

ComplexCore⁺
STABILISATION BY ACTIVITY



CURRICULUM VITAE

Salzburg, June 2019



About me

Roman Jahoda

Date of Birth: 24 July 1976

Place of Birth: Brno, Czech Republic

Nationality: Austria

Place of Residence: Geneva/Switzerland

Place of Company: Salzburg/Austria

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Education

2006	Local Stabilisation: Cervical and Lumbar Spine, Klagenfurt/Austria
2005	Federal Coaches Education for Judo, Level 2 (Instructor), BSPA Vienna/Austria
2005	Sportphysiotherapy Education, spt-education, Salzburg/Austria
2004/2005	Triggerpoint Education, Klagenfurt/Austria
2004/2005	Maitland - Manual Therapy, Klagenfurt/Austria
2003	Diploma: Physical Therapist
2000 - 2003	College for Physical Therapy (Medizinisch-Technische Akademie für den Physiotherapeutischen Dienst), Salzburg/Austria
1995 - 1997	Education for Kinesiology and Sport Science (Sportuniversity Salzburg/Austria) – not completed
1996 - 2001	Austrian Army, Division of High Performance Sports, Salzburg/Austria
1991 - 1996	SSM - High School for High Performance Athletes, Salzburg/Austria
1987 - 1991	Secondary School, Seekirchen/Austria
1982 - 1986	Icehockey Primary School, Brno/Czech Republic



Languages

- German
- English
- Czech
- French
- Japanese (basic skills)

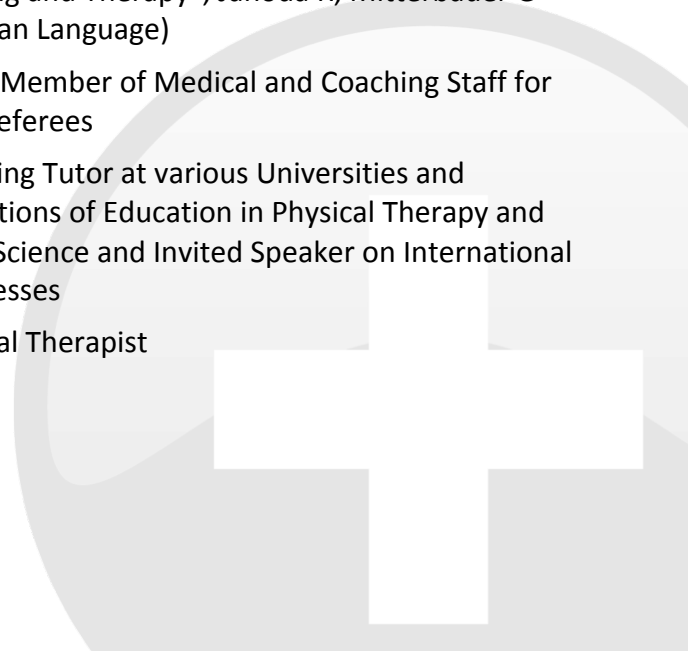
Career in Sports

Judo

- Member of the Austrian National Team for 10 years
- Multiple Judo World Cup Winner
- Multiple Austrian Judo Champion
- Contestant at many World and European Judo Championships

Professional Career

since 2015	Personal Physical Therapist and Personal Coach of Ernesto Bertarelli, Nyon/Switzerland
since 2014	UEFA: Head Physical Therapist for Elite Referees
since 2013	Founder and CEO of ComplexCore GmbH
2013	Publication of „ComplexCore - Core Stabilisation in Training and Therapy“, Jahoda R, Mitterbauer G (English Language)
since 2010	Austrian Soccer Federation (ÖFB), Head Coach for Elite Referees
2009	Publication of „ComplexCore - Core Stabilisation in Training and Therapy“, Jahoda R, Mitterbauer G (German Language)
since 2008	UEFA: Member of Medical and Coaching Staff for Elite Referees
since 2007	Lecturing Tutor at various Universities and Institutions of Education in Physical Therapy and Sport Science and Invited Speaker on International Congresses
since 2003	Physical Therapist



References in Education

Austria, Innsbruck

Private Krankenanstalt Innsbruck PKA (Private Medical Center)

2016: internal seminar for physical therapists and medical team

Austria, Salzburg

Salzburg University of Applied Sciences, Department of Health Studies, Physical Therapy

2012-2014: lectures in theory and practical session for students of physical therapy

Austria, Salzburg

University of Salzburg, Department of Sport and Exercise Science

2012-2017: course of lectures „training therapy, injury prevention and rehabilitation“, lectures in theory and practical session

Austria, Schielleiten

Austrian Sports Organization (Österreichischen Bundes-Sportorganisation, BSO)

2016: advanced education for coaches, 2 days

Austria, Saalfelden

Sports Congress „Fit for Austria / Fit Sport Austria“

2013-2016: Workshops on core mobility and core stability

Belgium, Leuven

Katholic University Leuven, Department of Movement Sciences

lectures in theory and practical session for students of sport science and physical therapy in two levels

lectures post graduated coaches, sport scientists and physical therapists since 2012 on annual basis

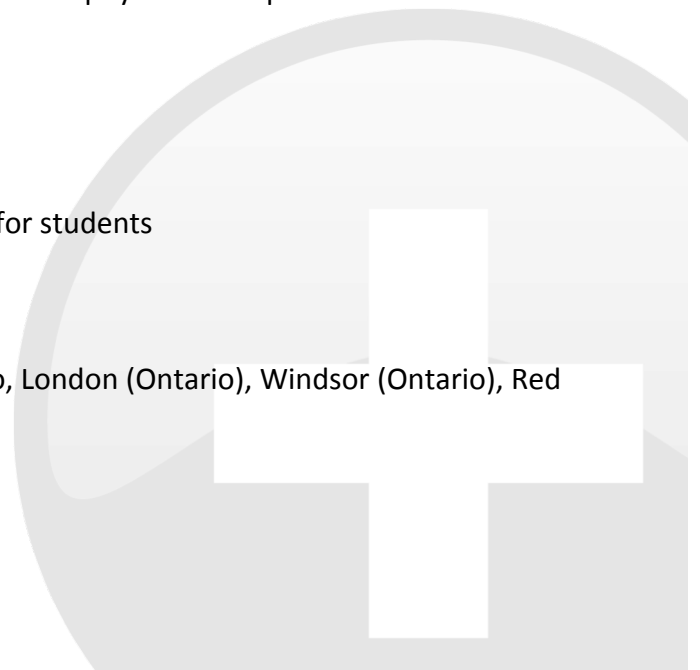
Belgium, Leuven

University Colleges Leuven-Limburg

2015: lectures in theory and practical sessions for students

Canada, various cities

2010-2014: various lectures in Ottawa, Toronto, London (Ontario), Windsor (Ontario), Red Deer (Alberta)



Germany, Cologne

**Coaches Academy of the German Olympic Sports Association (Trainerakademie des DOSB)
at German Sport University Cologne**

fixed part of the curriculum of the 4 years high performance coaches degree study, in theory
and practical session
since 2012 on annual basis

Germany, Cologne

**European Athletics Coaching Summit, German Sport University Cologne
8th European Pole Vault and High Jump Conference**

2018: lecture in theory, separate practical session for pole vault and high jump

Germany, Kamen Kaiserau

**Football and Athletics Federation Westfalen (Fussball und Leichtathletikverband
Westfalen e.V.)**

2017: advanced education for coaches and physical therapists

Germany, Leverkusen

German Athletics Federation, Team Pole Vault

2017, 2018: advanced education for coaches and medical team

Germany, Mainz

German Athletics Federation, Level A Coaches education

2019: lecture in theory and practical session as part of the education for level A coaches

Germany, Münster

**Football and Athletics Federation Westfalen (Fussball und Leichtathletikverband
Westfalen e.V.)**

2016: advanced education for coaches and physical therapists

Czech Republic, Prague

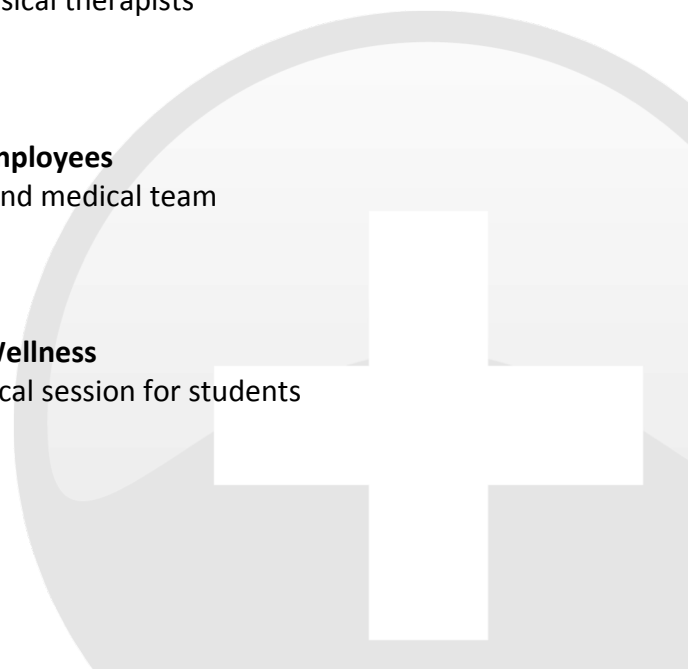
Barna Medical s.r.o., internal education for employees

2019: internal seminar for physical therapists and medical team

Japan, Tokyo

Rikkyo University, Department of Sport and Wellness

2014, 2015, 2018: seminar in theory and practical session for students



Kazakhstan, Astana
Kazakhstan Football Federation
2015: seminar for elite referees

Luxembourg
Ministère de l'Éducation nationale, de l'Enfance et de la Jeunesse Institut de formation de l'Éducation nationale (IFEN) edu-Pole Walferdange
2018: Education in theory and practical session for sports teachers

Slovakia, Bratislava
Comenius University, Faculty of Physical Education and Sports
2013: lectures in theory and practical session for students

Slovakia, Nitra
Constantine The Philosopher University, Faculty of Physical Education and Sport
2014: lectures in theory and practical session for students

Switzerland, Aigle
Ski Romand
2018: Seminar for coaches and physical therapists

ComplexCore Level 1, Level 2 and Level 3 Education, excerpt since 2015
ComplexCore education in 3 levels, organized by ComplexCore GmbH or in cooperation with local institutions, target audience: physical therapists, sport scientists, coaches, students

2019 Austria, Salzburg
2019 Czech Republic, Prague
2019 Finland, Turku
2018 Austria, Graz
2018 Czech Republic, Prague
2018 Finland, Pori
2018 Slovakia, Bratislava
2018 Switzerland, Lausanne
2017 Austria, Graz
2017 Austria, Salzburg
2017 Austria, Vienna
2017 Finland, Pori
2017 Slovakia, Bratislava
2017 Switzerland, Lausanne
2016 Austria, Salzburg
2016 Slovakia, Bratislava
2015 Austria, Innsbruck
2015 Austria, Vienna



References in Sports

Alinghi Team, Sailing

Switzerland: Geneva, since 2015

muscular functional testing, individual assessments, apps, training and physical therapy and in-competition support

Austrian Football Federation ÖFB, Elite Referees, Football

Austria: Vienna and Salzburg, since 2008

muscular functional testing, lactate ramp test, core stability test, medical check up (blood, vision test, orthopedic and cardio-vascular), individual assessments and training programs, training camps, education for coaches
head coach for elite referees

Austrian Jiu-Jitsu National Team, Duo, Jiu-Jitsu

Austria: Pressbaum and Salzburg, since 2007

muscular functional testing, core stability test, individual assessments and training programs, education for coaches, training camps

BBU Salzburg, 2nd League Men's Basketball Team, Basketball

Austria: Salzburg, 2010-2012

physical preparation, in-competition support, physiotherapy, training camps
fitness coach, physical therapist

Bobsled Federation Germany, Skeleton

Austria: Salzburg and Germany: Berchtesgaden, since 2019

training, education for coaches, software and app

EC OILERS Salzburg, Ice Hockey

Austria: Salzburg, 2018

muscular functional testing, lactate ramp test, core stability test, individual assessments and training programs, education for coaches

Esteban Gutierrez (MEX), Formula 1

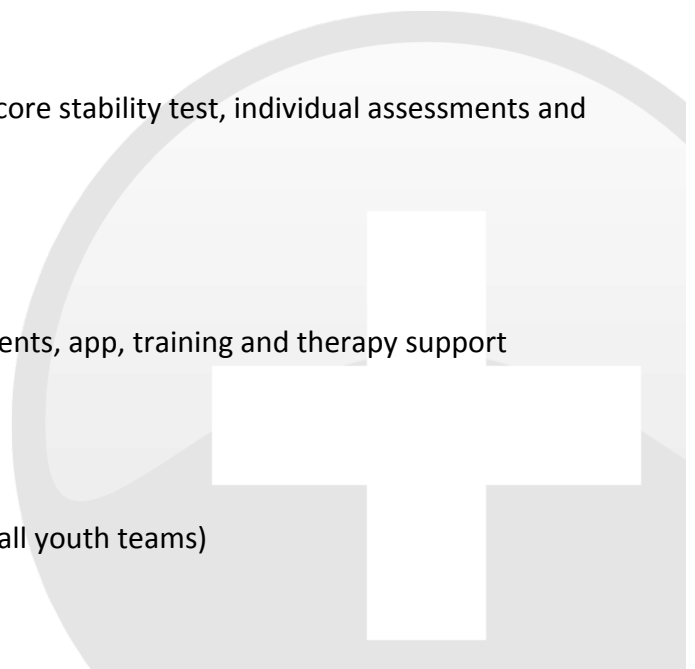
Austria: Seefeld and Japan: Tokyo, 2013

muscular functional testing, individual assessments, app, training and therapy support

FC Red Bull Salzburg, Football

Austria: Salzburg, since 2015

Software and Apps for all teams (1st team and all youth teams)



FC Zürich, Football

Switzerland: Zurich, since 2015

Software and Apps

Football and Athletics Federation Westfalen (Fussball und Leichtathletikverband Westfalen e.V.), Athletics

Germany: Münster and Kamen Kaiserau, 2016, 2017

education of coaches, software and apps

German Athletics Federation DLV, Pole Vault

Germany, since 2017

muscular functional testing, core stability test, education of national coaches

Kamui Kobayashi (JPN), Formula 1

Austria: Salzburg and Japan: Tokyo, 2012

muscular functional testing, individual assessments, app, training and therapy support

Kazakhstan Football Federation, Elite Referees, Football

Kazakhstan: Astana, 2015

seminar and training for elite referees

PSvBG Salzburg, 1st League Women´s Volleyball Team, Volleyball

Austria: Salzburg, 2004-2008

physical preparation, in-competition support, physiotherapy, training camps

fitness coach, physical therapist

Ralf Schumacher (GER), Formula 1

Austria: Salzburg, 2009-2014

muscular functional testing, individual assessments, app, training and therapy support

Salzburg Ducks, American Football

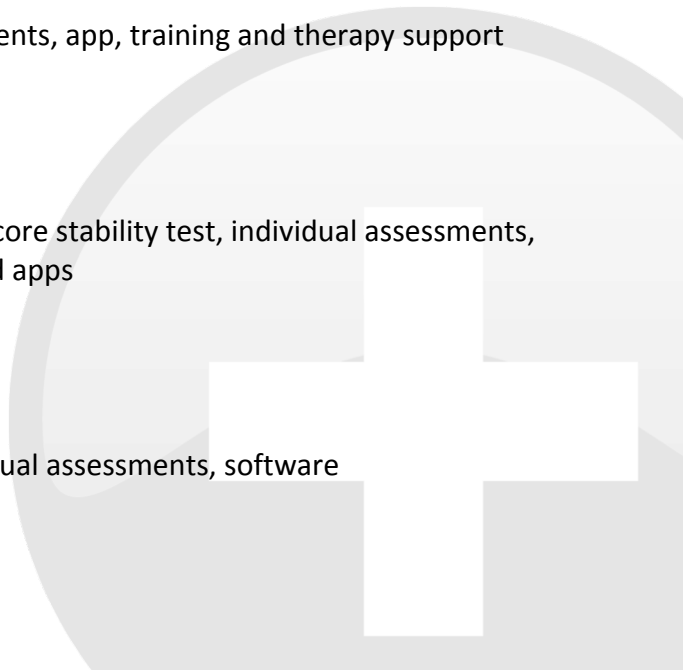
Austria: Salzburg, since 2017

muscular functional testing, lactate ramp test, core stability test, individual assessments, physical training for U15 and U17, software and apps

Salzburg table-tennis federation, Table Tennis

Austria: Salzburg, since 2014

core stability training, lactate ramp test, individual assessments, software



SK Slovan Bratislava, Football

Slovakia: Bratislava, since 2017

muscular functional testing, lactate ramp test, core stability test, dry blood test, individual assessments, team assessment, software and apps

Slovak Football Association, Elite Referees, Football

Slovakia: Bratislava, since 2018

muscular functional testing, lactate ramp test, core stability test, individual assessments, team assessment, software and apps, training camps

SSM – Salzburger Schul-Sport Modell, High School for High Performance Athletes

Austria: Salzburg, since 2017

training support, software and apps

SV Uedesheim, Football

Austria: Salzburg and Germany: Uedesheim, 2011-2014

muscular functional testing, lactate ramp test, core stability test, individual assessments and training programs, training camps

Swiss Football Federation, Elite Referees, Football

Spain: Gran Canaria, 2012-2014

training camps

UEFA, Union of European Football Associations, Referee Department, Football

Switzerland: Nyon, since 2008

physical therapeutic and training maintenance for top referees

muscular functional testing, core stability test, education of national coaches, injury prevention strategies

since 2014: head physical therapist for elite referees

