



## **DAVID RIBERA-NEBOT**

Institut Públic del CAR de Sant Cugat

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### **Education**

1983-1987

Basketball Coach (1983) and Superior Basketball Coach (1987); FEB Spanish Basketball Federation.

1984-1990

Graduate in Human Movement Sciences; Institute of Physical Education and Sports at Barcelona University. Specialization in Artistic Gymnastics.

1994-1996

Master of Science in Kinesiology - Exercise Physiology emphasis; Indiana University Bloomington, USA. Master Thesis on "Endurance Assessment in Basketball Players".

1997-2014

PhD Program on Human Movement Sciences; Barcelona University (1997-1999).

PhD Thesis (2015) on "Perceptive and Coordinative Evaluation and Self-Evaluation"; Lleida University. Research Student of Professor Francisco Seirul-lo Vargas.

### **Work Experience**

1983-present

Coach and Strength-Conditioning Coach: Basketball (Spanish under-20 National Team, ACB-1st div, LEB1-2nd div, LEB2-3rd div, EBA-4th div and different levels of young players -infantile, cadet and junior- of Spanish Leagues, collaborations in NCAA Division I (coach Bobby Knight, Indiana University) and High School (coach Holmes, Bloomington South) -USA-), Motorcycling (road racing, motocross and enduro), Duel Sports and Martial Arts (wrestling, taekwondo, MMA mixed martial arts and Gracie Jiu-Jitsu), Indoor Soccer, Endurance Races (marathon, mountain races and trekking), Circus Activities, Special Services of Air Forces, collaboration with Water polo (1st & 2nd div. - Spanish League) - in Spain, USA and Holland.

1986-2006-present

Physical education teacher in 15 state schools (3 academic years at "IES La Mina", special school in a very conflicting neighborhood); development of some projects of movement skills development during first stages of sport learning and teacher of sports initiation. Fitness and health programs in Catalonia and Holland.

2011-present: Member of the Scientific Committee of RΣD Sport Training Journal.

## **Teaching Activity**

1988-present

Research student (1988-90) and collaborator of the emeritus professor Francisco Seirul-lo Vargas in some projects on movement sciences.

Lecturer on sport training in some conferences and teaching some courses.

2009-present

Senior Teacher of sport training and applied sciences in the Sports Performance Institute at Sant Cugat (Barcelona).

2011-present

Visiting Lecturer at the Faculty of Education, University of Lleida.

## **Publications**

1987: Team Publication (with Kaifer F and Rojo J) of the book "Fundamentals of Basketball" / 1992: Research report in one chapter of the book "Psychology Course" (UB) / 1998: One chapter of the book "Sport training for children and adolescents" (Institute of Sports, Canarias) / Technical review of the book -translated from Russian- "Training in Extreme Conditions" / 1987-present: Some articles in journals on movement and sport sciences / 2015: Team Publication (with Reverter-Masià and Picó-Benet) of "Fundamentos de Francisco Seirul-lo Vargas para la Educación Motriz".

## **Research**

1988: Research Award "Gymnos 1988" -physical education universities of Spain / 1990: National University Studies Award (Ministry of Education and Science) / 1994-1996: Research with the Indiana University Basketball Team (coached by Bob Knight) and with the Bloomington High School South (coached by J.R. Holmes). Human Performance Departments of Indiana University Bloomington / 1998-2000 and 2003-2004: Interdisciplinary research on education in the high school "IES La Mina".  
1986-present: Some collaborative research projects on PE and sports training.

## **Permanent Education**

-Study-Stage on Functional Assessment and Training of Athletes at the Federal School of Gymnastics MACOLIN (Switzerland) and at the Istituto di Scienza dello Sport -CONI- (Italy); 1991. / -Experiences in the Human Performance Labs of Indiana University at Bloomington; 1994-1996. Neuromuscular Functions, Cardio-Respiratory and Metabolic Exercise Responses-Adaptations, Biomechanical Analysis, and Integrative Performance Evaluation of Athletes. / -Attendance to several conferences during 5 years of university studies (1984-1990) and selected attendance to listen special professors in conferences and courses - since 1991.

### **Sport Experience As an Athlete**

Competitive Experience: Basketball (SAS - from infantil to senior at the Catalan Championships, and University Championships), Karate (SAS - Gold Medal at the Bages Championships and Silver Medal at the Catalan Championship), Table Soccer (Súria), Ping-Pong (Súria), Judo (Barcelona University championship), Water polo (Barcelona University championships), Gymnast at the 8th World Gymnaestrada in Denmark 1987, Endurance Runs (Barcelona's Triathlon 1987 and Marathon 1989, and some popular races) and Chess (CE Súria - from infantil to junior at the Catalan Championships and Simultaneous Match against Anatoly Karpov - former World Champion).

Non-competitive Experience: As a child I had different adventures and played with bows and arrows, sticks, ... in the river and forest of my village Súria; I practiced soccer, basketball, handball, roller skating, swimming, karate, judo, ping-pong, billiards, table soccer and chess. In college and sport stages I practiced rhythmic gymnastics, women-man artistic gymnastics, athletics, swimming, water polo, synchronized swimming, judo, stick fencing, basketball, volleyball, handball, soccer, rugby, roller hockey, cricket, ballroom dance, acrobatic rock and roll, walking stilts, circus activities, wheel gymnastics, theater, windsurfing, climbing, alpine skiing, nordic skiing, tap dance, weightlifting, tennis, tamburello, dance activities and self-defense activities. For fun and holistic optimization I practice BJJ Gracie Jiu-Jitsu, running, swimming, Yoga and lifting weights (a few times each week, alternatively), and outdoor sports (a few times per year).

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