

Instruction

- Graduated from the Higher Institute of Physical Education in Palermo section of Catania the 14/07/1983 with votes: Centodieci on Centodieci and Lode.
- Degree in Sport Science specializing in Sports Technique awarded on 10/25/2002 at the University of Catania, with one hundred and ten marks on Centodieci and Lode discussing the thesis "Youth training in swimming, teaching principles and Methodology".
- Achievement of the title of PhD on 02/24/2012 with a final dissertation entitled "Effects of Aerobic Exercise and Resistance in Type 2 Diabetes with Metabolic Syndrome".

Experience

- Full Professor in Competition Class A030 Motor Sciences in the Middle School of I degree from 01.September.1986 to today.
- Appointed with the Section of Catania of the I.S.E.F. of Palermo for the Chair of Swimming Diving and Rescue from the A.A. 1989/90 to the A.A. 1999/2000.
- Contract Professor at the University of Catania, Faculty of Medicine, Degree Course in Motor and Sport Sciences, teaching Theory, Technique and Didactics of Sport Swimming, A.A. 2002/03 - 2003.04 - 2004.05 - 2005.06 - 2014.15 - 2015.16 -2016.17
- Regional and National Professor of Technical Education Sector of the Italian Swimming Federation.
- Appointed Regional Coordinator of the Technical Education Sector of the Italian Swimming Federation in the Sicily Region 01.October.2009.
- Technical Manager of the Agonistic Swimming Teams of the Sport Society A.S.Poseidon from the Competitive Year 1983/84 to the competitive Year 1989/90.
- Technical Manager of Agonistic Swimming Teams of the Sport Society A.S. Swimming Catania from 1991 to 2000.
- Sports Director of the sports company A.S.D. Oikos from the 2000/01 competitive year to the 2005/06 competitive year.
- Sports Director of the sports company A.S.D. La Meridiana from the 2006/07 competitive year to the 2011/12 competitive year.

Research experience

- Admitted to attend the Research Doctorate in Motor Sciences -23 ° Cycle of four-year duration, with administrative headquarters at the University of Catania. Achievement of the PhD degree on 24 February 2012.

Teaching experience

- Full Professor in Competition Class A030 Motor Sciences in the Middle School of I degree from 01.September.1986 to today.
- Contract Professor at the University of Catania, Faculty of Medicine, Degree Course in Motor and Sport Sciences, teaching Theory, Technique and Didactics of Sport Swimming, A.A. 2002/03 - 2003.04 - 2004.05 - 2005.06 -2014.15 -2015.16 - 2016.17

- Appointed with the Section of Catania of the I.S.E.F. of Palermo for the Chair of Swimming Diving and Rescue from the A.A. 1989/90 to the A.A. 1999/2000.

Sports career

- Bronze Medal for Athletic Value awarded by the President of the CO. Franco Carraro February 21, 1979.
- Absolute Italian Record in the race of m. 200 Mixed, June 1977.
- Italian Primatista Juniores from 1972 to 1975.
- Member of the National Swimming Team from 1974 to 1984
- Several times Italian Absolute Champion and Juniores and Boys between the years 1973 1985.

Catania Marzo,2019