Profile - Prof Caterina Pesce

Caterina Pesce is graduate in Physical Education, degree in Movement and Sport Sciences, master of Psychology (Universities “Foro Italico” and ”La Sapienza” of Rome) and PhD in Philosophy (Free University of Berlin). Currently Associate Professor at the University “Foro Italico” of Rome. Her main research focus is on exercise and cognition across the lifespan, rise and fall of motor coordination and enhanced physical education. She has over 80 international articles in peer-reviewed journals, over 3700 citations, and is author or co-author of 10 international books on exercise and cognition and physical activity for educational achievement, as well as editor/co-author of 3 national books. She is the mind behind the “Joy of Moving” method for holistic child development promotion promoted by the Italian Ministry of Education, indicated as an example of best practice in the national recommendations for physical activity of the Italian Ministry of Health and in a European Erasmus+ cross-country project on school PA. She is associate editor for MENPA and IJERPH and on the editorial board of JSEP.

In June 2021 Prof Pesce and colleagues published a landmark article in the International Review of Sport and Exercise Psychology (Reference and DOI below). This article will be at the core of her Training School presentation to DE-PASS/PA*f*H members. It is a true representation of how intersecting literature synthesis methodologies and related theory can further illuminate the salient and state of the art knowledge present in the literature. It represents work of an enormous magnitude but also impact.

Caterina Pesce, Spyridoula Vazou, Valentin Benzing, Celia Álvarez-Bueno, Sofia Anzeneder, Myrto Foteini Mavilidi, Liliana Leone & Mirko Schmidt. (2021). “Effects of chronic physical activity on cognition across the lifespan: a systematic meta-review of randomized controlled trials and realist synthesis of contextualized mechanisms”. *International Review of Sport and Exercise Psychology*, DOI: [10.1080/1750984X.2021.1929404](https://doi.org/10.1080/1750984X.2021.1929404)

Prof Catherina Pesce Research gate link: <https://www.researchgate.net/profile/Caterina_Pesce>

*Recent keynote at international conferences and invited lectures*

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| Year | Title | Conference |
| 2016 | Shifting the focus from quantitative to qualitative exercise: bridging theory and multicomponent practice | International Congress on Successful Aging, University of Valencia, Spain |
| 2016 | An Italian experience of holistic child development through physical activity | CEREPS (Conseil Européen des Recherches en Education Physique et Sportive) Inaugural Meeting, EU-membership country reports. Luxemburg |
| 2016 | Variability of practice as an interface between motor and cognitive development promotion: implications for youth sport) | Youth Sport 2016 Meeting, Ljubljana, Slovenia. |
| 2017 | Thoughtful physical training: functional mobility and executive function training at old age | Academic satellite workshop in the IAIOS’ Training Festival 2017. Universitat de Valéncia |
| 2017 | Capitalizing on the cognitive “side effects” of movement to promote motor and cognitive development jointly: from neurosciences to policies | International Consortium of Motor Development Research (ICoMDR) Annual Conference. School of Sports and Leisure, Melgaço, Portugal |
| 2017 | Motor development as a cornerstone in holistic development promotion | Expert Symposium of the International Council of Sport Science and Physical Education (ICSSPE) on Physical Activity and Sport: Understanding the First Ten Years. Rheinsberg, Germany |
| 2017 | Exercise and cognition across the lifespan | Jornadas internacionales de investigación en Actividad física y Salud, Universidad de Castilla-La Mancha, Spain |
| 2018 | Eltern als Beweger: Kinder strukturiert anleiten und Sport fördern oder einfach spielen lassen? | the fit4future Kongress, Bad Griesbach, Germany |
| 2018 | Ambulo ergo sum. Les idées viennent en marchant | Clinique Le Noirmont, Le Noirmont, Switzerland |
| 2019 | Physical activity and cognition research: key insights to inform multidisciplinary research and practice for children with DCD | 13th International Conference on Developmental Coordination Disorder, University of Jyväskylä, Finland https://www.jyu.fi/en/congress/dcd13 |
| 2020 | "Joy of Moving": Sportwissenschaftlicher Ansatz zur Foerderung ganzheitlicher motorisch-kognitiver Entwicklung durch Bewegungsspiele | Guest lecturer at the Instituskolloqium, Instituts für Technologie. Karlsruhe, Germany |
| 2020 | "Physical activity, motor competence and educational achievement: From neuroscience to multisectoral promotion | Université de Saint-Joseph de Beyrouth, Lebanon |