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| Cristiano Villani, Student |
| **Education** |
| • 2015-, Student in Preventive and Adaptive Sport Science, University of Pavia;  • 2014-, Collaboration with Laboratory for Sport Therapy in Rare Diseases, Department of Sport Medicine, Voghera;  • 2014-, Centre of Interdepartmental Research in the Motor Activities, Department of Sport Medicine, Voghera;  • 2013-, Expert in physical preparation : Italian Volleyball Federation(FIPAV) at the  national training olympic center G. Onesti, Rome  • 2012-, Expert in physical preparation : SCHOOL of SPORTS Olympic Committee at the  national training olympic center G. Onesti, Rome  • 2003-, Olympic weightlifting coach II level for the Italian wheithlifting federation(FIPE) at the  national training olympic center G. Onesti, Rome  • 2000-, Olympic weightlifting coach I level for the Italian wheithlifting federation(FIPE)  • 1990-, High School Diploma electrotechnical expert; |

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| **Undergoing projects** |
| collaboration with the **Laboratory for Sport Therapy in Rare Diseases** and with the **Centre of Interdepartmental Research in the Motor Activities** at the Sport Medicine Centre of the University of Pavia:  • 2015-, Postural Evaluation of a FSHD patient with Delos PosturalSystem; Effects of three months ai-jutsu martial art training on postural stability, grip strength and flexibility in older adults. |

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| **VOLUNTEER, ORGANIZING WORK**  • 2003-, Member of NSCA (National Strength and Conditioning Association)    • 2006-, Member of the association with scientific and cultural resolutions, called, International  Society of Proprioception and Posture, can be labeled ISPP.  *Delos Certified Expert qualification* as user Delos Postural Proprioceptive System,  Turin, Italy. |

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| **Coaching experiences** |
| **Physical trainer:**  • 1999-2009, Technical Director of a fitness center "Sporting San Lanfranco" in Pavia  • 2004-2005, Riso Scotti Volleyball A2 Women  • 2004-2007, Olympia Basket Voghera;series C1-B2-B2  • 2008-2010, Mauro Nespoli Beijing 2008 Olympic silver medalist in archery  • 2010-2012, San Genesio semi-professional football team, first class and promotion category  • 2012-2015, As Personal Trainer and Delos certified Expert, postural evaluation and  proprioceptive training at Campus Aquae, Pavia  • 2015- As Personal Trainer and Delos certified Expert, postural evaluation and  proprioceptive training at University Sport Center, Pavia |

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| **Conference speaker** |
| • June 10th, 2005 Milan; Correlator with Dr. Naccari Carlizzi (orthopedic specialist in arthroscopy), the intervention was about "THE Heating", at the conference organized by Dott. Piero Volpi "Prevention in Sport" sponsored by SIGASCOT (Italian: Knee-Arthroscopy-Sport- cartilage-Orthopaedic Technologies)  • February 25, 2006 Vigevano;Speaker at the conference "Rehabilitation of Sports" organized by SIGASCOT (Italian: Knee-Arthroscopy-Sport-Cartilagine- Orthopaedic Technologies) title of "New Horizons in Rehabilitation: from proprioceptive control to neuromuscolar training."  • 2-4 October, 2015 Padova;Speaker at VII National Congress of Italian society of physical education and sports.SISMES |