(7):681-90.

#### Conferenze

-Il ragionamento Clinico Osteopatico, 2018, Palermo, IT

-SISMES Summer School 2018, Urbino, IT

-Il trattamento osteopatico del sistema Linfatico e Neurolinfatico, 2018 Palermo, IT

-OT Bioelettronica Day 2017 3<sup>rd</sup> Edition, Torino, IT

-SISMES Società italiana delle Scienze Motorie e Sportive 2017, Brescia, IT

-SIAI Società Italiana di Anatomia ed Istologia 2017, Taormina, IT

-ECSS European College of Sport Science 2017, MetropolisRuhr, DE

-ACSM American College of Sport Medicine 2017, Denver, CO, USA

-La Ginnastica posturale integrata in età pediatrica - UNIPA 2017, Palermo, IT

-Fitness, Postura e Sport - UNIPA 2016, Palermo, IT

-SISMES Società italiana delle Scienze Motorie e Sportive 2016, Roma, IT

-NASPEM North American Society for Pediatric Exercise Medicine 2016, Knoxville , TN, USA

-ECSS European College of Sport Science 2016, Vienna, AU

-ACSM American College of Sport Medicine 2016, Boston, MA, USA

-Rocky Mountain Society Of Biomechanics 2015, Estes Park, CO, USA

-Mediterranean Diet & Workplace Health 2014, Harvard, Boston, MA, USA

-ICST International Conference of Strength Training 2014, Abano, IT

-SISMES Società Italiana delle Scienze Motorie E Sportive 2013, Pavia, IT

-ECSS European College of Sport Science 2013, Barcelona, ES

-SISMES Società Italiana delle Scienze Motorie E Sportive 2012, Palermo, IT

## Referenze

### **Hearing Loss: Etiology, Management and Societal Implications**

Chapter 1

The Influence of Sounds in Postural Control

(**E. Thomas**, A. Bianco, G. Messina, M. Mucia, S. Rizzo, P. Salvago, F. Sireci, A. Palma, and F. Martines, Sport and Exercise Sciences Research Unit, University of Palermo, Palermo, Italy, and others)

Chapter 5. Sudden Sensorineural Hearing Loss, an Invisible Male: State of the Art => pp. 75-86 (Rizzo Serena, Daniela Bentivegna, **Ewan Thomas**, Eleonora La Mattina, Marianna Mucia, Pietro Salvago, Federico Sireci, Francesco Martines, University of Palermo, Bio.Ne.C. Department, ENT Section, Palermo, Italy, and others)

### **Neonatal Intensive Care Units (NICUs): Clinical and Patient Perspectives, Levels of Care and Emerging Challenges**

Chapter 3. Standards for Levels of Neonatal Care (Francesca Maienza, MD, **Thomas Ewan**, PhD, Marianna Mucia, MD, Serena Rizzo, MD, Federico Sireci, MD and Rosalia Gargano, PhD, University of Palermo, Bio.Ne.C. Department, Palermo, Italy, and others)

Chapter 5. The Motor Development of Preterm Infants after the Neonatal Intensive Care Unit (**Thomas Ewan**, PhD, Ferrara Sergio, MD, Messina Giuseppe, MD, Passalacqua Maria Ilenia, MD, Rizzo Serena, MD, Salvago Pietro MD, Palma Antonino and Martines Francesco, Sport and Exercise Sciences Research Unit, University of Palermo, Palermo, Italy, and others)