



## DIÉGO PINTO

*I'm 22 years-old and I'm from France near Orleans. I've always lived here since my childhood. I practice basket-ball since I was 5 years-old, so I can tell it's my passion.*

*I'm studying at the University of Orleans in Sport and Science. I'm specialized in athletes reahbilitation after one or many injuries. I am therefore very happy to participate to this project with everyone of us.*

### **Blended Mobility Project :**

In this project, my involvement will based on physiological part : compare some tests which existing in the scientific litterature to chose what's the best for us and why ?

I will able to advise on what should be the best for the project, obiously for the physio part.

It's important to say, if the profect is a suces, the application will be used by trainers, coaches and people like us, so I'm very thrilled to begin.

### **Professional background :**

- Nowadays → Internship of making a routine sheet for young basketball players in a Center for Research and Expertise in Sport Performace
  - ➔ Analysis of ankle pathologies in young female basketball players in order to set up prevention routines that take into account the intrinsic muscles of the foot
- In March 2020 → Intership in physical training in Center of training and rehabilitation for athletes.
  - ➔ Follow-up of injured athletes in their advanced rehabilitation and re-athletization
  - ➔ Implementation of a research study on the effect of foot sheathing on knee stability
- In 2018 from 2020 → Basket-ball head coach for child (under 11)
  - ➔ Training and detection of potential high level players. Evaluate the level of the players and take into account the physical and technical aspects for training and detection within the department

BlendED Mobility Project - HYLYGHT

### **CONTACT**

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### **Competences :**

- Able to make a training schedule for hurt athletes to make the optimal performance in the return of sport
- Able to find some adapted exercice specificaly for one athlete
- Able to co-work with others and make decision about anything
- ECTS : 10 points