



Sofia Marini

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Gender: Female **Date of birth**: 16/06/1992 **Nationality**: Italian

ABOUT ME

After completing my PhD in "Science and Culture of Wellbeing and Lifestyle" at the University of Bologna, I am currently a Research fellow at the Department for Quality of Life Studies. My main areas of interest include: health promotion, physical activity for well-being and Quality of Life improvement.

WORK EXPERIENCE

[01/03/2022 – Current]

Postdoctoral Researcher

Department for Life Quality Studies, University of Bologna

Country: Italy

My main areas of interest include: health promotion, physical activity for well-being, prevention of chronic diseases and improvement of Quality of Life by exploiting different settings (indoor spaces and green and blue outdoor spaces) and different methodologies of research (mixed method).

[02/2022 – Current]

Adjunct Professor

Department for Life Quality Studies, University of Bologna

Adjunct Professor of the course "Exercise, Sport and Health" (5 CFU) of the Master's Degree in Human Nutrition, Well-being and Health.

[09/2022 – Current]

Teaching tutor

Department for Life Quality Studies, University of Bologna

Teaching tutor of the practical lessons of the "Fitness and Motor Activities for Health" course of the three-year bachelor degree in Motor and Sports Activity Sciences.

[01/01/2021 – 31/12/2021]

Postdoctoral researcher

Department of Biomedical and Neuromotor Scienze, University of Bologna

My research activity focuses on the study and co-design of adapted physical activity protocols for different population groups in order to promote health, improve quality of life and fitness, measuring the effects through the use of methods of qualitative and quantitative research.

[01/11/2017 – 17/06/2021]

PHD in "Science and Culture of Well-being and lifestyle"

Department for Life Quality Studies, University of Bologna

Address: Bologna e Rimini, Italy

My research activity is part of the promotion of health through physical activity, studying the benefits of physical activity programs adapted for different age groups, in particular adults-elderly affected by chronic diseases, specifically osteoporosis.

In 2019, from March to June, I did a PhD abroad period at the University of Ulster, Magee Campus, Londonderry, Northern Ireland.

[2021 – Current] **Subject expert**

University of Bologna

Expert of the following subjects:
General and applied hygiene
Epidemiology and hygiene
Anthropometry and Ergonomics

[06/2016 – 09/2016] **Tutorship of Exercise Physiology**

University of Bologna

The learning support activity that I carried out, mainly aimed at the courses of Physiology of the Organs and Neurophysiology, was organized in group lessons during which the basic topics were resumed in order to consolidate the initial learning and then move on to complex topics of greater difficulty.

[10/2016 – Current] **Gym trainer and Teacher in INSALUTE**

INSALUTE Association

Address: Imola, Italy

The activities concern carrying out of practical-theoretical lessons of Physical Activity within the free courses aimed at citizens on the theme "WE DO PHYSICAL ACTIVITIES TOGETHER ... TO STAY IN ... HEALTH: BETWEEN THEORY AND PRACTICE"

This experience is highly formative as I can try my hand both in the motor activity carried out in practice, and from the theoretical-training point of view as a teacher in the field of Sport Sciences.

[10/2016 – 01/2019] **Fitness trainer in E.P.JIM ASD IMOLA**

E.P.JIM ASD IMOLA

Address: Imola, Italy

I worked as an trainer of some courses including a wellness and health circuit aimed at people who need adapted physical activity. This experience was useful for putting into practice the knowledge acquired during the university career.

[01/2017 – 02/2017] **University internship**

Isokinetic Medical Group

Address: Bologna, Italy

During this internship period I supported my tutor in carrying out rehabilitation activities in the pool and in the field.

[10/2015 – 01/2017] **Trainer of Adapted physical activity and Rebound in Bodyway gym**

Bodyway

Address: Conselice, Italy

I worked as an instructor of some courses including AFA-Low back pain aimed at people who need adapted physical activity for chronic low back pain. This experience was useful for putting into practice the knowledge acquired during the university career.

[10/2015 – 10/2016] **Gym trainer in Ortignola gym**

Centro Sportivo Ortignola

Address: Imola, Italy

[2011 – 2015] **Summer sports center educator in Uisp**

Sante Zennaro center

Address: Imola, Italy

[2010 – 2013] **Swimming teacher in Uisp**

Uisp

Address: Imola, Italy

EDUCATION AND TRAINING

[10/2020 – 12/2020]

Participation in phase I and II of the pilot action "Talents for Open Innovation" as part of the "Community of Talents for Innovation" - of the annual consortium program 2020 by ART-ER

ART-ER (Attrattività Ricerca Territorio è la Società Consortile dell'Emilia-Romagna)

I dottorandi selezionati partecipano al percorso di accrescimento di competenze diviso in 2 fasi:

1. Fase 1: percorso di approfondimento sulle tematiche dell'open innovation con un focus particolare sull'innovation management, l'intrapreneurship e l'ecosistema regionale.
2. Fase 2: percorso operativo in cui i 20 dottorandi ulteriormente selezionati formeranno dei team multidisciplinari guidati da un esperto individuato da ART-ER e da coach di ART-ER al fine di lavorare alla risoluzione di challenge legate alle tematiche dell'open innovation lanciate da imprese interessate.

[06/2020 – 10/2020]

Participation in the Academy Advanced Entrepreneurship, an accompanying and training course of the University of Bologna, to support the development of business projects that enhance research results

ARTEC-KTO nuove imprese, startup, spin off e ALMALABOR

Durante il percorso che ha coinvolto docenti illustri del mondo universitario e non, sono state affrontate diverse tematiche sia in modalità di gruppo che attraverso incontri one to one per garantire il massimo supporto allo sviluppo di competenze trasversali.

[13/01/2020 – 17/01/2020]

Participation to the Winter School entitled "Principles of social epidemiology and qualitative research" from 13 to 17 January 2020

Scuola di Specializzazione in Igiene e Medicina Preventiva-DIBINEM- Centro di Salute Internazionale

[15/05/2018 – 19/05/2018]

Participation in the 53rd course "Motor Activity, Wellness and Fitness: the role of the prevention departments and the NHS in the prevention of doping and health promotion in the area"

Società Italiana di Igiene, Medicina Preventiva e Sanità Pubblica con il Patrocinio di Istituzioni

Il corso ha affrontato il tema della promozione dell'attività fisica alla luce della organizzazione di interventi integrati, con particolare riguardo alla prevenzione del Doping e rispetto della legalità.

L'iniziativa rientra tra i progetti formativi promossi per il biennio 2017-2019 dal: Ministero della Salute - sezione per la vigilanza ed il controllo sul doping e per la tutela della salute nelle attività sportive del comitato tecnico sanitario.

La mia partecipazione è stata duplice: sia da corsista-uditore che da tutor-docente esercitante per quanto riguarda l'Attività Motoria Preventiva e Adattata.

[17/07/2017]

MASTER'S DEGREE IN SCIENCES AND TECHNIQUES OF PREVENTIVE AND ADAPTED PHYSICAL ACTIVITIES. GRADE _ 110/110 WITH HONORS

Alma Mater Studiorum - Università di Bologna

Address: Bologna, Italy

Thesis: Thesis title: Can Adapted Physical Activity reduce the Fear of falling and improve the Quality of Life in women with osteoporosis and vertebral fractures? Results from the Osteo-Afa Experimental Study 2016-2017 | Field: EPIDEMIOLOGICAL METHODOLOGY AND HYGIENE

Titolo della tesi: L'Attività Fisica Adattata puo' ridurre la Paura di cadere e migliorare la Qualità della Vita in donne con osteoporosi e fratture vertebrali? risultati dello Studio Sperimentale Osteo-Afa 2016-2017 | Materia: METODOLOGIA EPIDEMIOLOGICA E IGIENE

[21/07/2015]

BACHELOR'S DEGREE IN SCIENCES OF EXERCISE AND SPORTS ACTIVITIES GRADE_ 110/110 WITH HONORS

Alma Mater Studiorum - Università di Bologna

Address: Bologna, Italy

Thesis: Thesis title: Physical activity and health, new acquisitions, guidelines and strategies in prevention plans | Field: EPIDEMIOLOGICAL METHODOLOGY AND HYGIENE
Titolo della tesi: Attività fisica e salute, nuove acquisizioni, linee guida e strategie nei piani della prevenzione | Materia: METODOLOGIA EPIDEMIOLOGICA E IGIENE

[2010 - 2011]

HIGH SCHOOL DIPLOMA GRADE_ 85/100 (YEAR 2010/2011) - Liceo Socio-psico-pedagogico

Liceo Socio-psico-pedagogico Alessandro da Imola

Address: Imola, Italy

LANGUAGE SKILLS

Mother tongue(s): Italian

Other language(s):

English

LISTENING C1 READING C1 WRITING C1

SPOKEN PRODUCTION C1 SPOKEN INTERACTION C1

DIGITAL SKILLS

Padronanza del Pacchetto Office (Word Excel PowerPoint ecc)

DRIVING LICENCE

Cars: B

ORGANISATIONAL SKILLS

Organisational skills

Great organizational and team leading skills acquired during my work and sports experience (I practiced several sports including: volleyball, football, roller, ballet, modern-jazz, hip-hop, ballroom dance).

COMMUNICATION AND INTERPERSONAL SKILLS

Communication and interpersonal skills

Very good communication and relational skills, acquired during work experiences in conducting group and individual activities. Thanks also to the humanities studied I can easily establish good relationships with adults and children.