



PERSONAL INFORMATION

Name, Surname

Alīna Kļonova

Date of Birth

October 11, 1983

Address, tel.

Anninmuzas bulv. 60, LV 1029. Riga, T: 3421307101

e-mail

alina.klonova@univr.it

STUDIES APPLIED FOR

Methodology and efficacy of remote motor activities in vulnerable populations

WORK EXPERIENCE

11/2020-present

Research Assistants

Dep.Neurosciences, Biomedicine and Movement Sciences, University of Verona.

10/2016-present

Researcher in Scientific laboratory of kinesiology

Latvian Academy of Sports Education (Latvia)

09/2012-11/2020

Guest speaker

University of Verona (Italy), Faculty of Sport Sciences (CUS)

01/2011 – 06/2011

Visiting doctoral researcher (Bilateral agreement)

Latvian Academy of Sports Education (Latvia)

11/2009 – 12/2011

University of Bologna (Italy), Faculty of Sport Science

Scientific Assistant

Latvian Academy of Sports Education (Latvia)

10/2007 – 11/2009

Sport Science laboratory assistant

Latvian Academy of Sports Education (Latvia)

04/2007 – 05/2007

Sport Teacher

RPPG (Latvia)

01/2007 – 09/2009

Sport Dancing, Pilates and Sport Trainer

Riga Pupils Palace (Latvia)

11/2006 - 05/2009

Sport Dancing Trainer

Riga Purvciem High School (Latvia)

Curriculum vitae

Sport Dancing Trainer

Dance Art Amateur and Professional Association (Latvia),

EDUCATION AND TRAINING

2021 - present

Post PhD in Sport Science - Thesis Title:

Methodology and efficacy of remote motor activities in vulnerable populations

University of Verona, Dep.of Neurosciences, Biomedicine and Movement Sciences

2009 - 2013

PhD of Science in Sport and pedagogy - Thesis Title:

Partners' Physiological Engagement and Body Contact Improvement in Standard Sport Dances

Latvian Academy of Sport Education (Latvia)

2006 - 2009

Master of Science in Sport and pedagogy

Latvian Academy of Sport Education (Latvia)

2002 - 2006

Bachelor in Sport pedagogy

Professional qualification programmes: Sport teacher and Sport dance coach

Latvian Academy of Sport Education (Latvia)

1999 – 2002

Liepaja High School no.8

1990 - 1999

Liepaja Secondary School no.2

ADDITIONAL PROFESSIONAL AND PEDAGOGICAL EXPERIENCE

2012 - present

Sport Center Arbizzano (Italy), Sport dancing, Pilates teacher

2010 - present

Member of Professional Division World Dance Sport Federation

2010

Sveku Special Boarding School, A lecture for teachers on "Sport dance basic compositions for children with special needs", establishing new sport study program. Lecturer

RPPG, Rīga, Sport dancing teacher

2005 - 2009

Rīga Purvciema Secondary School, Sport dancing teacher

2004 - 2009

ADDITIONAL EDUCATION (COURSES, SEMINARS, CERTIFICATES), STUDY VISITS

<i>1/04-30/06/2021</i>	Speaker at the conference "The psychophysical well-being of refugees in a period of health emergency" Department of Neuroscience, Biomedicine, and Movement, University of Verona
<i>11/12/2020</i>	Organizer committee of International Virtual Workshop "Managing Outdoor Activities During Covid Period. Experiences, Rules, Solutions and Perspectives from European countries." (UniVr, LASE)
<i>2013 - present</i>	Sport Center Arbizzano (Italy), professional development courses and workshops
<i>2009 – present</i>	Latvian Sport Dance Federation qualification courses and seminars, International Sport dance coach and referee certification
<i>2011 – 2012</i>	Team Diablo Sport dance studio, professional development courses and seminars, Molinella (Italy)
<i>2010-2012</i>	Bologna University (Italy), "Performance and recovery in Sport dances", "The Major Factors of Sport Achievements", "Physiological processes and features in Sport", "Advanced Biomechanics and Measurement Equipment" PhD scientifically-methodological workshops
	The Swedish School of Sport and Health Sciences (GIH). Study courses, discussions
<i>03/2010</i>	Latvian Academy of Sport Education: professional improvement courses for doctoral degree students and (20 hours) „Quality Research in Sport Science field”
<i>01/2010</i>	University of Tartu, Faculty of exercise and sport sciences – seminar „Basics of sport science” (8 academic hours)
<i>12/2009</i>	Dance Arts amateur and professional association training qualification seminars for dance coaches and referees, Sport dance coach and referee certification
<i>2009 -2010</i>	Academy of Postgraduate Education, Model of the formation of individual learning activities, Belarus
<i>08/2008</i>	In collaboration with LASE (Riga), Bologna University (Italy) and Veronas University (Italy) Investigation of biomechanical, physiological,

**MAIN SCIENTIFIC RESEARCH
ACTIVITY**

psychological preparation of different levels of qualification and age groups (junior, youth, and adults) in selected sports for activity modelling and action recognition.

COMMUNICATION SKILLS

Excellent verbal and written communication gained through my experience as scientific researcher and sport dance and Pilate's teacher. Experienced at giving presentations and lectures to large audiences. Good telephone manner. Intercultural skills in my continued work on training programmes for dancers of different levels of qualification and age groups.

**ORGANISATIONAL /
MANAGERIAL SKILLS**

During my PhD studies I organised a workshops and presentations on research methods, theoretical novelty, practical importance and results. Excellent organisational and prioritisation skills. Experience in organising international and national conferences.

JOB-RELATED SKILLS

Operating Systems: Windows, Linux
Software: MS Office (Word, Excel, PowerPoint, etc.),
Smart Motion Capture System, SPSS

OTHER SKILLS

Enjoy all sports particularly kite surfing, skiing and sport dancing. Love to travel and experience different cultures.

DRIVING LICENCE

B

LANGUAGE SKILLS

English – fluent,
Latvian – fluent,
Russian – fluent,
Italian – fluent



5/05/2021