

# C U R R I C U L U M V I T A E

## Matteo Rizzo



### PERSONAL DETAILS

E-mail [matteo.rizzo@univr.it](mailto:matteo.rizzo@univr.it)

### CURRENT POSITION

#### **Freelance - Personal Trainer – From September 2019**

*Movement Personal Training Studio, Rovigo (RO)*

- Customized training programs elaboration for both healthy people and individual affected by chronic diseases

#### **Research Assistant – From January 2021**

*University of Verona – Department of Neurosciences, Biomedicine and Movement, Via Felice Casorati, 43 - 37131 Verona (VR)*

Reference: Professor Silvia Pogliaghi, [silvia.pogliaghi@univr.it](mailto:silvia.pogliaghi@univr.it)

- Field of research: Development, evaluation of efficacy and mechanism of action of an innovative technological solution for the administration of exercise-therapy with biofeedback for Parkinson's disease affected individuals

### EDUCATION

#### **2nd level University Master Degree – Exercise-Therapy: Exercise Design and Administration in Exercise-Sensitive Diseases – October 2019/October 2020**

*University of Verona – Department of Sport Sciences, Biomedicine and Movement, Via Felice Casorati, 43 - 37131 Verona (VR)*

- In-depth knowledge of functional assessments and design of physical exercise for people with exercise-sensitive diseases
- Psychological and relational aspects
- Effective exercise programs for Functional, Metabolic, Neurological, and Psychological Pathologies

#### **Master Degree - Sciences and Techniques of Preventive and Adapted Physical Activities – October 2017/July 2019**

*University of Ferrara – Department of Neurosciences and Rehabilitation, Via Gramiccia, 35 – 44123 Ferrara (FE)*

- The course aimed to educate wellness specialists who combine a solid basic cultural background with the skills necessary to independently plan and implement movement and sports activity programs to improve health and

	<p>quality of life for the practitioner</p> <ul style="list-style-type: none"> <li>▪ Grade: 110/110 and honors</li> <li>▪ Master thesis title: Study of cerebral perfusion during rehabilitation in patients with Multiple Sclerosis: use of near-infrared spectroscopy during repeated execution of a motor task</li> </ul> <p><b>Bachelor Degree – Sport sciences – October 2014/October 2017</b>  <i>University of Ferrara – Department of Neurosciences and Rehabilitation, Via Gramiccia, 35 – 44123 Ferrara (FE)</i></p> <ul style="list-style-type: none"> <li>▪ Sport activity professional with the skills to define and manage basic movement and physical activity programs both for groups and individuals</li> <li>▪ Grade: 110/110 and honors</li> <li>▪ Bachelor thesis title: Functional evaluations and technology: near-infrared spectroscopy in a vascular rehabilitation clinic</li> </ul> <p><b>High School Diploma – Computer sciences – September 2009/July 2014</b>  <i>Istituto tecnico industriale statale Ferruccio Viola, Rovigo (RO)</i></p> <ul style="list-style-type: none"> <li>▪ IT: programming in C #, creation and management of database</li> <li>▪ Systems: design of networks and websites</li> <li>▪ Data analysis and statistics</li> <li>▪ Grade: 85/100</li> </ul>
<b>SCIENTIFIC AFFILIATIONS</b>	<p>University of Verona – Department of Neurosciences, Biomedicine and Movement, Via Felice Casorati, 43 - 37131 Verona (VR)</p> <p>Reference: Professor Silvia Pogliaghi, <a href="mailto:silvia.pogliaghi@univr.it">silvia.pogliaghi@univr.it</a></p>
<b>AREAS OF RESEARCH</b>	<ul style="list-style-type: none"> <li>▪ Exercise-therapy with biofeedback for Parkinson’s disease affected individuals</li> <li>▪ Application of near-infrared spectroscopy during repeated execution of a movement task in Multiple Sclerosis patients</li> <li>▪ Application of near-infrared spectroscopy in a vascular rehabilitation clinic</li> </ul>
<b>AWARDS</b>	<p><b>Academic Results:</b></p> <ul style="list-style-type: none"> <li>▪ Best Project Work of 2nd level University Master Degree “Exercise-Therapy: Exercise Design and Administration in Exercise-Sensitive Diseases” of the academic year 2019 – 2020</li> </ul> <p><b>Sports Results:</b></p> <ul style="list-style-type: none"> <li>▪ 4<sup>th</sup> place at the Italian Roller Skating Championships 2019</li> <li>▪ 3<sup>rd</sup> place at the Italian Roller Skating Championships 2018</li> <li>▪ 2<sup>nd</sup> place at the World Roller Skating Championships 2018</li> <li>▪ 3<sup>rd</sup> place at the Italian Roller Skating Championships 2017</li> <li>▪ 1<sup>st</sup> place at the European Roller Skating Championships 2017</li> <li>▪ 4<sup>th</sup> place at the Italian Roller Skating Championships 2016</li> <li>▪ 2<sup>nd</sup> place at the European Roller Skating Championships 2016</li> <li>▪ 3<sup>rd</sup> place at the Italian Roller Skating Championships 2015</li> <li>▪ 3<sup>rd</sup> place at the World Roller Skating Championships 2015</li> <li>▪ 2<sup>nd</sup> place at the Italian Roller Skating Championships 2014</li> <li>▪ 2<sup>nd</sup> place at the World Roller Skating Championships 2014</li> <li>▪ 3<sup>rd</sup> place at the Italian Roller Skating Championships 2013</li> <li>▪ 1<sup>st</sup> place at the European Roller Skating Championships 2013</li> </ul>

<b>LANGUAGES</b> (Common European Framework Of Reference For Languages)	<b>Italian</b>	<b>English</b>	
	Reading	Mother tongue	C1
	Writing	Mother tongue	B2
	Speaking	Mother tongue	B2
<b>COMPUTER</b>	<ul style="list-style-type: none"> <li>▪ Use of operating systems (Windows, Macintosh)</li> <li>▪ Knowledge of programs to create and manage databases (Access, MySQL)</li> <li>▪ Creation of websites</li> <li>▪ Processing of sounds, images, and videos</li> <li>▪ Management of e-mail and web browser</li> <li>▪ Data analysis and statistics</li> </ul>		
Programming Language	<ul style="list-style-type: none"> <li>▪ C #</li> <li>▪ SQL</li> </ul>		
Software	<ul style="list-style-type: none"> <li>▪ Microsoft Office and its corresponding Apple-branded, Word Processor, Excel Spreadsheets, PowerPoint, Microsoft Access</li> </ul>		
Lab Instruments experience	<ul style="list-style-type: none"> <li>▪ Professional and specific software: Visual Studio, Microsoft Access, Autocad, NirsLAB</li> <li>▪ Origin Lab Graphing &amp; Analysis (Data analysis and statistics)</li> <li>▪ Optogate, Witty SEM and Gyco (Microgate, <a href="http://www.microgate.it">www.microgate.it</a>)</li> <li>▪ Bioimpedance analysis (BIA) (Tanita, <a href="http://www.tanita.com">www.tanita.com</a>)</li> </ul>		
<b>Other Titles</b>	<ul style="list-style-type: none"> <li>▪ First aid: attended and passed the BLSD Provider course carried out by DAN Europe on 1<sup>st</sup> December 2019</li> <li>▪ Kinesio Taping course: attended and passed, carried out by Kinesio Taping Association International on 21<sup>st</sup> November 2015</li> <li>▪ Competitive athlete of Artistic Roller Skating obtaining sporting results in the European and World field</li> </ul>		

Verona, 01 July 2021

Matteo Rizzo

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