

Personal Details

Name: Alexa Callovini
Address: Via Roen n.2
38010 RONZONE
Telephone: 3405264595
Email: callovinialexa@gmail.com
Date of birth: 12/11/1994
Place of birth: CLES
Nationality: italiana

Education

- 09/2016 - 09/2018 **Master Degree in Preventive and Adapted Exercise Science- grade 110/110 with Honors**
University of Verona, (Italy)
- Exercise Physiology regarding Healthy and Pathological Population
 - Biomechanics of exercise.
 - Psychology of exercise.
 - Experimental setup organization
 - Adapted Exercise Training Programs.
- 02/2018 - 03/2018 **Canadian Center for Activity and Aging**
University of London, 490 Richmond Street London, ON (Canada)
- Comprehensive Physical Activity for Older Adults Certificate
 - Seniors Fitness Instructor Course - Fast Track (SFIC-FT)
 - Functional Fitness for Falls Prevention (FFFP)
 - Ball Workshop for Fitness Leaders Facilitator (BALL-F)
- 09/2013 - 09/2016 **Bachelor's degree in Sport and Exercise Science- grade 110/110 with Honors**
University of Verona, (Italy)
- Anatomy, Biochemistry, Biomechanics and Physiology skills.
 - Exercise Training Programs.
 - Locomotor Disorders.
- 09/2008 - 06/2013 **High school leaving qualification in linguistic studie- grade 100/100**
Bertrand Russell High School , Cles (Italy)
- English
 - German
 - Spanish
 - Chemistry in English

Work Experience

- 09/2018 - present **Physical trainer and Group exercise instructor**
JUTA CENTER PALESTRA E WELLNESS, Trento (Italy)

- Weight Room Instructor
- Total body
- Omnia Training

08/2017 - 06/2018

Internship

Sport, Mountain and Health Research Centre (Ce.Ri.S.M.); University of Verona, Rovereto (Italy)

Specific skills:

- Indirect calorimetry with open-circuit spirometry, laboratory systems (CPET, Cosmed) and portable devices (K5,K4 Cosmed)
- NIRS (NIROX)
- Force platforms (Kistler Quattro Jump), load cells, optical systems (Microgate photocells, OptoJump, OptoGait)
- SEBT (Star Excursion Balance Test)
- EMG

03/2017 - 04/2017

Internship

University of Verona, Verona (Italy)

Specific skills:

- Blood lactate collection and analysis
- Anthropometry and body composition (plicometry)

09/2014 - 09/2016

Internship

University of Verona, (Italy)

- Circolo Tennis Trento (Trento)
- Juta Center Palestra e Wellness (Trento)

Languages

English	Fluent
Spanish	Fluent
German	Good

Specific skills

Exercise Physiology in elderly and pathological population.

Experimental setup organization and data analysis especially regarding:

- maximal oxygen consumption (VO2 max);
- ventilatory thresholds(VT1-VT2);
- HRR (Heart Rate Recovery);
- HRV (Heart Rate Variability).

Informatic Skills

- Microsoft Office (Excel, Word, PowerPoint)
- Statistical Software: SPSS, Graphpad

Courses

2017

Nordic Walking (completed)

University of Verona in collaboration with Italian Nordic Walking Association (ANWI)

Final mark:30/30 with honors.

More information

Master Degree with experimental thesis entitled 'Three-week exercise and weight loss program improves post-exercise cardiac autonomic recovery in obese adults', in collaboration with CeRISM and Solatrix Rehabilitation Clinic in Rovereto.

ABSTRACT

F. Gilli, **A. Callovini**, A. Fornasiero, S. Skafidas, V. Muollo, G. Boccia, F. Schena B. Pellegrini; A 3- week exercise and nutritional intervention program improves post exercise cardiac autonomic recovery in obese adults; Congresso Società Italiana Scienze motorie (Messina,Italy 2018)