EUROPEAN CURRICULUM VITAE FORMAT

PERSONAL INFORMATION

Name	**PARRELLA MARTINA**
Address	
Telephone	
Fax	
E-mail	
Nationality	Italian
Date of birth	

WORK EXPERIENCE

• Dates (from – to)	FROM NOVEMBER 2022 TO TODAY
• Name and address of employer	The University of Rome "Foro Italico" (RM)
• Type of business or sector	Research activities
• Occupation or position held	**PhD in "Human movement and Sport Science"**
• Main activities and responsibilities	Studying the effects of ageing on the development of fatigue in the trunk extensor muscles by using high-density electromyography and investigating the effects of fatigue on postural control by using inertial sensors
• Dates (from – to)	FROM MARCH 2023 TO TODAY
• Name and address of employer	The university of Rome "Foro Italico" (RM)
• Type of business or sector	Teaching
• Occupation or position held	Tutor
• Main activities and responsibilities	**Tutoring of physiology**
• Dates (from – to)	FROM OCTOBER 2021 TO FEBRUARY 2023
• Name and address of employer	Bandi Fitness Training, Latina (LT)
• Type of business or sector	Coaching
• Occupation or position held	**Physical therapist and trainer**
• Main activities and responsibilities	Recovery following ACL injury, physical rehabilitation, functional training, sport-specific training
• Dates (from – to)	FROM FEBRUARY TO JULY 2022
• Name and address of employer	The University of Rome "Foro Italico" (RM)
• Type of business or sector	Teaching
• Occupation or position held	Tutor
• Main activities and responsibilities	**Tutoring of endocrinology**
• Dates (from – to)	FROM SEPTEMBER 2019 TO MARCH 2020
• Name and address of employer	A.S.D. Polisportiva Pontina, Latina (LT)
• Type of business or sector	Coaching
• Occupation or position held	**Trainer**

For more information go to
www.cedefop.eu.int/transparency/
europa.eu.int/comm/education/index_en.html
eurescv-search.com/

• Main activities and responsibilities	Child psychomotricity

EDUCATION AND TRAINING

• Dates (from – to)	4-7 OCTOBER 2023
• Name and type of organization providing education and training	XXIII Congresso Annuale della Società Italiana di Analisi del Movimento in Clinica (SIAMOC) 2023
• Principal subjects/occupational skills covered	Motor control, posture and coordination
• Title of qualification awarded	**Congress Participation**
• Level in national classification (if appropriate)	

• Dates (from – to)	4-7 JULY 2023
• Name and type of organization providing education and training	European College Of Sport Science (ECSS)
• Principal subjects/occupational skills covered	Neuromuscular physiology in the context of ageing and training
• Title of qualification awarded	**Congress Participation**
• Level in national classification (if appropriate)	

• Dates (from – to)	FROM OCTOBER 2020 TO JULY 2022
• Name and type of organization providing education and training	The University of Rome "Foro Italico" in consortium with the Norwegian School of Sport Science in Oslo, the University of Vienna, the University of Southern Denmark in Odense, and the German Sport University in Cologne
• Principal subjects/occupational skills covered	Physical activity for children, adults and older adults, orthopedic rehabilitation, movement therapy for special populations, research methodology
• Title of qualification awarded	**European Master of Science in Health and Physical Activity**
• Level in national classification (if appropriate)	

• Dates (from – to)	NOVEMBER 2021
• Name and type of organization providing education and training	The German Sport University in Cologne
• Principal subjects/occupational skills covered	Movement therapy for special populations
• Title of qualification awarded	**Internship**
• Level in national classification (if appropriate)	

• Dates (from – to)	SEPTEMBER 2021
• Name and type of organization providing education and training	The University of Southern Denmark in Odense
• Principal subjects/occupational skills covered	Physical activity in disease prevention in elderly
• Title of qualification awarded	**Internship**
• Level in national classification (if appropriate)	

• Dates (from – to)	JULY 2021
• Name and type of organization providing education and training	Villa Stuart Clinic, Rome (RM)
• Principal subjects/occupational skills covered	Musculo-skeletal disorders and sport-related joint diseases
• Title of qualification awarded	**Internship**

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• Level in national classification (if appropriate)	
• Dates (from – to)	JUNE 2021
• Name and type of organization providing education and training	The University of Vienna
• Principal subjects/occupational skills covered	Physical activity and disease prevention in adults
• Title of qualification awarded	**Internship**
• Level in national classification (if appropriate)	
• Dates (from – to)	FROM OCTOBER 2017 TO SEPTEMBER 2020
• Name and type of organization providing education and training	The University of Rome "Foro Italico"
• Principal subjects/occupational skills covered	
• Title of qualification awarded	**Bachelor Degree in Motor and Sport Sciences**
• Level in national classification (if appropriate)	

PERSONAL SKILLS AND COMPETENCES

Acquired in the course of life and career but not necessarily covered by formal certificates and diplomas.

MOTHER TONGUE	**ITALIAN**
OTHER LANGUAGES	
	English
• Reading skills	excellent
• Writing skills	excellent
• Verbal skills	good
	Spanish
• Reading skills	basic
• Writing skills	basic
• Verbal skills	basic
TECHNICAL SKILLS AND COMPETENCES *With computers, specific kinds of equipment, machinery, etc.*	I OBTAINED THE EUROPEAN COMPUTER DRIVING LICENSE (ECDL) IN 2015.
DRIVING LICENCE(S)	Level B

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ADDITIONAL INFORMATION

NOMINATION OF THE MASTER THESIS "EFFECTS OF NEUROMUSCULAR ELECTRICAL STIMULATION ON THE H-REFLEX IN OLDER PEOPLE" FOR THE **MARINOZZI PRIZE** AT THE UNIVERSITY OF ROME "FORO ITALICO" IN JULY 2022.

PUBLICATION OF SCIENTIFIC ARTICLES:

a) "ADJUSTMENTS IN THE MOTOR UNIT DISCHARGE BEHAVIOR FOLLOWING NEUROMUSCULAR ELECTRICAL STIMULATION COMPARED TO VOLUNTARY CONTRACTIONS" AS COAUTHOR ON "FRONTIERS IN PHYSIOLOGY", JUNE 2023

b) "COMPARISON OF ACUTE RESPONSES IN SPINAL EXCITABILITY BETWEEN OLDER AND YOUNG PEOPLE AFTER NEUROMUSCULAR ELECTRICAL STIMULATION" AS COAUTHOR ON THE "EUROPEAN JOURNAL OF APPLIED PHYSIOLOGY" , JULY 2023

CO-SUPERVISOR OF A MASTER THESIS:

"Meccanismi neuromuscolari alla base della fatica muscolare dei muscoli estensori del tronco in soggetti anziani sani"

ANNEXES

For more information go to
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