



Francesco Ruffolo

STRENGTH AND CONDITIONING COACH - SPORT THERAPIST

WORK EXPERIENCE

Strength and Reconditioning coach 07/2018 - 09/2018

Villa Stuart Sport Clinic - Rome, Italy

University Internship, Movement Therapy in Orthopedic Rehabilitation

The internship in functional assessment held at the "Villa Stuart Sport Clinic" aims at introducing students into the world of post-traumatic functional assessment, a topic that has become of great interest particularly in recent years. The clinic has a laboratory equipped with advanced rehabilitation devices, normally used both in scientific research and in sports field, that allow patients to return to sport practice. Combining the accuracy of laboratory and field evaluations with clinical routine is a "Villa Stuart" exclusive peculiarity, confirming its prominent position among the best sport clinics in Italy. Students will have the opportunity to be part of an elite context in which they will have the chance of dealing with top athletes as well as Learning about cutting edge evaluation and rehabilitation techniques. The internship has two main learning outcomes: -Allowing the student to approach the use of functional assessment devices and techniques, such as force plates, Surface EGM, dynamometers, accelerometers, etc., that are the basis of scientific research in the human movement area. - Understanding the phases of the post-traumatic rehabilitation protocols, learning about functional tests that give to the clinician the tools for letting the patient go through the various phases of the rehabilitation chain until complete healing and return to habitual life and/or sport practice.

Movement Therapy in Orthopedic Rehabilitation 06/2018 - 07/2018

German Sport University - Cologne, Germany

University Internship, Fitness and Rehabilitation Coach

This Internship aims to expand the knowledge on theories and practical applications of:

- Movement therapy and physical activity for special populations;
- Movement therapy in the rehabilitation chain;
- Coordination training for special populations;
- Aqua Therapy;
- Strength training in special populations.

This Internship provides also an integrated knowledge of exercise physiology and cognitive models theories in exercise training plans finalized to healthy development and disease prevention in special populations

Exercise Physiology Laboratory 04/2018 - 05/2018

University of Vienna - Vienna, Austria

University Internship in Sports Applied Research

This Internship aims to expand the knowledge on theories and practical applications of:

- Planning a research project: literature research, training studies, study design, sample size, research proposal, ethics commission.
- Fitness Testing - theoretical basis and self-experience in laboratory and field tests
 - Assessing cardiorespiratory fitness (laboratory and field tests)
 - Assessing Muscular Fitness ▪ Assessing body composition
 - Assessing flexibility and balance
 - Spine screening and low back care
- Theory and practice of fitness-related genotypes
- Applied motion analysis -Sports Equipment, orthopedic prosthesis, and footwear testing
- Field trips to rehabilitation as well as to a fitness center

Weightlifting Instructor / Personal Trainer 10/2016 - present

Gold Gym Roma - Rome, Italy

Personalized programs and private sessions of personal training, technical assistance to clients and scheduling of training plans, mostly aimed at maintaining well-being and health, but also aimed at more specific objectives, such as:

- Strength and conditioning programs
- Rehabilitation programs
- Injury prevention

CONTACTS

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CERTIFICATIONS

Certified Strength and Conditioning

Specialist CSCS-NSCA - National

Strength and Conditioning Association

(Feb 2021)

Certified EXOS Performance

Specialist, Mentorship Phase 1

(Aug 2021)

Accredited/Certified First Aid AHA

American Heart Association - Basic

Life Support Defibrillation

BLSD/PBLSD (Mar 2021)

B EU Driving Licence (Jan 2021)

PROFESSIONAL SKILLS

Sport Performance, Strength &

Conditioning, Exercises for

Prevention, Rehabilitation,

Reconditioning, Physical Therapy,

Physical Activity for health

PERSONAL SKILLS

Leadership, attention to details,

presentation and excellent

communication, ability to build strong

relationships with players and staff,

continued development

LANGUAGES

Italian (Native), English (Professional)

- Fitness Assessment
- Reduction in fat mass percentage,
- Increased muscular hypertrophy,
- Improvement of cardiovascular functions
- Increased functional performance
- Reduction of health disorders due to dimorphisms and postural pathologies, through the strengthening of stabilizing and erector muscles of the spinal column.

EDUCATION

Master's Degree in Sport Science for Prevention and Rehabilitation 07/2019 **Foro Italico University of Rome - Rome, Italy**

Master graduates in Health and Physical Activity shall be able to integrate at a high level their knowledge of movement sciences, into biomedical, psycho-pedagogical and sociological ones and, in particular, pertaining the use of movement science in the preventive and rehabilitative area, in different age groups.

In this regard, the course offers a learning outcome guaranteeing the acquisition of professional knowledge, competencies and the ability to upgrade techniques and theories utilizing research sources, enabling to plan, develop and manage programs of physical and sport activity:

- Contributing to the promotion of fitness and wellness, to individual and public health, and the prevention of risk factors, in particular, those relevant to chronic diseases;
- Being part of the rehabilitative process, in cardiovascular, orthopedic, traumatological, neurological areas;
- Designed for different age groups, by specializing in exercise activities for children, adults and the elderly;
- Designed for disabled populations.

In addition, graduates shall be able to deliver the above-listed activities autonomously, also taking charge of projects and structures, and developing the ability to increase and maintain participants' motivation to keep doing physical activity in different groups and under various conditions. They shall be able to perform a diagnostic screening aimed to calibrate and customize physical and sport activity programs, then monitoring their execution. In the end, they shall be able to apply a scientific methodology for the promotion and development in health and physical activity area. These learning outcomes, in view of their complexity, require highly specialized and diversified competencies which are hard to find in one single place.

To this end, large European interdisciplinary synergies, such as those our course avails itself of, are essential.

In fact, consortium universities are from 5 different European countries (Austria, Denmark, Germany, Norway, Italy), a network experienced in the previous European Master editions (European Master on Preventive and Adapted Physical Activity - 120 ECTS, European Master on Health and Physical Activity - 120 ECTS) financed by MIUR (Italian Ministry of Education, University and Research) and coordinated by IUSM since 2002. In addition to consortium countries, experts from other European 21/10/19 © European Union, 2002-2019|

<http://europass.cedefop.europa.eu> Page 4/ 5 universities contribute (countries such as Netherlands, Belgium, France, Portugal, Greece, and others, which have already participated in the above-mentioned programs).

Master Thesis: The effect of physical training with the use of Human Body Posturizer in the rehabilitation of institutionalized elderly patients at high risk of falls; a pilot study.

Bachelor's Degree, BSc in Sports and Exercise Sciences 10/2017 **Foro Italico University of Rome - Rome, Italy**

The course prepares for the profession of:

- Educator of physical activities in primary school
- teachers of recreational activities in different age groups
- operators of physical activities and adapted to the needs of special populations;
- sports technical director and organizer of events and sports facilities; - coach and sports technician in sports competition sectors;
- instructor of non-competitive sports disciplines for starting sport;
- instructor, personal trainer for physical activities aimed at maintaining health and physical efficiency.
- operator for the organization and management of high-level sports.