



Rebecca Lera

KINESIOLOGIST, EXERCISE PHYSIOLOGIST AND
PERSONAL TRAINER

Profile

I am looking for a position as an Exercise physiologist or researcher in sport science. I think those are the jobs that suit for me because I am good at interpersonal relationship, organization and in creating new project and research. Self-motivated, team player, I am always looking to learn new skills and grow professionally. Rugby-player and ex Italian Judo athlete, I love sports in general and be active.

Working History

Onco-trainer, Pro Format Italia

OCTOBER 2021 — PRESENT

- I create the structure of the web platform of “OncoWellness” for Pfizer Italia
- I create training programs for people with different types of cancer (Brest, genital and urinary tract, Lung)
- I made videos with training for people with cancer
- All the project is mad for Pfizer Italia

Personal and group Trainer/researcher, Academy Modena (Academy X la salute), Modena

SEPTEMBER 2020 — PRESENT

- I trained in group or personally people with cancer, diabetes and chronic diseases
- I managed a research project with the Policlinico of Modena about physical activity and incontinence in prostate cancer survivor men (Prostatectomy)
- I taught judo to little children and manage the strength and conditioning part for adolescent

Post- surgery rehabilitation in and out water and Hydrokinesitherapy, Piscine Pergolesi, Modena

SEPTEMBER 2021 — PRESENT

- I conduct training for people who have arthrosis, low back pain, back and shoulder problem in and out water
- I create and conduct program in and out water to rehab people after injury and surgery

Personal Trainer and group trainer, Nemo allenamento e cancro

JULY 2019 — PRESENT

- I trained women with breast cancer, during chemotherapy or after cancer therapies and operations, in one-to-one or in small group

Details

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Links

[LinkedIn](#)

Languages

Italian

English

French

Rugby Coach, Unione Rugby Capitolina, Roma

FEBRUARY 2017 — FEBRUARY 2021

- Feb 17-June 17: I assisted the strength and conditioning part of the training of the U18 male team. I help the team to win the second place in the Italian Championships
- Sept 17 - June 18: I managed the strength and conditioning part of the training of the U18/U16 Female team
- June 18 – February '18: I trained in rugby the U8 and U12 teams

Personal Trainer, Day One Training studio, Roma

JULY 2019 — FEBRUARY 2021

- I Trained people in one-to-one session in a private room.
- I help the psychological development of people using training in collaboration with a psychologist

Gym coach, Curves Roma Portuense, Roma

SEPTEMBER 2018 — DECEMBER 2019

Resistance, aerobic and Group class trainer for women. Helping also in the management gym tasks

Researcher, Univeristà degli studi Roma Foro Italico, Roma

NOVEMBER 2017 — JULY 2018

- I elaborated a research project in biomechanics called "Injury prevention and analysis of the rugby-player ankles and gait"
- I helped other researchers with their biomechanics researches

Judo coach, gym trainer, Geesink team Modena, Modena

JUNE 2012 — AUGUST 2016

- I manage a summer camp for children from 4 to 12 years old
- I trained children and adolescent in Judo
- I managed the inside Gym and I created strength programs for people

Education

2nd level master in RESEARCH IN MOVEMENT SCIENCE, Università degli studi di Verona, Verona

SEPTEMBER 2021 — SEPTEMBER 2022

Specialization course in diabetes and physical activity, Università degli studi di Verona, Verona

SEPTEMBER 2021 — SEPTEMBER 2022

Master Degree in HEALTH AND PHYSICAL ACTIVITY, Università degli studi di Roma Foro Italico, Roma

SEPTEMBER 2016 — JULY 2018

BSC in SPORT SCIENCE, Università di Bologna, Bologna

SEPTEMBER 2014 — OCTOBER 2016

Math and Physics Lyceum, Liceo scientifico Wiligelmo, Modena

DECEMBER 2019 — DECEMBER 2020

Courses

- **Cancer exercise Specialist advanced Qualification, Cancer exercise training istitute**
- **Exercise physiologist, American College of sport Medicine**
- **Sport Management & Sponsorships, SDA Bocconi Business school**
- **Progressive Certification (Word, Excel, Power point), EIPASS**
- **BLSA First aid Certification, Croce rossa Italiana**

References

Dott.ssa Valentina Camomilla, University professor in Movement analysis and Biomechanics, University of Foro Italico, Rome

Dott.ssa Claudia Giacomozzi, Senior Research Scientist, Phd in Bioengineering, Istituto Superiore di Sanità

Internships

Strength and conditioning coach, Casa di cura villa stuart, Roma

OCTOBER 2017 — NOVEMBER 2017

- I managed program for elite athlete from injury to surgery and from surgery to return-to-play

Erasmus +, adapted physical activity and health, at Paul Sabatier Toulouse III, Toulouse

SEPTEMBER 2015 — FEBRUARY 2016

Exercise Therapy for special populations at German sport University of Cologne, Koln

JUNE 2017 — JULY 2017

Extra-curricular activities

Physical education Teacher at Stay Africa Volunteer, Cape Town

August 2019 — September 2019