



KEYVAN ARABSOLGHAR

Profile

Exercise physiologist passionate about designing and administering training programs specific for the development of maximal strength, skeletal muscle hypertrophy and cardiovascular performance for general and sport-specific requirements, for healthy subjects and those suffering from acute or chronic diseases. Experienced as nutrition consultant specialized in exercise and sport nutrition as well as body recomposition, weight loss and management.

Contact me

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Education

MSc
Exercise Physiology and
Sport Sciences

NORWEGIAN UNIVERSITY OF SCIENCE AND TECHNOLOGY
TRONDHEIM (NORWAY)
2015 - 2017

Exercise physiology specialization

Laurea
Human Movement and
Sport Sciences

UNIVERSITÀ CATTOLICA DEL SACRO CUORE
MILANO (ITALY)
2010 - 2014

Sports management specialization

Skills

Develop solutions to problems
Scheduling and prioritizing
Team player and team leader
Politeness and friendliness
Creativity
Objectivity
Accuracy
Reliability
Flexibility
Positivity

Experience

Sales agent

ILYA INTERNATIONAL S.R.L. MILANO (ITALY)
September 2015 - February 2020

Tasked with finding and reaching potential customers across Europe;
Mediated between manufacturers and customers;
Negotiated terms and carried out business-to-business deals;
Managed electronic correspondence and implemented website solution to streamline marketing and communication efforts;

Clinical
research

ST. OLAV'S UNIVERSITY HOSPITAL, TRONDHEIM (NORWAY)
August 2016 - June 2017

Thesis project. Randomized control trial clinical training intervention to investigate Subacromial Pain Syndrome in affected patients.
In charge, among other tasks, of evaluating patient's baseline exercise capacity using appropriate tests;
Estimating the correct intensity for the exercise to administer;
Supervision of patients during the intervention;
Collection, statistical analysis and presentation of data.

Personal
trainer

PALESTRA FIT HARMONY, MILANO (ITALY)
May 2013 - August 2013

Internship training.
In charge of fitness evaluation of healthy and unhealthy customers;
Designing fitness plans to fit the customer's goals;
Explaining the correct technique for each exercise and the correct use of the equipment;
Supervising and assisting customers during training sessions.

Interests and hobbies

Strength training
Hiking
Kakutō Karate, Muay Thai, Judo
Cooking
Photography
Tabletop and video games
Linux
Health, exercise and sport psychology
Commerce

Director

ATASH S.R.L. MILANO (ITALY)
February 2013 - August 2015

Founded Atash, limited trading company.
In charge of reaching and communicating with customers from all over the world, negotiating terms and closing deals, ensuring all deals met the required revenue and margin expectations;
Presiding over the organization's day-to-day, month-to-month and year-to-year operations.

Languages

Italian C2
English C2
Norwegian A2
Dutch A1

Courses

Imperative programming (2020, Radboud University)
Information modelling and databases (2020, Radboud University)
Cyber security (2020, Radboud University)
Venous blood sampling (2016, Molde University College)
Cardiopulmonary resuscitation and automated external defibrillator (2015, Norwegian University of Science and Technology)
Techniques for measurement of body composition and anthropometry components related to fitness (2012, Università Cattolica del Sacro Cuore)
Personal trainer (2011, International Sports Sciences Association)
Nutritionist (2011, International Sports Sciences Association)