

Cristiano Villani

Education

- 2015-Degree in Preventive and Adaptive Sport Science, University of Pavia;
- 2014-, Collaboration with Laboratory for Sport Therapy in Rare Diseases, Department of Sport Medicine, Voghera;
- 2014-, Centre of Interdepartmental Research in the Motor Activities, Department of Sport Medicine, Voghera;
- 2013-, Expert in physical preparation : Italian Volleyball Federation(FIPAV) at the national training olympic center G. Onesti, Rome
- 2012-, Expert in physical preparation : SCHOOL of SPORTS Olympic Committee at the national training olympic center G. Onesti, Rome
- 2004-, Panca Fit global postural Reprogramming technician, Raggi method
- 2003-, Back School Technician
- 2003-, Olympic weightlifting coach II level for the Italian wheithlifting federation (FIPE) at the national training olympic center G. Onesti, Rome
- 2000-, Olympic weightlifting coach I level for the Italian wheithlifting federation(FIPE)
- 1990-, High School Diploma electrotechnical expert;

VOLUNTEER, ORGANIZING WORK

- 2003-, Member of NSCA (National Strength and Conditioning Association)
- 2006-, Member of the association with scientific and cultural resolutions, called, **International Society of Proprioception and Posture**, can be labeled **ISPP**.
Delos Certified Expert qualification as user Delos Postural Proprioceptive System, Turin, Italy.
- 2019-, I joined the Scientific Committee of the I.S.S.P. with President Prof. Dario Riva.
- 2020-, Member and secretary of the **Scientific Medical Committee** of the Professional Football Sports Club, Pro Sesto srl.

Teaching Experience:

- 2015-2017, As a **contract professor**, I taught two courses, one in the first year and one in the third year at the Faculty of Motor Sciences at the University of Pavia.

Coaching experiences

Physical trainer:

- 1999-2009, **Technical Director of a fitness center "Sporting San Lanfranco"** in Pavia
- 2004-2005, Riso Scotti **Volleyball A2 Women**
- 2004-2007, Olympia **Basket Voghera; series C1-B2-B2**
- 2008-2010, **Mauro Nespoli Beijing 2008 Olympic silver medalist in archery**
- 2010-2012, San Genesio **semi-professional football team**, first class and promotion category

- 2012-2015, As Personal Trainer and Delos certified Expert, postural evaluation and proprioceptive training at Campus Aquae, Pavia
- 2015-2020, CUS PAVIA As Personal Trainer and Delos certified Expert, postural evaluation and proprioceptive training at University Sport Center.
- 2017-2018, CUS PAVIA **Fencing A1 Series**, April 2018 participation in **the Cadet and Youth World Championships** with Marta Lombardi.

Conference speaker

- June 10th, 2005 Milan; Correlator with Dr. Naccari Carlizzi (orthopedic specialist in arthroscopy), the intervention was about "**The Heating**", at the conference organized by Dott. Piero Volpi "Prevention in Sport" sponsored by *SIGASCOT* (Italian: Knee-Arthroscopy-Sport-cartilage-Orthopaedic Technologies)
- February 25, 2006 Vigevano; Speaker at the conference "Rehabilitation of Sports" organized by *SIGASCOT* (Italian: Knee-Arthroscopy-Sport-Cartilagine- Orthopaedic Technologies) title of "**New Horizons in Rehabilitation: from proprioceptive control to neuromuscular training.**"
- 2-4 October, 2015 Padova; Speaker at VII National Congress of Italian society of physical education and sports SISMES
- 26-29 September 2018 Madrid; Speaker, as the only Italian participant, at *The 6th NSCA International Conference* "**Skeletal muscle activation in lower limb distal district during single stance posturography in eyes open and eyes closed sensory conditions.**"

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