



KEVIN LERICHE

Adapted physical activity coach


## SKILLS

LISTENING	★★★★★
CREATIVITY	★★★★
ADAPTATION	★★★★★
PROJECT MANAGEMENT	★★★★
DIGITAL TOOLS (photoshop, illustrator, word,...)	★★★★★

## HOBBIES

 SPORT	 MUSIC
 SCIENTIFICAL READING	 GRAPHISM DESIGN

## CONTACT

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	25 years old

# BLENDED MOBILITY PROJECT



## ABOUT ME

Curious and eager to know, i want to understand how our body works, it's for me a daily quest that i try to analyse through different approaches (physiology, anatomy, posturology). Passionate about my work, i like to pass on my knowledge and thus allow everyone to obtain a part of truth about this complex machine that is the human body.



## TECHNICAL BACKGROUND

2019-2020	<b>MASTER 1 in Sport Science, Orleans University, France</b> Universitary formation about the musculoskeletal system, pathology and sport rehabilitation.
2019	<b>Global postural reprogramming</b> Formation about the study of the postural system and implementation of rebalancing techniques by treatment of the foot and eye systems and non-system blockages.
2018	<b>FUNCTIONAL MOVEMENT SCREEN</b> Identify mobility and motor control in seven fundamental movement patterns.
2018	<b>BLACKROLL TRAINER</b> Formation about self-massages with foam roller to act directly on soft tissues (muscles and fascia).
2014-2017	<b>Bachelor's degree in Adapted Physical Activity, Sport Science.</b> Adapted Physical Activity Coach, formed at Orleans University
2014	<b>High School diploma in sciences (Lycée Grandmont - TOURS)</b>



## EXPERIENCES

2017-2019	<b>ADAPTED PHYSICAL ACTIVITY COACH - SANT'ADAPT'</b> Creation of a company specializing in the care of patients suffering from low back pain or other pain thanks to physical activity.
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ECTS : 10