



Salvatore Frenda

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Gender: Male | **Date of birth:** Jun 13 1998 | **Nationality:** Italy

EDUCATION AND TRAINING

[2022 - 2024]

SCIENZE E TECNICHE DELLE ATTIVITA' MOTORIE PREVENTIVE E ADATTATE E DELLE ATTIVITA' SPORTIVE

Università degli Studi di PALERMO

Town: PALERMO

2nd level degree in Sport science for prevention and rehabilitation

Final degree mark: 110/110 cum laude

EQF level: 7

NQF level: 2nd cycle degree/Master of Science (2 years)

Dissertation/thesis title: Gli effetti acuti e cronici dell' allenamento contro resistenza, di stretching o una combinazione dei due per 4 settimane sull' andamento e controllo glicemico in un soggetto con diabete di tipo 1

[2018 - 2022]

SCIENZE DELLE ATTIVITÀ MOTORIE E SPORTIVE

Università degli Studi di PALERMO

Town: PALERMO

1st level degree in Physical education and Sport

Final degree mark: 95/110

EQF level: 6

NQF level: 1st cycle degree/Bachelor (3 years)

Principal subjects/occupational skills covered:

Istruttore fitness abilità motorie adattate

LANGUAGE SKILLS

Mother tongue(s): Italian

Other language(s)

English

LISTENING: B2 **READING:** B2 **WRITING:** B2

SPOKEN INTERACTION: B2 **SPOKEN PRODUCTION:** B2

Levels: A1/A2: Basic user - B1/B2: Independent user - C1/C2: Proficient user
Common European Framework of Reference for Languages

DIGITAL COMPETENCES

SELF-ASSESSMENT

INFORMATION AND DATA LITERACY	COMMUNICATION AND COLLABORATION	DIGITAL CONTENT CREATION	SAFETY	PROBLEM SOLVING
Independent user	Independent user	Basic user	Basic user	Basic user

Digital competences - Self-assessment grid

EIPASS 7 Moduli User:

Eipass, 2021-08-27

Basic digital competence:

OFFICE AUTOMATION

Office Suite: (Intermediate) | **Presentation Software:** (Intermediate) | **Spreadsheets:** (Intermediate) | **Web Browser:** (Intermediate) | **Word Processors:** (Intermediate)

COMPUTER PROGRAMMING

Programming languages: (Intermediate) | **Web Programming:** (Foundation)

SYSTEMS AND NETWORKS MANAGEMENT

Network architecture: (Foundation) | **Operating systems:** (Foundation)

DATA MANAGEMENT

DBMS: (Intermediate)

GRAPHICS AND MULTIMEDIA

(Foundation)

DRIVING LICENCE

Driving licence category B / Car available