

# Laura Victoria Rivera Amézquita

**Universidad del Rosario – Colombia**

**Palacký University – Czech Republic**



I am a physical therapist with a Master's degree in Epidemiology and a student of the Doctoral Degree Program in Biomedical Sciences at Universidad del Rosario and the Doctoral Degree Program in Kinanthropology at Palacký University Olomouc. Currently, I work as an assistant professor at Health Science and Medicine School of Universidad del Rosario and I lead the Physical Activity and Sports area of the Physical Therapy Program. I am interested in the research on analysis of biomechanical risk factors for sports injuries in college athletes and the validation of measurement instruments in athletes. I have experience in the sports field, specifically in injury prevention and rehabilitation in football players. Also, I love to practice sports, such as football and cross-fit. Finally, I also practice Aikido, which is a wonderful path of self-knowledge through movement, specifically in this kind of martial art.

## **My Topics for the 20<sup>th</sup> International Teaching Week:**

- 1) Application of the principals of exercise prescription in sports rehabilitation processes
- 2) Application of motor complexity model in the exercise prescription: beyond aerobic and strength exercise