

# CURRICULUM VITAE

## PERSONAL DETAILS

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<b>Name</b>	Borsati Anita
<b>Date of birth</b>	October 29 <sup>th</sup> , 1997
<b>Address</b>	Verona (Italy)
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<b>Nationality</b>	Italian

## PROFESSIONAL EXPERIENCE AND CURRENT POSITION

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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

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July, 2021	<b>Master's degree in Preventive and Adapted Exercise Science (110/110)</b> 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	<b>Bachelor's degree in Sport and Exercise Science (105/110)</b> 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

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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

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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, Padua, 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

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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

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

## DIGITAL AND TECHNICAL COMPETENCE

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### Software:

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

### Functional assessment:

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

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

## ACADEMIC EXPERIENCE

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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 INFORMATIONS

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**License:**

Driving “B” achieved on April 20<sup>th</sup>, 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 3<sup>rd</sup>, 2022

Borrelli, Anna