

**FORMATO EUROPEO
PER IL CURRICULUM
VITAE**



PERSONAL INFORMATION

Name **GIORDO, MARIA PAOLA**

Nationality Italian

WORK EXPERIENCE

- Date (2021 to date)
- Name and address of employer University of Cagliari
- Type of company or sector Science and technique of preventive and adapted motor activity - Exercise adapted to neurological and psychiatric pathologies/ Exercise adapted to oncological pathologies
- Type of employment Lecturer under contract

- Date (2021 to date)
- Name and address of employer University of Cagliari
- Type of company or sector Motor and sports science - Swimming
- Type of use Lecturer under contract

- Date (2014 to date)
- Name and address of employer The ASD Time Machine
- Type of company or sector Physical activity and gymnastics for health and fitness
- Type of employment Co-manager of the studio Pilates & Co. - Instructor Pilates Matwork, and Study, Adapted Physical Activity

- Date (2015- 0j)
- Name and address of employer Italian Swimming Federation
- Type of company or sector Federation of Sports
- Type of employment Regional Teacher Technical Education (SIT)

- Date (2015-2019)
- Name and address of employer Italian Swimming Federation
- Type of company or sector Federation of Sports
- Type of employment Provincial Coordinator of the Technical Education Sector (SIT)

- Date (2014 to date)
- Name and address of employer Garden Sport Center Srl, ASD Swim
- Type of company or sector Management of sports facilities, swimming activities

- Type of employment Master swimming group trainer
- Date (2009- 2013)
- Name and address of employer The ASD Time Machine
 - Type of company or sector Physical activity and gymnastics for health and fitness
 - Type of employment Management of the summer swimming facility in Torralba (SS); Borutta Community Senior Gymnastics Operator (SS); Pilates method instructor common of Olmedo (SS).
- Date (2008- 2014)
- Name and address of employer Garden Sport Center Srl, APD Sport Full Time Sassari
 - Type of company or sector Management of sports facilities, swimming activities
 - Type of employment Water fitness instructor, adult swimming, swim group trainer Master, individual swimming lessons
- Date (2004 – 2008)
- Name and address of employer ATOS Srl., ASD Gruppo in forma Cagliari
 - Type of company or sector Management of sports facilities, swimming activities
 - Type of employment Fitness instructor in water, adult swimming and swim coach group Master
- Date (1995-2003)
- Name and address of employer ASD Rari Nantes Sassari
 - Type of company or sector Swimming activities
 - Type of employment Swimming instructor children, disabled adults, assistant swimmers

EDUCATION AND TRAINING

- February 2025
- Member of the Order of Biologists of Sardinia Sez. A SAR_A2147
- Date Novembre 2023
- Name and type of educational institution or training Telematics University of San Raffaele
 - Qualification achieved Degree in "Human Nutrition Sciences"
- Date July 2020
- Name and type of educational institution or training Telematics University of San Raffaele
 - Qualification achieved Degree -"Preventive and Adapted Motor Activity Sciences"
- Date February - July 2019
- Name and type of educational institution or training Organization of preventive and adapted motor activities for different age groups
 - Qualification achieved Master of I level

- Date July 2018
- Name and type of educational institution or training Telematics University of San Raffaele
- Qualification achieved Degree "Motor Science"

- Date July 2018 - May 2019
- Name and type of educational institution or training Polestar Pilates
- Training
- Qualification achieved Specialization Pilates Studio

- Date September 2018
- Name and type of educational institution or training Italian Swimming Federation
- Qualification achieved Swimming coach for Salvage

- Date April 2015
- Name and type of educational institution or training School Profession Fitness
- Qualification achieved Personal Trainer Postural

- Date February 2015
- Name and type of educational institution or training Federazione Italiana Fitness
- Qualification achieved Pilates Instructor Third Age and pregnancy

- Date Novembre 2012
- Name and type of educational institution or training Italian Swimming Federation
- Qualification achieved Swimming coach 1st level

- Date February 2010
- Name and type of educational institution or training Federazione Italiana Fitness
- Qualification achieved Pilates instructor "Matwork Advanced"

- Date December 2009
- Name and type of educational institution or training Federazione Italiana Fitness
- Qualification achieved Fitness Instructor for Senior, Pilates "Matwork Basic"

- Date February 2008
- Name and type of educational institution or training Italian Swimming Federation

- Qualification achieved Specialist water fitness instructor
- Date 2006-2007
- Name and type of educational institution or training European Institute of Design
- Qualification achieved Master in Public and Political Communication
- Date 1997-2002
- Name and type of educational institution or training University of Sassari
- Qualification achieved Degree in Political Science with International Policy
- Date 1995
- Name and type of educational institution or training Italian Swimming Federation
- Qualification achieved Basic Instructor

SKILLS AND COMPETENCES

Personal

Acquired through life and career but not necessarily recognised by official certificates and diplomas.

NATIVE
SPEAKER

ITALIAN

OTHER LANGUAGES

- Ability to read
- Ability to write
- Ability to speak

English

B2

B2

B2

PORTUGUESE

B1

B1

B1

Spanish

B1

B1

B2

- Ability to read
- Ability to write
- Ability to speak

- Ability to read
- Ability to write
- Ability to speak

SKILLS AND COMPETENCES
Relational

Predisposition to teamwork, natural predisposition to mediation and listening.

SKILLS AND COMPETENCES
Techniques

Good ability to use the main programs of the office package such as Word, Excel, Power Point and Publisher.