



Sara Bizzozero

EDUCATION AND TRAINING

Phd student at Vrije Universiteit Brussel

Faculty of Physical Education and Physiotherapy, rehabilitation research group (RERE) [05/2025 – Current]

Country: Belgium

Master's Degree in Sports Science, Technology, and Education (LM-68)

Università degli Studi di Milano, Milan, Italy [02/2023]

City: Milan | Country: Italy

Degree in Exercise and Sport Sciences and Health (L-22)

Università degli studi di Milano [11/2020]

City: Milan | Country: Italy

High school diploma in applied sciences with a focus on sports

Liceo scientifico Ettore Conti [07/2017]

City: Milan | Country: Italy

WORK EXPERIENCE

IRCCS Ospedale Galeazzi - Sant'Ambrogio – Milan, Italy

Researcher at the "Laboratory of Movement and Sport Science (LaMSS)"

[15/05/2023 – Current]

The main research lines of our laboratory focus on aging—particularly fall risk—and on sleep analysis across different populations, including professional athletes, older adults, patients, and healthcare professionals.

Milano Atletica – Milan, Italy

Head coach in a track and field society

[01/01/2016 – Current]

- Head Coach for youth categories
- Overseeing and coordinating the activities of other coaches
- Managing relationships with athletes' families

School Pietro Micca, Via Gattamelata 35 – Milan, Italy

Tutor in primary school

[01/10/2021 – 08/06/2022]

External tutor for physical education, through the "Scuola Attiva for Kids" project

PUBLICATIONS

Anthropometric measurements from a 3D photogrammetry-based digital avatar: a non-experimental cross-sectional study to assess reliability and agreement *Journal Applied Sciences*.

Authors: Matteo Briguglio *, Marialetizia Latella, Stefano Borghi, Sara Bizzozero, Lucia Imperiali, Thomas W. Wainwright, Jacopo A. Vitale, Giuseppe Banfi

[2026]

From the Bedroom to the Arena: How Sex and Masturbation Influence Athletes’ Sleep

Vitale J. A., Bizzozero S., Borghi S., Banfi G.

[2026]

The 30-15 intermittent fitness test in young elite male soccer players: evaluating aerobic performance in relation to maturity offset

Imperiali, L., Bizzozero, S., Magenes F., La Torre, A., Iaia M.F., Codella, R., Borghi, S.

[2024]

Chronotype, Sleep Hygiene, and Sleep Characteristics Among Athletes: Exploring Differences Across Levels of Competition, Sporting Disciplines, and Genders *Journal of Sport Medicine*

Borghi, S., Bizzozero, S., Vitale, J. A., Tallini, E., La Torre, A., Banfi, G., & Codella, R.

[2024]

Gender difference in cross-sectional area and fat infiltration of thigh muscles in the elderly population on MRI: an AI-based analysis The article has been accepted by the European Radiology Experimental *journal*.

Authors: Bizzozero S., Bassani T., Sconfienza LM., Messina C., Bonato M., Inzaghi C., Marmondi F., Cinque P., Banfi G., Borghi S. | **Journal Name:** European Radiology Experimental

[2024]

Visual Attention and Reaction Times to Distinguish Athletes from Non-Athletes: A Virtual Reality Study *PlosOne journal*.

Imperiali, L., Borghi, S., Bizzozero, S., Prandoni, E., La Torre, A., & Codella, R

[2023]

A pilot study on the influence of anthropometric and strength parameters in track & field curve sprint. *The Journal of Sport Medicine and Physical Fitness*

Bonato M, Bizzozero S, Filipas L, La Torre A.

LANGUAGE SKILLS

Mother tongue(s): Italian

Other language(s):

English

LISTENING B2 READING B2 WRITING B2

SPOKEN PRODUCTION B2 SPOKEN INTERACTION B2

Levels: A1 and A2: Basic user; B1 and B2: Independent user; C1 and C2: Proficient user

SKILLS

Prism - GraphPad / Microsoft Office / Microsoft Word / Microsoft Excel / Microsoft Powerpoint / Programming: phyton (basic)

CONFERENCES AND SEMINARS

Oral presentation at European College of sport science 2025 *Title:* Gender difference in cross-sectional area and fat infiltration of thigh muscles in the elderly population on MRI: an AI-based analysis

HONOURS AND AWARDS

[2026]

Winner of Seed4Sport 2026 call – “VISION” research project Awarded funding through the Seed4Sport 2026 competition for the “VISION” research project on the use of virtual reality as a tool for screening and training visual abilities in athletes.

SKILLS

Expert in the use of actigraphy technology

Reading and analyzing data using the MotionWatch 8® (CamTec, UK)

Expert in virtual reality technology

Mind Room Lab s.r.l.

Expert in the use of dynamometers

Kinvent Muscle Controller V3 and Kinvent K Grip V3.

Expert in gait analysis and Baibit user

Technology of BTS bioengineering

Expert in surface Electromyography

OT Bioelettronica: HDsEMG - sessantaquattro+

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Milan, 14/04/2026