

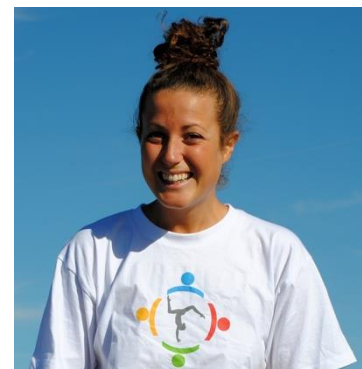
Francesca Tasso

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Resident in: Via Nazario Sauro 32/2 Varallo Sesia (VC) – ITALY

Revenue N°:02576820027



EDUCATION

Oct. 2011 - Apr.
2014

Master's degree in Sciences and Techniques of Preventive and Adapted Physical Activities.

Departement of Medicine and Surgery, Florence

“Educate and re-educate through a global vision of the body: experience at Institute Chiropratique de Genève”

110/110 cum laude

Sept. 2008 - Oct.
2011

Bachelor's degree in Sports Science

S.U.I.S.M. University of Turin, Turin

Sept. 2003 - Jul.
2008

High School diploma in Tourism Services

Hotel, Catering and Tourism High School:

IPSSAR G.PASTORE, Varallo Sesia

WORK EXPERIENCE

Work experience

Apr. 2014 →

Kinesiology and medical gymnastics care of Claudio Anselmetti's studio
Via Vietti, 7, Varallo Sesia

- Kinesiology and kinesiotherapy; postural, preventive, corrective and strengthening gymnastics, also for children.
- Group and individual gymnastics (personal training)

Jan.2016 →

Physical training instructor for Ski mountaineering, free-ride and climbing sports

IPSSAR G.Pastore, via d'Adda, 33, Varallo Sesia

- Proprioception, core stability, balance, specific circuit training, functional training, postural gymnastics and stretching.

Nov. 2011 - Jul. 2013

Fitness Instructor and Personal Trainer

CUS Firenze, Via delle Rovere, 40, FI

- GAG, Body Sculpt, Power Pump, Circuit Training, postural, balance, proprioception gymnastics, pilates, core stability and training room.

Feb. 2011 - Jul.2011

Mar. 2014 →

Adults Fitness Instructor

Town Gym in Coggiola (BI)

- GAG, pilates, gentle gymnastics, Circuit Training, postural, balance, proprioception gymnastics, pilates and core stability.

Stages

- Sept. 2013 - Mar. 2014 **Institut Chiropratique de Genève** di Claude B. Illi (Ginevra CH).
 - Chiropractic, Chinesiterapy, general and postural re-education.
- Apr. 2013 - Jul. 2013 **Martini Medical Center** (Centro C.A.M.O Lucca).
 - Chinesiterapy (focused in postural gymnastics with children and teenagers).
- Apr. 2011 - Jun. 2011 **SUISM Sport Medical Center** (Torino)
 - Chinesiterapy and chinesiology.

Hospitality services

- Jul.2011/12/13/14 Bar Centrale (Varallo Sesia) - **Waitress/Bartender**
- Jun.2009-Aug.2009 Ristorante Hostellerie de l'Atelier (Cogne) - **Waitress/Bartender**
- Dec.2008-Apr.2008 Bar Pasticceria Mirella (Alagna Valsesia) - **Waitress**
- Jun.2007-Aug.2007 Hotel Villa del Golfo (Cannigione) - **Receptionist**
- Jun.2006-Aug.2006 Hotel Cristallo (Alagna Valsesia) - **Receptionist/Waitress**

ADDITIONAL INFORMATION

COURSES

- **Sport Massage** (associazione politeama).
- **Kinesio Taping** first level (associazione politeama). Pratical update at the Institute Chiropratique Genève.
- **BLSD** basic (2014)
- **Sailing** basic (10 lessons 2014)
- **Ski Mountaineering and free ride courses (CAI italian alpine club)** (2014/2015/2016)
- **Mountaineering course** (2015).
- **Climbing** first level (2014)

LANGUAGES

- **French:** Excellent (C1);
 - “**ERASMUS PROJECT**” 2nd year of University at STAPS Grenoble (11 months).
 - “**ERASMUS PLACEMENT**” at “Institute Chiropratique Genève” (CH) from September 2013 to March 2014.
- **English:** Good (B1);
 - English Course 2011 (B1) with Florence University.
 - Study Holidays: Dublin and Oxford.

KINESIOLOGIST SKILLS

- Sport and motor re-education
- Adult and children postural, preventive, corrective gymnastics
- Post-traumatic and post-surgical re-education and rehabilitation
- Strengthening, proprioception, core stability e stretching group classes
- Working with groups of children in post curricular activities, workshops and camps.
- Personal training
- Sport massage and kinesio taping
- Biomechanics, physiology and functionality of the locomotor system
- Cardiology, neurology, and neurological disease
- Sport traumatology
- Doping

SPORTS

Ski mountaineering, free-ride, trekking, volleyball (8 years), skiing (22 years), snowboarding (8 years), artistic gymnastic (10 years), acrobatics (2 years), swimming (15 years), jazz dance (2 years), windsurfing (1°level course), climbing, tennis, sailing.