

PERSONAL INFORMATION

Yuri Russo

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EDUCATION AND TRAINING

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|-----------------------|--|-------------|
| 11/2017–Present | PhD Human Movement & Sport Sciences
University of Rome Foro Italico, Rome (Italy)
My PhD project focusses on the investigation of transient phases of gait, in particular it aims at contributing to the understanding of gait initiation through a neuromechanical approach.
To pursue this objective, I gained experience in recording and analysing signals from: <ul style="list-style-type: none">-motion capture-force plate-EMG-EEG | EQF level 8 |
| 09/2015–07/2017 | Master of Science Health and Physical Activity (International Degree)
University of Rome Foro Italico, Rome (Italy)
Final Mark: 110/110 cum laude (1st class honours)
General: <ul style="list-style-type: none">- English Language: written and spoken
Occupational: <ul style="list-style-type: none">-Knowledge in biomechanics, neuroscience, physiology-Physical activity for special population and in the rehabilitation process-Statistical Analysis (SPSS)-Fundamentals of programming and data analysis (MatLab) | EQF level 7 |
| 10/2011–07/2015 | Bachelor's Degree in Sport Sciences
University of Catania, Catania (Italy)
Final Mark: 110/110 cum laude (1st class honours)
Knowledge of: <ul style="list-style-type: none">-Human biology, anatomy, physiology, neurophysiology and biochemistry-Physical Exercise and Sport (training and coaching)-Sport Psychology and fundamentals of neuropsychiatry (children)-Basic knowledge of neurology, orthopedics and endocrinology | EQF level 6 |
| 01/01/2014–30/04/2014 | Work experience Internship
Liceo Scientifico Statale Leonardo (high school), Giarre (Italy) <ul style="list-style-type: none">-Planning of practical physical education lessons-Planning of lectures | |

-Evaluation of pupils

WORK EXPERIENCE

05/2018–Present **Biomechanics Tutor for students**

University of Rome Foro Italico, Rome (Italy)

As a tutor I help and support students in the preparation of the biomechanics exam. Tutoring main activities are related to planning and carrying out theoretical and empirical simulations of the exam, providing the students with a wide records of possible applications.

02/2017–05/2017 **Intern**

University of Rome Foro Italico, Rome (Italy)

Intern experience in the biomechanics lab of the University. Experience with:

- Calibration of systems
- Data capturing
- Data analysis

Utilized instruments:

inertial sensors, force platforms, EMG, stereophotogrammetry.

01/10/2016–31/10/2016 **Working Internship (inpatient/outpatient clinic)**

Villa Stuart, Rome (Italy)

- Functional assessment of knee, wrist and ankle
- Evaluation of muscular performance with isometric dynamometry (MuscleLab) and field tests
- Rehabilitation and reconditioning of patients

01/09/2013–31/05/2014 **Volleyball Trainer**

Jonia Team A.S.D., Riposto (Italy)

- Planning of training sessions
- Supervision and evaluation of training session
- Coaching

PERSONAL SKILLS

Mother tongue(s) Italian

Foreign language(s)

	UNDERSTANDING		SPEAKING		WRITING
	Listening	Reading	Spoken interaction	Spoken production	
English	C1	C1	C1	C1	C1
Norwegian (Bokmal)	B1	B1	A2	A2	A2

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

Communication skills

My experience in Norway as an exchange student led me to enhance my social skills: living in a new country, surrounded by unknown people speaking a language I didn't know required a very strong effort in communication.
 I also had the opportunity to improve these skills during my experience as trainer of foreign students; such multicultural environment generally requires a remarkable effort to overcome cultural differences. Moreover, my working experience as a volleyball coach had a crucial role: resolving conflicts and contingencies in a team sport requires being communicative

Organisational / managerial skills

I was the coordinator of the AFS' southern Italy camps for two years. I had to organize a 4-day camp (in a hotel) for 60-80 foreign students twice a year (welcome camp and end of stay camp). My task included managing the budgets, planning the activities for 8-12 helpers, arranging rooms, making plans and solving unexpected problems. My experience as a volleyball trainer (and as an assistant teacher in high school) was an excellent opportunity to improve my team leading, organization and planning skills.

Job-related skills

-Good knowledge of biomedical statistics and good usage of SPSS
 -Good knowledge of motion analysis (Kinovea, Vicon), force platforms and inertial sensors (both recording and data analysis); these skills were acquired during the internship in the biomechanics lab of The University of Rome Foro Italico.
 Other skills:
 -Basic knowledge of EEG (recording) and EMG (recording and data analysis)
 -Good knowledge of MatLab; Attended course MATLAB FUNDAMENTALS

Digital skills

SELF-ASSESSMENT				
Information processing	Communication	Content creation	Safety	Problem solving
Proficient user	Independent user	Independent user	Independent user	Independent user

Digital skills - Self-assessment grid

-good command of Microsoft Office
 -good command of Mendeley

ADDITIONAL INFORMATION

Publications

Russo Y et al, How do different movement references influence ERP related to gait initiation? A comparative methods' assessment, J Neurosci Methods 2019 311: 95-101

Honours and awards

Candidate for the Marinozzi Award