

CURRICULUM VITAE

Dott. Lorenzo Rum, PhD (March 2019)

EDUCATION AND TRAINING

2013 – present:

First level Personal Trainer Certificate issued by FIPE (Italian Weightlifting Federation)

September 2010 – October 2013:

Università degli Studi di Roma “Foro Italico” – Degree in Sport and Movement Sciences (L22)

Main subjects:

- Applied Anatomy in Movement and Anthropometrics
- Human Biology and Biochemistry
- Human and Exercise Physiology
- Sport Psychology
- Human Movement Biomechanics and Traumatology
- Sport Medicine and Endocrinology

Final year research project entitled: “Competitive sport and hyperhomocysteinemia”

Final grade: 110/110 with honors

October 2013 – October 2015:

Università degli Studi di Roma “Foro Italico” – Master degree in Health and Physical Activity (LM67-D)

Main subjects:

- Biomedical issues in health and exercise
- Changing behaviour towards a lifelong healthy lifestyle: from childhood to adulthood
- Movement therapy and physical activity for special population
- Research Methodology

Attended internships:

- Moving in old age - interdisciplinary approaches to the study of ageing (Odense, Denmark)
- Movement therapy for special population (Cologne, Germany)
- Physical activity and disease prevention in adults (Vienna, Austria)

Final year research project entitled: “Motor control of head stability during gait termination in older women”

Final grade: 110/110 with honors

October 2015 – March 2019:

Università degli Studi di Roma “Foro Italico” - Ph.D. degree in Human Movement and Sport Sciences
7 months period abroad (January – July 2017, February 2018) at Cardiff School of Sport and Health Sciences, Cardiff Metropolitan University (Cyncoed Campus, CF23 6XD, Cardiff, UK)

Thesis entitled: “Age-related changes in upper body motor control during transitions of gait”

Final grade: Excellent

WORK EXPERIENCE

December 2012 – December 2016:

Strength and conditioning trainer and swimming instructor at Nettuno Club SSD, Piazza Vincenzo Mangano 12 – 00177 Roma (Italy)

March 2015 – October 2015:

Tutor in Human and Exercise Physiology at Università degli Studi di Roma “Foro Italico”

September 2017 – present:

Strength and conditioning trainer at Nettuno Club SSD, Via Quarto Peperino 10 – 00188 Rome (Italy)

RESEARCH ACTIVITIES

Ex-Member of Italian Society of Motion Analysis in Clinics (SIAMOC) and European College of Sport Science (ECSS)

Member of the International Society of Electromyography and Kinesiology (ISEK)

Invited Reviewer for PLOS ONE

H index: 1

Total number of citations: 2 (Scopus).

Congress presentations

XXI Congress of European College of Sport Science (2016)

Oral presentation – “Upper body acceleration during gait termination in young and older women”

XVIII Annual Congress of Italian Society of Motion Analysis in Clinics (2017)

Oral presentation – “Mechanisms of trunk stabilization during gait termination in young and older women: a neuromechanical analysis”,

Abstract published in GAIT & POSTURE, vol. 57, p. 3-4, doi: 10.1016/j.gaitpost.2017.07.050

XXII Congress of International Society of Electromyography and Kinesiology (2018)

Oral presentation – “Are older adults able to modify anticipatory postural adjustments following balance perturbations in gait initiation?”

Main scientific publications

RUM L, LAUDANI L, MACALUSO A, VANNOZZI G. (2017). Upper body accelerations during planned gait termination in young and older women. JOURNAL OF BIOMECHANICS, vol. 8, p. 138-144, ISSN: 1873-2380, doi: 10.1016/j.jbiomech.2017

RUM L, LAUDANI L, VANNOZZI G, MACALUSO A. (2018). Age-related changes in upper body contribution to braking forward locomotion in women. GAIT & POSTURE, vol. 68, p. 81-87, ISSN: 1879-2219, doi: 10.1016/j.gaitpost.2018.11.015

PERSONAL SKILLS

Mother tongue:

Italian

Other languages:

English

UNDERSTANDING		SPEAKING		WRITING
Listening	Reading	Spoken interaction	Spoken production	
C1	C2	C1	C1	C2

Self-assessment grid

Communication skills:

Good communication skills gained through my international training and working experiences

Organisational / managerial skills:

Good organisational skills gained while working to my PhD (time-scheduling, laboratory and procedure management, Master student supervising)

Digital competence:

Proficient user of Microsoft Office suite (Word, Excel and PowerPoint), MATLAB data processing/analysis software and SPSS statistical analysis software