

CURRICULUM VITAE

PERSONAL DETAILS

Name	Borsati Anita
Date of birth	October 29 th , 1997
Address	Verona (Italy)
Telephone	+39 3450817617
E-mail	anita.borsati_02@univr.it borsatianita8@gmail.com
Nationality	Italian

PROFESSIONAL EXPERIENCE AND CURRENT POSITION

July 2021-to date	Scholarship holder at the Department of Neurosciences, Biomedicine and Movement Science; University of Verona
January 2020-June 2021	Internship in exercise oncology for the C.H.O.i.C.E. project (Choose Health: Oncological patients Centered Exercise). Funded by Lega Italiana per la Lotta contro i Tumori (LILT).

EDUCATION

July, 2021	Master's degree in Preventive and Adapted Exercise Science (110/110) Dept. of Neuroscience, Biomedicine and Movement Sciences. University of Verona, Italy. Title: <i>"The perception of exercise in oncology: a survey for Italian population"</i> Supervisor: Prof. Lanza Massimo
March, 2020	Bachelor's degree in Sport and Exercise Science (105/110) Dept. of Neuroscience, Biomedicine and Movement Sciences. University of Verona, Italy. Title: <i>"Fatigue in patients with Multiple Sclerosis: a systematic review"</i> Supervisor: Prof. Venturelli Massimo

PUBLICATIONS

Avancini A., Sperduti I., **Borsati A.**, Ferri T., Belluomini L., Trestini I., Tregnago D., Schena F., Bria E., Milella M., Pilotto S. (2022) *Effect of exercise on functional capacity in patients with advanced cancer: a meta-analysis of randomized controlled trials.*

Avancini A., Ferri Marini C., Sperduti I., Natalucci V., Pilotto S., **Borsati A.**, Cerulli C., Barbieri E., Lucertini F., Lanza M., Parisi A., Grazioli E., Di Blasio A. (2022) *Kinesiology students' perception regarding exercise oncology: a cross-sectional study.*

ABSTRACTS, POSTER AND PRESENTATION

Avancini A., **Borsati A.**, Trestini I., Tregnago D., Lanza M., Milella M., Pilotto S., *POpulation PerCeptiOn exeRcise oNcology: the POPCORN study*; XII National Congress SISMES, Società Italiana delle Scienze Motorie e Sportive, Padue, Italy. 8-10 October 2021 [oral presentation].

Avancini A., **Borsati A.**, Trestini I., Tregnago D., Lanza M., Milella M., Pilotto S (2021) *Population' perception about exercise in cancer patients: preliminary findings.*

MEMBERSHIP

American College of Sport Medicine (ACSM)

Società Italiana delle Scienze Motorie e Sportive (SISMES)

Italian Group for the Evaluation of Outcomes in Oncology (IGEO)

LANGUAGES

Italian (Mother tongue), English (Intermediate), Spanish (Intermediate), German (Sufficient).

DIGITAL AND TECHNICAL COMPETENCE

Software:

- Microsoft Office;
- Biomechanical software analysis (Kinovea, Tracker, ImagineJ);
- Atlas.ti;
- SigmaStat 3.5;

Functional assessment:

- Cardiorespiratory fitness [direct (i.e. K5, CPET) and indirect modalities (i.e. six minutes walking test)];

- Strength [isokintetic, cycling power, direct (i.e. 1RM) and indirect modalities];
- Flexibility;
- Balance;
- Body composition (bioimpedance, anthropometric measures).

ACADEMIC EXPERIENCE

July 2021-to date

Co-tutor for students

Thesis title: *“Studio qualitativo sul Progetto CHOiCE (Choose Health: oncological patients centered exercise): attitudini, barriere e facilitatori”*. Student: Valentina Ducoli
Master’s degree in Preventive and Adapted Exercise Science, University of Verona.

OTHER INFORMATION

License:

Driving “B” achieved on April 20th, 2016

I authorize the use of my personal data in accordance with Legal Decree 30 June 2003, No 196 “Protection of personal data”.

Verona, May 3rd, 2022

Borran Aure