

# ROBERTO PAGNONCELLI

## Program Designer & Project Lead

### Physical Activity, Sport & Education Programs

Exercise Science Professional • Educator • Trainer

Milan / Monza / Bergamo

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## PROFILE

Exercise and Sport Sciences professional specializing in the design, organization and delivery of physical activity, sport and educational programs. I work with schools, sports associations and organizations, combining project management, physical education, adapted physical activity and training with solid hands-on experience.

## CORE SKILLS

- Program design and development
- Physical education, multisport & psychomotor education
- Teaching and training
- Activity and service planning
- Project management & operational coordination
- Adapted Physical Activity
- Group management & educational relationships
- Collaboration with schools, sports associations & organizations

## PROFESSIONAL EXPERIENCE

### Vice President, Project Manager & Sports Instructor | [ASD GoodGame](#)

Grumello del Monte (BG) | Mar 2025 - Present

Design, delivery and management of sport and physical activity projects.

Operational coordination of activities and direct delivery of programs.

### Vocational Trainer | [EFP Sacra Famiglia](#)

Seriate (BG) | Oct 2024 - Present

Teaching Physical Activity and Activity Facilitation Techniques, designing and delivering theoretical and practical learning activities.

### Psychomotor Education Instructor (English) | [Scuola Ada Bolchini Dell'Acqua](#) / [British Kindergarten](#)

Milan | Nov 2025 - Present

English-language psychomotor education for children aged 3-6, focusing on fundamental movement skills, coordination and movement-based play.

### Exercise Specialist - Adapted Physical Activity | [Sociosfera Onlus](#)

Monza | Nov 2025 - Present

Delivery of Adapted Physical Activity programs for adults aged 65+.

### Motor Skills & Sports Initiation Instructor | [ASD RunBabyRun](#); [SSD Bono Academy](#); [Sport e Salute](#)

Milan | Sep 2025 - Present

Introductory rugby (ages 3-9) and martial arts (ages 3-5), focusing on fundamental movement skills and coordination.

### Arts Summer Camp Educator | [Ad Artem srl](#)

Milan | Aug - Sep 2026

Educational and movement-based activities in an arts-focused summer camp.

### Fitness & Sports Instructor | [CUS Bergamo](#)

Bergamo | Jan 2025 - Sep 2025

Fitness classes, Adapted Physical Activity for adults aged 65+, gym-floor support and physical education in primary school.

PROFESSIONAL EXPERIENCE | EARLIER ROLES

Multisport Summer Camp Coordinator | ASD Real Bolgare

Bolgare (BG) | Aug 2020 – Sep 2024

Design and organization of multisport summer camps for children and teenagers aged 6–13.

Sports Instructor | Aqvaclub srl

Grumello del Monte | Jul 2022 – Sep 2024

Design and delivery of sports activities in an aqua-park summer camp for children aged 4–13.

Adapted Fitness Trainer | ARPER Zaragoza – Huesca

Huesca, Spain | Sep 2023 – Jun 2024

Adapted strength, endurance, mobility and flexibility sessions for people with rheumatic and chronic conditions.

Personal Fitness Trainer | Urban Fitness IT

Turin | Mar 2023 – Jun 2023

One-to-one personal training using EMS suits (Symbiont) and individualized exercise programming.

Sports Instructor | A.S.D. Educazione.Sport

Bergamo | Jun 2020 – Sep 2022

Sports activities in summer camps and multisport courses for children aged 4–13.

Psychomotor Education Instructor | A.S.D. Calcio Brusaporto

Brusaporto | Sep 2020 – Jun 2022

Early-years movement education focused on coordination and fundamental movement skills.

Football Coach | A.S.D. Real Bolgare and other sports organizations

Bolgare | Aug 2017 – Jun 2022

Assistant and head coach for youth teams from U8 to U19.

Experience with Atalanta's youth sector and affiliated clubs, including training courses based on the club's methodology.

EDUCATION AND LANGUAGES

Master's Degree in Exercise and Sport Sciences (LM-67)

University of Turin | 2022–2024 | 110/110 cum laude

Thesis: Effects of Physical Activity and Sport Participation on Post-Traumatic Lower Limb Amputees: A Systematic Review

ERASMUS+ Program

University of Zaragoza – Huesca Campus | 2023–2024 | 10 months

Bachelor's Degree in Exercise and Sport Sciences (L-22)

University of Brescia | 2019–2022 | 109/110

Thesis: Analysis of coaching methodologies used to prevent dropout and psychiatric disorders in children and adolescents

High School Diploma in International Relations and Marketing

Istituto Superiore Lorenzo Lotto, Bergamo | 2009–2014 | 80/100

LANGUAGES

Italian Native  
English C1  
Spanish C1  
German A2  
French A2

EARLIER EXPERIENCE

Ligom SpA | 2014–2019  
Production, quality control,  
laboratory work and research &  
development.