

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

Matteo Rizzo



PERSONAL DETAILS

E-mail

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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

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

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

