



**Europass  
Curriculum Vitae**



**Personal information**

*First name and Surname* Gianmarco Pinto  
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*E-mail* pintogianmarco@libero.it  
*Nationality* Italian  
*Date of birth* 22/08/2000  
*Gender* Male

**Education and training**

*Date* 25/07/2024  
*Title of qualification awarded* Master's degree in Scienze e Tecniche delle Attività Motorie Preventive e Adattate e delle Attività Sportive (LM-67)  
*Name and type of organisation providing education and training* University of Palermo

**Education and training**

*Date* 28/07/2022  
*Title of qualification awarded* Bachelor's degree in Scienze delle Attività Motorie e Sportive (L-22)  
*Name and type of organisation providing education and training* University of Palermo

**Personal skills and competences**

Knowledge, skills and abilities concerning motor activities, sport and movement.  
Knowledge concerning human anatomy, human physiology and the mechanisms/characteristics of the human being, also in relation to the importance of motor and sports activities in prevention and adaptation. Ability to study, learn and research also through collaboration with others.

*Mother tongue(s)* Italian

*Other language(s)* English

Self-assessment  
European level (\*)  
**Language**

		<b>Understanding</b>		<b>Speaking</b>		<b>Writing</b>
		<i>Listening</i>	Reading	<i>Spoken interaction</i>	<i>Spoken production</i>	-
EN	B2		C1	B2	B2	C1

(\*) [Common European Framework of Reference for Languages](#)

**Social skills and competences**

Communication skills, expository skills, interpersonal skills, ability to work in a team, ability to collaborate, ability to acquire and master terminology, interpersonal and behavioural and ability to adapt to the context.

**Organisational skills and competences**

Ability to organise time schedules, ability to organise materials, ability to organise events and commitments, ability to organise within individual and group work.

**Technical skills and competences**

Study and learning skills, language skills (Italian and English), reading and writing skills, research skills, presentation and communication skills, computer skills, ability to use research tools and scientific search engines (Pubmed, Google Scholar, WebOfScience, Scopus, etc.). Experience in conducting systematic reviews using tools for methodological quality assessment and review registration and using software for meta-analysis and data extraction. Knowledge and skills in the practical use of instruments acquired during data collection and experimental research experiences on the evaluation of the effects of exercise interventions.

**Computer skills and competences**

Ability to use electronic and IT tools, ability to use all Office applications, ability to use the internet and all social media.

**Artistic skills and competences**

Public speaking and communication skills, creativity and inventiveness.

**Other skills and competences**

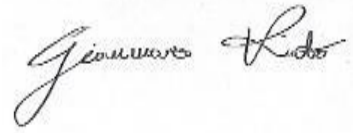
Ability to manage groups and foster learning and improvement.

**Additional information**

Traineeship and internship experiences in football. Mobility period abroad for study (Erasmus+ Studio Intra EU [KA131] - Uniwersytet Szczeciński, Poland). Co-author of a scientific research project exhibited through an oral presentation at the XIV National Congress SISMES. Co-author of an under- reviewed experimental study on the effects of stretching and foam rolling.

*The undersigned is aware that, pursuant to art. 26 of Law 15/68, and Articles. 46 and 47 of Presidential Decree 445/2000, false statements, falsified acts and use of false acts are punishable under the Penal Code and special laws. Moreover, the undersigned authorizes the processing of personal data, in accordance with the provisions of Law 675/96 of 31 December 1996.*

SIGNATURE

A handwritten signature in black ink, appearing to read "Giovanni Rizzo". The signature is written in a cursive style with a large initial 'G' and 'R'.

Date 12/12/2024