

Curriculum Vitae



Damir Blokar

Sports Injury Management/Athletic Trainer

Nationality: Italian/Croatian
Birth date: 20.12.1981
Marital status: Partnered, with a daughter

Mobile: +39 339 39 25 105
Email: blokar.damir@gmail.com

Postal Address:

Via Umberto I, 397
63018 Porta Sant'Elpidio (AP)
Italy

Leading Qualification:

Diploma of Science in Physical Activity and Sports (Hons.)

General overview:

For the past eight years I have worked with ACF Fiorentina in the Serie A League in Florence, Italy.

I am licensed to work with UEFA.

I am specialised in functional evaluation and rehabilitation post-injury.

I am responsible for training team members and for dealing with their injury rehabilitation.

I have good organisational skills and I am able to achieve specific goals for those that I train.

I am able to understand, quickly, the training needs of sports people and I am able to manage, independently, the most advanced of work programs.

WORK HISTORY

February 2005 – present Fitness Coach

ACF FIORENTINA (season 2013-2014)
• Fitness Coach and Training Load Analyst (SERIE A)

ACF FIORENTINA (season 2012-2013)
• Fitness Coach and Strength & Conditioning Coach (SERIE A)

ACF FIORENTINA (season 2011-2012)
• Fitness Coach (SERIE A)

ACF FIORENTINA (season 2010-2011)
• Fitness Coach (SERIE A)

ACF FIORENTINA (season 2009-2010)
• Trainer (Primavera Championship)

ACF FIORENTINA (season 2008-2009)
• Trainer (Primavera Championship)

ACF FIORENTINA (season 2007-2008)
• Trainer (Primavera Championship)

ACF FIORENTINA (season 2006-2007)
• Assistant Fitness Coach (Primavera Championship)

Mar 2006 - December 06 I worked in the gym of the company TOD'S spa as
• Service trainer and work on postural re-education at a high profile gymnasium In Macerata Casette d'Ete town .

Dec 2005 - December 06 Porto Sant 'Elpidio Basketball
• Service Trainer "Youth"
• Fitness Coach with F.C. INTERNATIONAL

Nov 2004 - Dec. 06 Municipal Swimming Pool, Porto Sant 'Elpidio
• Swimming Instructor

February 2005 Kinesiology Tutor

- Functional rehabilitation in patients post-injury and post-trauma.
- Treatment of paramorphisms and dysmorphism of the spine.
- Work on postural re-education.
- Athletic training
- Elderly and disabled rehabilitation classes.

February 2005 Activities Personal Trainer Gym Club Florence

Management and programming of training protocols aimed at improving fitness and performance.
Isotonic work and cardio fitness.

EDUCATION

February 2005 Bachelor's degree in Science of Physical Activity and Sports
(Faculty of Sciences, Urbino)

QUALIFICATIONS AND CERTIFICATES

- Professional Fitness Coach FIGC (UEFA licensed)
- Teacher of FISIOMEDIC ACADEMY (methodology of training)
- Patent Level 2 F.I.N. (Swimming Coach)
- Certificate of Basic Course Juventus Soccer School
- Patent Rescue F.I.N.S (Lifeguard)

FUNCTIONAL TRAINING

- TRX/TORSION PULLEY
- KETTLEBELL
- FREE BODY
- ACQUABAG
- FITBALL
- BULGARIAN BAG
- FUNCTIONAL Weightlifting

- BOSU, SKIMMY, DISC'O'SI

TECHNICAL KNOWLEDGE IN SPORTS INJURY MANAGEMENT

- Power Control (Bosco System)
- Photocells (Microgate)
- Test evaluation (laboratory and field)
- Heart Rate System (Hosand, Polar)
- Gravity System
- Match Analysis (Pro Zone, AMISCO, K-Sport)
- GPS (Metabolic Power Evaluation)

COMPUTER SKILLS

Good knowledge of the main software applications: Office Package, Internet, and software sector.

LANGUAGES

English (moderate and still studying)

French

OTHER INFORMATION

- Sport: Football (practiced for 18 years), basketball, swimming and athletics.
- Carried out the military

Under Italian law, I authorise the processing of personal data under the Privacy Act (D. Lgs.196/03).

Dott. Damir Blokar