

## Curriculum Vitae

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| <b>Informazioni personali</b>   |  |
| Cognome/Nome                    | Alina Kļnova   |
| Indirizzo                       | Piazza Corrubio 3, Verona, Italia, CAP 37123   |
| Cittadinanza                    | Lettone  |
| Telefono(i)                     | 342 1307101  |
| E-mail                          | <a href="mailto:alina_klonova@yahoo.com">alina_klonova@yahoo.com</a>   |
| Data di nascita                 | 11.10.1983   |
| Luogo di nascita                | Riga   |
| <b>ATTIVITÀ PROFESSIONALE</b>   | Insegnante di Scienze motorie e ricercatrice sulla danza   |
| <b>TITOLO DI STUDIO</b>         | <b>BIOMECHANICAL, PHYSIOLOGICAL AND PSYCOLOGICAL PREPARATION OF STANDARD SPORT DANCERS</b>   |
| <b>ESPERIENZE PROFESSIONALI</b> |  |
|                                 | <ol style="list-style-type: none"> <li>1. Sporting Club Arbizzano (VR, Italia)<br/>Insegnante di balli lisci, latino americani e pilates (17/09/2012- attualmente)</li> <li>2. VIC Ballet School<br/>Insegnante di balli lisci, latino americani (1/10/2011- attualmente)</li> <li>3. Università di Verona, Università di Rimini, Facoltà di Scienze Motorie (Italia)<br/>Insegnante di danza sportiva (10/11/2011- attualmente)</li> <li>4. "Couver" Fitness Club (Verona, Italy)<br/>Insegnante di balli Latino Americani e balli Lisci, insegnante di Pilates (1/10/2011-31/01/2012)</li> <li>5. RPPG (Latvia),<br/>Insegnante di Sport e Aerobica (11/2006 - 05/2009)</li> <li>6. Riga Pupils Palace (Latvia),<br/>Insegnante di balli Latino Americani e balli Lisci, insegnante di Pilates e preparazione fisica (01/2006 - 05/2011)</li> <li>7. Riga Purvciem High School (Latvia),<br/>Insegnante di balli Latino Americani e balli Lisci - 10/2005 - 12/2009</li> <li>8. Dance Art Amateur and Professional Association (Latvia),<br/>Insegnante di balli Latino Americani e balli Lisci - 09/2004 - 10/2009</li> </ol> |
| <b>ISTRUZIONE E FORMAZIONE</b>  |  |
| 12/2010 - attualmente           | Latvian Academy of Sports Education (Lettonia) con collaborazione Università di Bologna (Italia),<br>Dottorato di Ricerca: titolo "PARTNERS' PHYSIOLOGICAL ENGAGEMENT AND BODY CONTACT IMPROVEMENT IN STANDARD SPORT DANCES"   |
| 09/2009                         | Latvian Academy of Sports Education (Lettonia),<br>Postlaurea Dottorato di Scienze Motorie   |
| 09/2006 - 07/2009               | Latvian Academy of Sports Education (Lettonia),  |

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| <p>09/2002 – 07/2006</p> <p>09/1999 – 07/2002<br/>09/1990 – 07/1999<br/>09/1990 – 05/1995</p> | <p>Master Degree of Sport Education Science, laureata (II livello) in pedagogia sportiva</p> <p>Latvian Academy of Sports Education (Lettonia),<br/>Bachelor Degree of Sport Science,<br/>Programma di qualificazione professionale (Diplomata): Insegnante dello Sport (Step, GAG, Pilates, aerobica) e Insegnante della danza sportiva (Balli Lisci e Latino Americani, Zumba)</p> <p>Liepaja High School No.8 (Lettonia)<br/>Liepaja Secondary School No.2 (Lettonia)<br/>Melngaila Music School (Lettonia)<br/>Piano forte</p>   |
| <p><b>COMPETENZE ACQUISITE</b></p>  |  |
| <p>Competenze Linguistiche</p>  | <p><b>English</b> – fluent<br/><b>Russian</b> – fluent<br/><b>Latvian</b> – fluent<br/><b>Italian</b> – intermediate</p>   |
| <p>Altre capacità e competenze</p>  | <p>Operating Systems: Windows, Linux<br/>Software: MS Office (Word, Excel, PowerPoint, etc.), Smart Motion Capture System 2011.</p>  |
| <p>Patente</p>  | <p>Categoria B</p>   |
| <p><b>Ulteriori informazioni</b></p>  |  |
| <p><b>PERFORMANCE ARTISTICA</b></p>   | <p><b>Gare Internazionali di danza sportiva piu' importanti:</b><br/>28/05/2011 San Marino Dance Sport Grand Prix, Italy, San Marino, IDSF Prof. Division (Top 18)<br/>30/04/2011 Verona Open 2011, Italy, Verona, IDSF Prof. Division (Top 9)<br/>23/04/2011 Tallinn Olg Thomas Trophy 2011, Estonia, Tallinn, IDSF PD WORLD CHAMPIONSHIP 2010 (Top 29)<br/>26/11/2010 Estonia - Tallinn IDSF International Open Standard, Tallinn International Open Cup 2010<br/>28/10/2010 Estonia - Tallinn Northern EUROPEAN CHAMPIONSHIPS Amateur Standard<br/>12/09/2009 Gothenburg Dance sport Festival 2009, Sweden - Gothenburg IDSF International Open Standard etc.</p> <p><b>Rating di Danza Sportiva:</b><br/>02-05/2010 Rating di Lettonia <b>Top 2</b><br/>04/2011 – Rating Mondiale Professional <b>Top 16</b></p>   |
| <p><b>ARTICOLI</b></p>  | <ol style="list-style-type: none"> <li>1. <u>Klonova A.</u>, Zilinskis L., Cicchella A., Klonovs J. <i>Development of a Body Contact Improvement Model for Standard Sport Dances</i>. Proceeding of 6th Baltic Scientific Conference Sport Science for Sustainable Society, Rīga, Latvija 2013.gada 23.-25.aprīlis <b>Impact Factor 0.545</b>.</li> <li>2. Liiv H., Jurimae T., <u>Klonova A.</u>, Cicchella A. <i>Performance and Recovery - Stress Profiles in Professional Ballroom Dancers</i>. Journal of Medical Problems of Performing Artists (MPPA). June, 2013. 65-69.lpp. (publicēta). <b>Impact Factor 0.55</b>.</li> <li>3. <u>Klonova A.</u>, Cicchella A., Klonovs J. <i>Analysing the Relationship between Biomechanics and Physiology of Professional Standard Sport Dancers</i>. Proceeding of 5th Baltic Sport Science Conference, Current Issues and New Ideas in Sport Science, Kauna, Lietuva 17-18 April 2012. + Article in Journal EDUCATION. PHYSICAL TRAINING. SPORT. (pieņemts publicēšanai).</li> <li>4. Cicchella A., <u>Klonova A.</u>, Liiv H., Jurimae T., <i>Fitness Level of The Sport Dance Athletes and Characterization of Effort during Simulated Ballroom Competition</i>. Russia, Moscow. November 2011. 14.-17.lpp. (publicēta).</li> <li>5. <u>Klonova A.</u>, Klonovs J., Giovanardi A., Cicchella A. <i>Differences between physiology and biomechanics of amateur level couples in sport dances</i>. Proceeding of III CONGRESSO ANNUALE SISMES, Verona, Italy 29.09-1.10.2011. (publicēta).</li> </ol> |

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|   | <ol style="list-style-type: none"> <li>6. <u>Klonova A.</u>, Klonovs J., Zilinskis L., Giovanardi A., Cicchella A. <i>Relationships between physiology and biomechanics in sport dancers of different level of qualification.</i> Proceeding of 12th International Conference of Sport Kinetics 2011, Cracow, Poland 22-24.09.2011., p. 66 (publicēta).</li> <li>7. <u>Klonova A.</u>, Klonovs J., Giovanardi A., Cicchella A. <i>The sport dance athlete: aerobic-anaerobic capacities and kinematics to improve the performance.</i> Proceeding of 12th International Conference of Sport Kinetics 2011, Cracow, Poland 22-24.09.2011. Article in «ANTROPOMOTORYKA», 2011, 21, pp. 32 - 37 (publicēta).</li> <li>8. <u>A.Klonova</u>, J.Klonovs, L.Žilinskis, A.Cicchella, <i>Smart Motion Capture System Measuring Movements of Professional Standard Sports Dancers in Promenade Position.</i> LASE Scientific Journal of Sport Science 2011/1.</li> <li>9. <u>Klonova A.</u>, Cicchella A., Klonovs J. <i>Biomechanical Analysis of Partners' Contact In Standard Dances Using Motion Capture Smart System 2011.</i> Proceeding of 4<sup>th</sup> Baltic Conference in Exercise and Sport Sciences, Tartu, Estonia 7-9 April 2011</li> <li>10. <u>Klonova A.</u>, Jaružnijs N., Klonovs J. <i>Iesācēju dejotāju sirdsdarbības frekvence un enerģētiskais patēriņš Sporta dejās.</i> Liepājas universitātes zinātnisko rakstu krājums. 22.10.2010.</li> <li>11. <u>Klonova A.</u>, Jaruznijs N., Klonovs J. <i>Heart rate and energy consumption during standard sport dancing.</i> LASE Scientific Journal of Sport Science 2010/1 48.-52.lpp.</li> <li>12. <u>Klonova A.</u>, Klonovs J. <i>Heart rate analysis of Standart sport dancers depending on partners' contact.</i> Proceeding of 3rd International Conference „Physical Culture and Sport in Universities 2010”. Kaunas 2010. 70-72.lpp.</li> </ol>   |
| <p style="text-align: center;"><b>CONFERENZE INTERNAZIONALI</b></p> | <ol style="list-style-type: none"> <li>1. LSPA Starptautiskā zinātniskā konference 2010.gada 8.aprīlis. <i>Partneru kontakta izveides ietekme uz fizioloģisko noslogojumu Standartdejās.</i> Uzstāšanās ar referātu. <u>Klonova A.</u> (+<b>Konferences organizēšana</b>).</li> <li>2. 3rd Baltic Sport Science Conference – Physical Activity and Sport in Changing Society: Research, Theory, Practice and Management 30.04-1.05.2010. <i>Heart Rate and Energy Consumption during Standard Sport Dancing.</i> Oral presentation. <u>Klonova A.</u>, Jaruznijs N., Klonovs J. LASE Scientific Journal of Sport Science. (+<b>Konferences organizēšana</b>).</li> <li>3. 3rd International Conference „Physical Culture and Sport in Universities 2010” 29.05.2010. <i>Heart rate analysis of Standart sport dancers depending on partners' contact.</i> Oral presentation (<b>1st place</b>). <b>The chair in the section</b> „Biomedical Aspects of Sport; Rehabilitation, Physical and Sport Medicine; Biomedical Engineering of Sport”. <u>Klonova A.</u>, Klonovs J. 70.-72.lpp.</li> <li>4. LSPA third PhD and Master's Conference "THEORY AND PRACTICE IN SPORTS SCIENCE." <i>BIOMECHANICAL ANALYSIS OF PARTNERS' CONTACT IN STANDARD DANCES USING MOTION CAPTURE SMART SYSTEM 2011 (3d place).</i> Oral presentation. <u>A.Klonova</u>, A.Cicchella, J.Klonovs, Riga, March 17, 2011.</li> <li>5. 4<sup>th</sup> Baltic Conference in Exercise and Sport Sciences, <i>Biomechanical Analysis of Partners' Contact In Standard Dances Using Motion Capture Smart System 2011.</i> Oral presentation. <u>Klonova A.</u>, Cicchella A., Klonovs J. Tartu, Estonia April 7-9, 2011.</li> <li>6. LSPA 90 gadu jubilejas Starptautiskā Zinātniskā konference sporta zinātnē. (+<b>Konferences organizēšana</b>). <i>Developing profile of kinematic characteristics for high performance sports dancers.</i> Oral presentation. A.Klonova, J.Klonovs, L.Žilinskis, A.Cicchella, Rīga, Latvija 2011.gada 5.septembris.</li> <li>7. <u>Klonova A.</u>, Klonovs J., Zilinskis L., Giovanardi A., Cicchella A. <i>Relationships between physiology and biomechanics in sport dancers of different level of qualification.</i> 12th International Conference of Sport Kinetics 2011, Cracow, Poland 22-24.09.2011.</li> <li>8. 3. SISMES Kongress. <i>Differences between Physiology and Biomechanics of Amateur Level Couples in Sport Dances.</i> A.Klonova, J.Klonovs, A.Cicchella, Poster, Verona, Itālija 2011.gada 30.septembris.</li> <li>9. <u>Klonova A.</u>, Klonovs J., Zilinskis L., Giovanardi A., Cicchella A. <i>Developing profile of biomechanical characteristics in sports dancers.</i> LSPA 4th PhD and Master's Conference "THEORY AND PRACTICE IN SPORTS SCIENCE. (<b>3d place</b>). Oral presentation. Rīga, Latvija 15.03.2012.</li> <li>10. <u>Klonova A.</u>, Cicchella A., Klonovs J. <i>Analysing the Relationship between Biomechanics and Physiology of Professional Standard Sport Dancers.</i> 5th Baltic Sport Science Conference, Current Issues and New Ideas in Sport</li> </ol> |

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|  | <p>Science. <i>(1st place)</i>. Oral presentation. Kauņa, Lietuva 17-18 April 2012.</p> <p>11. Klonova A., Cicchella A. <i>Programmazione dell' Allenamento di Danza Sportiva (Standard)</i>. Boloņas Universitātes doktorantu un pēcdoktorantu zinātniskā conference. Oral presentation. Boloņa, Itālija 19.06.2012.</p> <p>12. Liepājas universitātes zinātniski metodiskā konference „Sporta izglītības aktualitātes” 2010.gada 22.oktobrī. <i>Iesācēju deju sirdsdarbības frekvence un enerģētiskais patēriņš Sporta dejās</i>. Uzstāšanās ar referātu. Klonova A., Jaružņijs N., Klonovs J.</p> <p>13. <u>Klonova A.</u>, Žilinskis L., Cicchella A. <i>Partneru fizioloģiskais noslogojums un ķermeņu kontakta pilnveidošana standarta sporta dejās</i>. LSPA 5<sup>th</sup> PhD and Master's Conference "THEORY AND PRACTICE IN SPORTS SCIENCE. Oral presentation. +Coaching and performance section chairman Rīga, Latvija 15.03.2012.</p> <p>14. <u>Klonova A.</u>, Žilinskis L., Cicchella A., Klonovs J. <i>Development of a body contact improvement model for standard sport dances</i>. 6<sup>th</sup> BALTIC SCIENTIFIC CONFERENCE Sport Science for Sustainable Society Oral presentation. Rīga, Latvija 23-25 April 2013. (+Round table meeting oral presentation).</p> <p>15. <u>Klonova A.</u>, Cicchella A. <i>PSYCHOPHYSIOLOGICAL PROFILE OF WORLD CLASS BALLROOM DANCERS</i>. 1<sup>st</sup> Students - Young Scientists Conference. Oral presentation. Rimini, Italy September 7, 2013.</p> |
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**UNI.RIMINI S.p.a.**

Rimini, il 15 / 10 / 2013

**FIRMA DEL DICHIARANTE**

