

**INFORMAZIONE PERSONALE**

*Nome, Cognome*

Alīna Kļonova

*Data di Nascita*

October 11, 1983

*Indirizzo, tel.*

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*La mail*

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**STUDI RICHIESTI**

Metodologia ed efficacia delle attività motorie a distanza in popolazioni vulnerabili

**ESPERIENZA LAVORATIVA**

*11/2020-presente*

**Docente di attività motorie**

Dip.Neuroscienze, Biomedicina e Movimento, Università degli Studi di Verona

*10/2016-presente*

**Ricercatore in Laboratorio scientifico di chinesiologia (part time)** Latvian Academy of Sports Education (Lettonia)

*09/2012-11/2020*

**Istruttore dello Sport**

Centro Universitario Sportivo (CUS, Verona)

*01/2011 – 06/2011*

**Ricercatore di dottorato in visita (accordo bilaterale)**

Latvian Academy of Sports Education (Lettonia)  
University of Bologna (Italy), Faculty of Sport Science

*11/2009 – 12/2011*

**Assistente scientifico**

Latvian Academy of Sports Education (Lettonia)

*10/2007 – 11/2009*

**Assistente di laboratorio di Scienze Motorie**

Latvian Academy of Sports Education (Lettonia)

*04/2007 – 05/2007*

**Istruttore dello Sport**

RPPG (Lettonia)

*01/2007 – 09/2009*

**Sport Dancing, Pilates, Istruttore dello Sport**

Riga Pupils Palace (Lettonia)

*11/2006 - 05/2009*

**Sport Dancing Trainer**

Riga Purvciem High School (Lettonia)

*01/2006 – 12/2011*

**Sport Dancing Trainer**

Dance Art Amateur and Professional Association (Lettonia),

**ISTRUZIONE E FORMAZIONE***2021 - presente*

Post Doc in Sport Science - Titolo della tesi:  
Metodologia ed efficacia delle attività motorie a  
distanza in popolazioni vulnerabili  
Dip.Neuroscienze, Biomedicina e Movimento, Università  
degli Studi di Verona

*2009 - 2013*

PhD of Science in Sport and pedagogy - Titolo della  
tesi: Partners 'Physiological Engagement and Body  
Contact Improvement in Standard Sport Dances  
Latvian Academy of Sport Education (Lettonia)

*2006 - 2009*

Master of Science in Sport and pedagogy  
Latvian Academy of Sport Education (Lettonia)

*2002 - 2006*

Bachelor in Sport pedagogy  
Professional qualification programmes: Sport teacher  
and Sport dance coach  
Latvian Academy of Sport Education (Lettonia)

*1999 – 2002*

Liepaja High School no.8

*1990 - 1999*

Liepaja Secondary School no.2

**ULTERIORI ESPERIENZE  
PROFESSIONALI E  
PEDAGOGICHE***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**

*2005 - 2009*

RPPG, Rīga, Sport dancing teacher

*2004 - 2009*

Rīga Purvciema Secondary School, Sport dancing teacher

### FORMAZIONE AGGIUNTIVA (CORSI, SEMINARI, CERTIFICATI), VISITE DI STUDIO

<i>1/04-30/06/2021</i>	Relatore nel convegno “Il benessere psicofisico di rifugiati e richiedenti asilo in un periodo di emergenza sanitaria” Dipartimento di Neuroscienze, Biomedicine, e Movimento, Università degli Studi di Verona
<i>11/12/2020</i>	Comitato organizzativo dell'International Virtual Workshop "Gestione delle attività all'aperto durante il periodo Covid. Esperienze, regole, soluzioni e prospettive dai paesi europei". (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
<i>03/2010</i>	The Swedish School of Sport and Health Sciences (GIH). Study courses, discussions
<i>01/2010</i>	Latvian Academy of Sport Education: professional improvement courses for doctoral degree students and (20 hours) „Quality Research in Sport Science field”
<i>12/2009</i>	University of Tartu, Faculty of exercise and sport sciences – seminar „Basics of sport science” (8 academic hours)
<i>2009 -2010</i>	Dance Arts amateur and professional association training qualification seminars for dance coaches and referees, Sport dance coach and referee certification
<i>08/2008</i>	Academy of Postgraduate Education, Model of the

formation of individual learning activities, Belarus

**PRINCIPALI ATTIVITÀ DI  
RICERCA SCIENTIFICA**

In collaboration with LASE (Riga), Bologna University (Italy) and Veronas University (Italy)  
Investigation of biomechanical, physiological, psychological preparation of different levels of qualification and age groups (junior, youth, and adults) in selected sports for activity modelling and action recognition.

**ABILITÀ LINGUISTICHE**

Inglese fluente,  
Lettone - fluente,  
Russo - fluente,  
Italiano - fluente

5/05/2021

