

Europass Curriculum Vitae

Personal information



First name(s) / Surname(s) **Nicola Giovanelli**

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Nationality Italian

Date of birth (month/day/year) 03/22/1985

Gender Male

Desired employment / Occupational field

Physical science technician

Dates Since 01/01/2013

Occupation or position held PhD student in exercise physiology and biomechanics

I have spent six months (January-June 2015) in USA-Colorado University, Boulder, Department of Integrative Physiology for a research project under the supervision of Dr. Rodger Kram

Name and address of employer Università degli Studi di Udine
Via Palladio, 8, 33100 Udine (Italy)

Supervisors Dr. Stefano Lazzer (stefano.lazzer@uniud.it) and Prof. Alessandro Gasparetto (gasparetto@uniud.it)

Dates 01/04/2005 - 30/09/2012

Occupation or position held Personal trainer, tourist guide

Main activities and responsibilities - Following some athletes (orienteers, endurance runners, gym)
- Tourist guide in Primiero Valley (Dolomites) for trekking, biking and other sports

Name and address of employer Brunet Hotels
via Roma, 20, 38054 Tonadico di Primiero (TN) (Italy)

Dates Occasionally since 2007

Main activities and responsibilities Sport masseur (Istituto superiore arti e professioni)

Name and address of employer U.S. Primiero ASD
via Dante, 6, 38054 Fiera di Primiero (TN) (Italy)

Dates 10/06/1999 - 30/03/2005 (summer seasons)

Occupation or position held Carpenter

Main activities and responsibilities Production of windows, roofs and other wooden products

Name and address of employer Falegnameria fratelli Nami
loc. Ghiaie, 1, 38050 Canal San Bovo (TN) (Italy)

Education and training

Dates 01/11/2010 - 27/07/2012

Title of qualification awarded Master of "Scienza dello Sport" (Sport Science)

Principal subjects / occupational skills covered Exercise physiology, Sport technique, Athletic training. Thesis title: "Ultra endurance competitions: which factors affect the energy cost of running during a 100 km race"

Name and type of organisation providing education and training Università degli studi di Udine
Via Palladio, 8, 33100 Udine (Italy)

Level in national or international classification ISCED 5B

Dates 01/10/2004 - 24/03/2009

Title of qualification awarded Bachelor of "Scienze motorie"

Principal subjects / occupational skills covered Sport science, sport technique. Thesis title: "Skyrunning: methodology and planning for training"

Name and type of organisation providing education and training Università degli studi di Padova
Via 8 febbraio, 2, 35122 Padova (Italy)

Level in national or international classification ISCED 5A

Personal skills and competences

Mother tongue(s) **Italian**

Other language(s) **English**

Self-assessment	Understanding		Speaking				Writing			
	Listening		Reading		Spoken interaction		Spoken production			
English	B1	Independent user	B2	Independent user	B1	Independent user	B1	Independent user	B2	Independent user

German	A1	Basic User	A2	Basic User	A1	Basic User	A1	Basic User	A2	Basic User
	(*) Common European Framework of Reference (CEF) level									
Social skills and competences	<ul style="list-style-type: none"> - Team work: I have worked in various type of team from research at University to national orienteering team (firstly as athlete, then as coach of some athletes) - Good ability to adapt to different types of work 									
Organisational skills and competences	Good experience in competitions organization (I was in organization committee of junior orienteering world championships in 2009 and in world school orienteering championships in 2011)									
Technical skills and competences	I have attended a massage course at Istituto superiore arti e professioni (ISAP) and now occasionally I massage runners and cyclists									
Computer skills and competences	<ul style="list-style-type: none"> - Good knowledge of Microsoft office tools (Word, Excel and Power Point) - Good knowledge of OCAD for cartography - Good knowledge of SIMI 3D, Kinovea for biomechanical analysis - Good knowledge of Quark b² and Quark K4 for metabolic analysis 									
Other skills and competences	<ul style="list-style-type: none"> - Orienteering (Junior Italian champion, ex national team) - Mountain running (member of Team La Sportiva, winner of some national trail running competitions) - Climbing - Mountaineering and XC Skiing - Biking 									
Driving licence(s)	B									