



CURRICULUM VITAE ET STUDIORUM

NICOLETTA DELLERMA PH.D

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Date of birth: 25th November 1981

Nationality: Italian

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ICE SKATING WORKING WITH:

2014-2019: strength and conditioning specialist with Agorà skating team

SINGLE SKATERS I HAVE BEEN WORKING WITH:

2014-2019:

- . Chiara Calderone (ITA) off ice coach
- . Elisabetta Leccardi (ITA) junior national Champion 2016 - off ice coach
- . Simone Cervi (ITA) off ice coach
- . Alessia Tornaghi (ITA) senior national Champion 2018 - off ice coach
- . Gardini Carlotta (ITA) off ice coach

DANCE TEAM I HAVE BEEN WORKING WITH

2017-2019:

- . Calderone - Papetti (ITA) off ice coach 13th Junior worlds 2018
6th JPG skate Croatia 2017
7th JPG Eгна 2017
- . Campanini - Riva (ITA) off ice coach 5th JPG Austria 2018
8th JPG Ostrava 2018
- . Taschlerova - Taschler (CZECH) off ice coach Czech National Junior Champions 2018
18th Junior Worlds 2018
- . Argentieri - Bozzuto (ITA) off ice coach
- . Jackucs - Galli (HUN) off ice coach
- . Tomczak - Illes (HUN) off ice coach
- . Russo - Garcia (ITA) off ice coach

FIELD OF SPECIALIZATION

- . Off Ice strenght and conditioning training (planning and periodization)
- . On and off ice performance test
- . On and off ice strenght and endurance training
- . Off ice lift training
- . Evaluation of physiological characteristics for both elite and non-elite skaters.
- . Balance training in ice skaters
- . Rotations tecnique training in ice skaters
- . Lift and crossfit training
- . Core stability training

. Mobility and flexibility training

COLLABORATIONS:

Matteo Zanni

Marilù Guarnieri

Paola Mezzadri

Barbara Riboldi

Olga Romanova

Mirco Botta

Collaboration Involvement on different research projects regarding the evaluation of the effects of both acute and chronic physical exercise in the following fields (2012-2018):

- Functional evaluation of elite female figure-skaters.
- Stretching and worsening of the muscle power.
- Balance training and sport performance.
- Respiratory muscles training under normoxia and under isocapnic hyperpnea conditions.
- Evaluation of metabolic profile of athletes, healthy and metabolic syndrome affected individuals.
- Analysis of physiological characteristics of different sports and of athletes with different technical levels .
- Study of the metabolic and hormonal changes after extended sport activity
- Study of the variation in genic expression after endurance training

EDUCATION

2014-2015: postdoctoral fellow at Università degli Studi of Brescia - Research Project of MIUR - Call Smart Cities and Communities and Social Innovation (Dec Dir n. 391/5 July 2012)

PLATFORM SERVICES FOR ACQUISITION AND PROCESSING OF PERSONAL DATA FOR THE EXTENSION OF THE ACTIVE LIFE AND THE IMPROVEMENT OF WELL-BEING, THE CARE AND PREVENTION IN THE ELDERLY POPULATION.

Title of research project: Smart Aging, platform of mobile services for the welfare and care of the elderly population-development of wearable sensors. Signal handling during physical activity and their integration

2010: Ph.D degree in "*Exercise and sport science*" at University of Milan

2009-2010: attending the third year of the PhD with a scholarship in "Physical Activity and Sport" at the Università degli Studi di Milano. Project developed:

- 1. Evaluation of physiological characteristics for both elite and non-elite skaters.**
- 2. Study of the optimal race pace on the different race distances (from 400m up to marathon).**
- 3. Balance, performance and prevention on injuries.**

2009: attending the course "**Women, Politics and Institutional training programs for the promotion of the culture of gender equality and equal opportunities**", organized by the University of Milan on the initiative of the Department of Equal Opportunities at the Council of Ministers.

2006: starting of the PhD with a scholarship in "**Exercise and sport science**" at the University of Milan.

2005: **Master's degree in Sports Science** at the **University of Milan**.

Thesis: Training Methodology and Theory.

Title: Athletic and technical training on individual figure roller-skating.

WORK EXPERIENCES

2018-2019 Teacher of Physical Education at the Liceo Classico Statale di Milano Giuseppe Parini.

2017-2018: Teacher of Physical Education at the Liceo Classico Statale di Milano Cesare Beccaria.

2016-2018: Teacher of Physical Education at the Liceo Scientifico Statale di Milano Guglielmo Marconi.

2013-2015: consultant and copywriter for the scientific magazine '**Cardiovascular Prevention**' published by the Italian Association of Cardiovascular Prevention

2012/2014: **consultant at the laboratory of functional assessment with clinical, didactics and research related tasks at the Center for Physical Exercise and Sports Medicine at San Raffaele Hospital in Milan**

2012/2014: **collaboration with the Italian Cycling Federation for the research project "The prevalence of the use of anabolic steroids and stimulants evaluated through the analysis of hair in the population of youth and amateur sports"**

2012/2018: **research consultant at San Raffaele Hospital in Milan** for the following protocols:

Study 1: Effects of 4 different Italian breakfasts and breakfast skipping in a real life situation on feelings of appetite during the morning until lunch time.

Study 2: Effects of 2 different Italian breakfasts and breakfast skipping on feelings of appetite, energy expenditure, blood glucose/insulin response and gut hormone

2014: **Consultant at the Policlinico di Monza - Operational Unit of General medicine, diabetes and endocrine-metabolic diseases as a specialist in training methodology and as a consultant for physical activity programming for adult and pediatric patients with metabolic syndrome.**

2006-2014: **Consultant at the Policlinico di Monza - Operational Unit of General medicine, diabetes and endocrine-metabolic diseases as a specialist in training methodology and as a consultant for physical activity planning for adult and pediatric patients.**

2007-2018: personal trainer of **Dott.ssa Diana Bracco** and **Dott. Roberto De Silva**.

2011-2014: Teacher of Physical Education at the Liceo Scientifico Statale di Milano Vittorio Veneto.

2011-2012: research consultant at the department of biochemistry and biotechnology for medicine LITA Segrate LITA Segrate

2011-2012: participation in the contest “**ST INNOVATION CUP-** give your ideas a chance to grow up” - with a group of graduate students of the University of Milan with a project concerning a multifunctional slab. The project was chosen from among the top ten finalists of the competition.

2011-2012 (from November to December): Teacher of Physical Education at **Liceo Scientifico Statale Piero Bottoni of Milan**.

2011-2012 (from February to May): Teacher of Physical Education at **Liceo Scientifico Statale Virgilio of Milan**

2010-2011: Teacher of Physical Education at **Liceo Paritario della Comunicazione Leonardo Da Vinci of Milan**

1990-2012: member of S.S. Maga Milano Competitive Team for figure roller-skating. Since 1999 technical staff partner of the team.

2006-2010: consultant by **Centro Diagnostico Italiano and Ospedale San Raffaele** as specialist in training methodology and as consultant for training planning for metabolic syndrome affected patients.

2009: tutoring and student support at **Sport and Exercise Science Department**

2008: organizational support activity at the XVII International Congress on Sports Rehabilitation and Traumatology “Sports rehabilitation and orthopaedic surgery: post-surgery protocols” Bologna, 19th-20th April 2008.

2007: organizational support at the Satellite Symposium of the XVI International Congress on Sports Rehabilitation and Traumatology “Athletic preparation and prevention of injuries from the age of development to the adult soccer player”, Milano, 16th April 2007

2005-2006: cooperation with “**Professione Fitness**” as news writer.

2006: personal trainer at the circuit gyms **20hours**

2001-2006: personal trainer at the circuit gyms **Downtown Milano**

2001-2002: personal trainer at the circuit gyms **Wellness Club**
SPECIALIZED AND IN-DEPTH COURSES

2012: I National Congress Brain and Malnutritional Chronical Diseases Association ‘**Sindrome Metabolica e Neurodegenerazione**’ Milano 6 luglio 2012

2011: Course Practice Sports and diabetes type I. Employee clinical functional limitation and metabolic control. How and why you can do to build a network patients / therapists / institutions. 14-15 October Gavirate. A cura di AMD-FMSI-SID.

2011: XX Isokinetic Congress - International Congress on Sports rehabilitation on And Ttraumatology. **Health of the Football Player.** 22/23 marzo 2011 Bologna

2010: XIX Isokinetic Congress- **How to improve the functional outcome in orthopedic traumatology and sports** 10/11 April, Bologna

2009: XVIII Isokinetic Congress- **Knee cartilage , treatment strategies in patients from sports trauma to arthritis** .25/26 aprile 2009 Bologna.

2008: XVII International Congress on Sports rehabilitation on And Ttraumatology. **"Sports Rehabilitation and Orthopaedic Surgery : Postoperative protocols"**.

2007: XVI International Congress on Sports rehabilitation on And Ttraumatology. **"The athletic training and injury prevention evolutionary age to mature player "**.

2004: 3rd level trainer degree in figure roller skating issued by Federazione Italiana Hockey e Pattinaggio

SCIENTIFIC PUBLICATIONS (Ongoing collaboration with several scientific journals)
Formenti D, Ludwig N, Gargano M, Gondola M, **Dellerma N**, Caumo A, Alberti G *"Termal imaging of Exercise - Association skin temperature changes in trainer and untrained fetale subjects"* Acta of Bioengineering and Biomechanics Vol. 14, No. 3, 2012.

Enrico Arcelli, Alice Caimi, **Nicoletta Dellerma** Giampiero Alberti *"La distribuzione dello sforzo nelle corse dai 400 metri alla maratona"*. Scienza&sport maggio-giugno 2011

Benedini S, Caimi A, Alberti G, Terruzzi I, **Dellerma N**, La Torre A, Luzi L *"Increase in homocysteine levels after a half-marathon running: a detrimental metabolic effect of sport?" Sport Sciences for Health, 2010, Volume 6, Number 1, Pages 35-42*

Dellerma N, Botta M, Alberti G *"Assesment of the athletic and performance profile of two groups of elite skaters"* Proceedings of XVI International Congress on Sports Rehabilitation and Traumatology "Functional Outcome. Optimizing Functional Outcome in Orthopaedic and sports Traumatology" Bologna, Italy, April 10-11, 2010, p. 207-212

Corbetta V, Annoni O, Gigante A, **Dellerma N**, Caimi A, Ongaro L, Alberti G *"Training of respiratory muscles in High school students"* Proceedings of XVI International Congress on Sports Rehabilitation and Traumatology "Functional Outcome. Optimizing Functional Outcome in Orthopaedic and sports Traumatology" Bologna, Italy, April 10-11, 2010, p. 342-345
Alberti G, **Dellerma N**, Caimi A, Annoni M *"Static stretching negatively effects vertical jumping*

performance” Proceedings of XIX International Congress on Sports Rehabilitation and Traumatology “Health, Prevention and Rehabilitation in Soccer”
Milano, Italy, April 14-15, 2007, p. 279-282

Alberti G, Cattaneo L, **Dellerma N**, Caimi A, Annoni M “*Variations in the capacity of vertical jump after sitting position*” Proceedings of XVII International Congress on Sports Rehabilitation and Traumatology “Sport rehabilitation and orthopedic surgery: Post-surgery Protocols” Bologna, Italy, April 19-20, 2008, p.193-195

Mariani M, **Dellerma N**, Gualtieri D, Moranda M, Alberti G “Equilibrio e prevenzione degli infortuni” *Dipartimento di Scienze dello Sport, Nutrizione e Salute Università degli Studi, Milano, Italia* e Proceedings of XVIII International Congress on Sports Rehabilitation and Traumatology Bologna, Italy, April 25, 2009

COMPUTER SKILLS

Excellent knowledge of the operating system Mac OS X, and in particular packet iWork, iLife, Safari, iMovie.

FOREIGN LANGUAGES

English: Good understanding and ability of expression.

Spanish: Good understanding and ability of expression.

TECHNICAL SKILLS (Ability to manage):

- Polymerase Chain Reaction
- agarose gel electrophoresis
- Salivary DNA extraction
- Indirect calorimetry
- “Sensewear Armband” and software Innerview Professional
- Garmin
- K4
- Lactate Pro
- Optojump
- Lybra
- Delos Equilibrium Board
- Heart Rate Monitor
- Plicometro
- Spirotiger
- Impedenziometria
- Spirometro
- Tecnogym Wellness System

HOBBY AND INTEREST

I'm passionate about current affairs, cinema, literature and sport. Driving license type B.