

**Dott.ssa. Marta ALBERTI**

**Curriculum vitae et studiorum**

<b>1. PERSONAL DATA</b>	<b>P. 3</b>
<b>2. PRESENT POSITION</b>	<b>P. 3</b>
<b>3. EDUCATION</b>	<b>P. 3</b>
<b>4. COURSES, SCIENTIFIC CONGRESSES</b>	<b>P.3</b>
<b>5. PROFESSIONAL AND SCIENTIFIC TRAINING</b>	<b>P. 5</b>
<b>6. TEACHING EXPERIENCE</b>	<b>P. 5</b>
<b>7. FOREING LANGUAGES</b>	<b>P. 6</b>
<b>8. PATENTS</b>	<b>P. 6</b>
<b>9. PUBBLICATIONS</b>	<b>P. 6</b>
<b>Proceedings of National and International Congresses</b>	<b>P. 6</b>
<b>Posters and communications - National and International Congresses</b>	<b>P. 6</b>

## **1. PERSONAL DATA**

First Name: Marta  
Family name: Alberti  
Birthplace: Verona, Italy  
Date of birth: 22/04/72  
Mother tongue: Italian  
Civile status: unmarried  
Address (home): via G. Missori n. 15 37126 VERONA, ITALY  
Address (work): Via Casorati, 43, 37131, VERONA, ITALY  
Telephone (home): + 39 045 913878  
Mobile: + 39 349 1042802  
Telephone (work): + 39 045 8425167  
e-Mail: [marta.alberti@univr.it](mailto:marta.alberti@univr.it)

## **2. PRESENT POSITION**

January 2009 : PhD student, PhD in Sciences of Physical Exercise and Human Movement, Department of Neurological and Vision Sciences, University of Verona, Italy. Topic of the PhD project in co operation with the University of Leuven, Belgium.

## **3. EDUCATION**

- 1991: Scientific Liceum.
- November 1995: Graduated in Exercise Sciences, I.S.E.F. of Bologna defending an experimental thesis: "Analysis of the STEP movement".
- December 1995: Diploma of STEP trainer, F.I.A. (Italian Federation of Aerobics)
- November 2005: Graduated in the Specialised degree Course "Adapted and preventive motor activity for elderly", School of Exercise Sciences, University of Verona, Italy defending an experimental thesis "MoviMenti: esperienze di attività motoria in psichiatria".

## **4. COURSES, SCIENTIFIC CONGRESSES**

- December 1992: practical workshop of the Christmas Conference (F.I.A.), Salsomaggiore Terme (PR), Italy.
- October 1993: practical workshop of the Convention of Fine Estate (F.I.A.), Milano.
- December 1993: practical workshop of the Christmas Conference (F.I.A.), Milano, Italy.

- March 1994: practical workshop of the European Convention (F.I.A), Milano, Italy.
- November 1994: practical and theoretical workshop in Trattamento Chinesiologico delle Algie Lombari (Unione Nazionale Chinesiologi), Verona.
- December 1994: practical workshop of the Christmas Conference (F.I.A.), Salsomaggiore Terme (PR), Italy.
- January 1995: practical and theoretical workshop in Trattamento Chinesiologico delle Algie Lombari (Unione Nazionale Chinesiologi), Verona.
- December 1995: practical workshop of the Christmas Conference (F.I.A.),.
- January 1996: : practical workshop of the STEP Combination (F.I.A.), Milano.
- March 1996: practical workshop of the European Convention (F.I.A), Salsomaggiore Terme (PR), Italy
- March 1996: Diploma of Fit Ball Training, Fargo Team, Brescia, Italy
- April 1997 practical workshop of the European Convention (F.I.A) , Salsomaggiore Terme (PR), Italy.
- July 2005: 15<sup>th</sup> International Symposium Adapted Physical Activity (ISAPA) Pavia-Verona, Italy.
- July September 2007: K.U.L, Faculty of Kinesiology and Rehabilitation Sciences & Head of the service physiotherapy and psychomotor therapy of UPC-KULeuven, campus Kortenberg, Belgium: clinical practices, literature research and discussions.
- January 2009: Teolo, Padova c/o Casa di Cura Parco dei Tigli: "Le attività motorie come strumento terapeutico per la recovery del paziente psichiatrico".
- February 2009: "La normalità come obiettivo possibile", Centro Polifunzionale Don Calabria - Verona, Italy.
- April 2009: "I programmi di attività fisica per l'anziano fragile: esperienze e prospettive". Teatro della Fondazione Mons. A. Mazzali - Mantova.
- May 2009: c/o Facoltà di Sc Motorie, Verona. Corso di perfezionamento universitario "Corpo e movimento, attività motoria per l'infanzia"; "Sviluppo del linguaggio e movimento"; "Sviluppo motorio e sviluppo cognitivo". - Prof. Luca Bonatti, UFR de Psychologie , Université de Nantes.
- October 2009: "International Congress of Eating Disorders" . 22-24, Alpbach - Austria.

## **5. PROFESSIONAL AND SCIENTIFIC TRAINING**

- Since 1998: personal trainer in sport centres in Verona, Italy and free lance personal trainer.

- Since 2000: mini volley trainer, Valpolicella Volley club, Verona, Italy
- since 2000: instructor of mini volley, elementary schools of the S.Pietro In Cariano community, Verona, Italy.
- Since 2001: member of the PIKALU s.r.l, manager and owner of the Gymnasium Athleta, S.Pietro In Cariano, Verona, Italy.
- Since May 2004: co operator of the private psychiatric clinic “Villa S. Chiara”, responsible for a program focused on the “Exercise activity as a therapeutic tool in psychiatric diseases”.
- 2005: Teaching at Faculty of Education, University of Padua, Italy: courses of “Methods and didactics of adapted physical activity”.
- Since 2004: co operation with D.E.F.A.V and the municipality of Verona: “Health and Movement”, courses of physical activity for the elderly.
- 2005: co operation with the School of Exercise and Sport Sciences, University of Verona, Italy: planning and managing of the courses for elderly people (healthy, diabetics and with heart diseases).
- Since 2007: cooperation with the School of Exercise and Sport Sciences, University of Verona, Italy and Hospital of Marzana, Italy; planning and managing of the courses of physical activity for patients wit BPCO.

## **6. TEACHING EXPERIENCE**

- Since 1992: instructor and teacher of physical education in several sport canter in Verona, Vicenza and Treviso.
- Since 2003: teacher of physical education in the primary and secondary school “Figlie di Gesù”, Verona, Italy.
- Since 2006: co operation with the School of Exercise and Sport Sciences, University of Verona, Italy, manager of the practical lessons of “Teaching and technique of Fitness” e “Propedeutic Kinesiology”.
- Since 2007: External teacher in the Specialised Degree Course “Adapted and preventive motor activity”; lectures on “Adapted physical activities and mental disorders”.

## 7. FOREIGN LANGUAGES

- Written and oral french: fair
- Written and oral english: good

## 8. PATENTS

- 1996: patent of the new training device "SPRING ENERGIE"

## 9. PUBLICATIONS

### **Proceedings of National and International Congresses**

- "Efficacy of a programme of physical activity in psychiatry: an experimental study". M.Alberti, M.Lanza, M.Giacopuzzi, A.Carraro, M.Bortolomasi. 9<sup>th</sup> International Scientific Conference "Sport Kinetics 2005", 16-18 September 2005, Rimini, Italy; pag.43 of the Abstract book.
- "Efficacy of a programme of physical activity in psychiatry: an experimental study". M.Alberti, M.Lanza, M.Giacopuzzi, A.Carraro, M.Bortolomasi, pag.46 of the Abstract book. "International Conference of Physiotherapy in Psychiatry & Mental Health", Leuven, Kortenberg, Belgium 15-17 February 2006; pag.46 of the Abstract book.
- "Psychomotor therapy and mental health in patients with psychotic disorders: an experimental comparison between an Italian and a Belgian experience". 2nd International Conference for Physiotherapy in Psychiatry and Mental Health 2008, Bergen, Norway. February 2008; 4<sup>th</sup> European Congress of Psychomotricity, Amsterdam 2008.
- "Silver Fitness: Physical Activity for older adults in Fitness Centres". Federico Schena, Alberti Martina, Lanza Massimo, Rudi Dorian. EUNAPA Verona Conference June 2008.

### **Posters and communications in National and International Congresses**

- 9<sup>th</sup> International Scientific Conference "Sport Kinetics 2005", 16-18 September 2005, Rimini, Italy: oral presentation.
- "International Conference of Physiotherapy in Psychiatry & Mental Health", Leuven, Kortenberg, Belgium 15-17 February 2006.
- 2nd International Conference for Physiotherapy in Psychiatry and Mental Health 2008, Bergen, Norway. February 2008.
- "4<sup>th</sup> European Congress of Psychomotricity", Amsterdam, Holland. May 2008. Oral presentation.
- "Physical Activity and Healthy Ageing: a dialogue on best practice between policy and research". (EUNAPA Verona Conference), Verona, Italy 19-20 June 2008.

- “XIII Conferenza della rete nazionale HPH”. Reggio Emilia, 24-26 Settembre 2009, oral presentation

Verona, Gennaio 2010-01-1

In fede: Dott.ssa Marta Alberti

Acconsento al trattamento dei miei dati personali secondo le modalità previste dalla legge sulla privacy.