

Rossella Pruneti

Curriculum Vitae

Personal Data

Citizenships: Italian
Place of Birth: Firenze, Italia
Date of Birth: June 30th 1969
Address: via Trieste, 122 - 50025 Montespertoli (FI) Italy
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Services

- **Professional Translator** English into Italian with excellent writing and editing skills;
extensive professional and hands-on background in chosen area of specialization: fitness & bodybuilding;
being a webmaster myself, solid computer skills;
access to extensive reference materials and great Internet research skills.

I honor deadlines without fail and I am able to provide fast, accurate translations.
Rush service also available.

All of my work is proofread and edited for linguistic, cultural, and technical accuracy as well as for style and omissions.

I can produce the final document in Word, Pre-Printing, Web, CD Rom, DVD Rom, Ebooks, Pdf formats.

- **Magazine and Web – Editor** with extensive professional and hands-on background in chosen area of specialization: fitness & bodybuilding;
- Being a **Webmaster** myself, solid computer skills.

Translation Pairs

English into Italian. Certified by AITI and ESOL Cambridge.
Some French, German, Spanish into Italian and Italian into English. *It depends upon your project.*

Interpreting Pairs

English-into-Italian Interpreting.
Proficiency in English tested by [Cambridge University \(ESOL Examinations\)](#): FCE & CPE.

Subjects of Specialization

Medicine, Chemistry, Sports (AITI [Associazione Italiana Traduttori e Interpreti](#) Certification).
Functional Food/Health Food/Sports Supplements, Internet/Multimedia, Biology, Biochemistry, Chemistry, Nutrition, Medical, Sports, Philosophy, Psychology/Psychiatry, History, Health and Beauty, Food and Supplement Labeling.

Professional Experiences

Professional Free-lance English/Italian Translator, Editor, and Consultant since 1996.

9 years of experience as a full-time professional translator specializing in medical and sports translations from American English into Italian.

12 health-care, nutrition, sports supplement books and e-books translated from English into Italian.

7 years of experience as an editor for three main Italian fitness magazines.

Employment History:

June 2003 – to date **Press Office and Assistant General Secretary** of IFBB – Italian Federation of Bodybuilders.

2003 – 2004 **Press Office of** Fitness Expo Roma and IFBB Ludus Maximus Grand Prix.

2003-2004 **English-into-Italian Interpreting** at Technical Fitness, Conditioning, and Training Workshops and Expos.

2003 – to date **freelance translator** at *MuscleMag International*, Alberto Negri Editore, Parma.

January 2002 - April 2004: **freelance translator, conceiver, author and editor** at the quarterly **fitness and bodybuilding** quarterly magazine *BIG*, Elepress, Saronno.

May 2001 - October 2002: **freelance translator, conceiver, author and editor** at the quarterly **fitness and life-style** publication *Better Body's*, Elepress, Saronno.

May 2001 - May 2003 **conceiver, author and editor** of an house organ called *Body's*, published by Panatta Sport, Apiro (Macerata).

January 1998 - May 2001: **freelance translator and editor** at the quarterly publication "Body's Magazine" published by Panatta Sport, Apiro (Macerata).

1996 - 2004 **freelance translator** at *Sandro Ciccarelli Editore*

1993 – to date **freelance contributor and writer** at *Cultura Fisica & Fitness*

1993-1995 Bodybuilding And Step Aerobics **Instructor** at *Bull Building Gym*, Montespertoli (FI).

University Education

1995 - Philosophy Degree obtained by Università degli Studi di Firenze, Facoltà di Lettere e Filosofia, on July, the 5th, 1995, with full marks (110 out of 110 *cum laude*).

Fields of specializations:

Mathematical Logic. Graduation thesis entitled: "Intensional Objects in Quantum Mechanics". Supervisor: Prof.ssa Maria Luisa Dalla Chiara, Università degli Studi di Firenze.

Selected courses:

Logic, Algebra, Geometry, Philosophy of Sciences, Speculative Philosophy, Moral Philosophy, Philosophy of History, History of Ancient Greek Philosophy, History of Medieval Philosophy, History of Philosophy, Didactics of Philosophy, Pedagogy, Modern History, Contemporary History.

Secondary School

"Liceo" specializing in scientific studies. Degree obtained in 1988, marks: 58 out of 60.

Languages

Professional translator from English and American English into Italian, Member of and Certified by AITI – Associazione Italiana Traduttori e Interpreti, Italian Association Translators and Interpreters, Fédération Internationale des Traducteurs F.I.T. – UNESCO.

Some interpreting from English into Italian.

Fields of technical proficiency: Medicine, Chemistry, Sports.

English, reading, speaking and writing, FCE (First Cambridge Examination), CPE (Cambridge Proficiency Examination) tested by [Cambridge University \(ESOL Examinations\)](#).

Spanish, French, and German: good at reading and writing, basic speaking.

Hardware and Software

Hardware:

Pentium-class PC, Celeron-class Laptop, Laser Printer, Scanner, ADSL, ISDN, Wireless, Palm Top, Digital Cameras, CD-RW, DVD-RW, ... and more.

Platforms:

Windows 3.1/95/98/NT/2000.

Software:

Trados, MS Office Pro 97/2000, Corel Draw, Adobe Photoshop, Adobe Acrobat Professional, Corel Draw, Macromedia Flash, Macromedia Fireworks, Macromedia Dreamweaver, Macromedia Freehand, Microsoft Office Professional, and Microsoft Windows 95, 98, NT 2000, XP ... and more. Programming: PHP, Flash, JavaScript, HTML, DHTML, and XHTML.

Computer Skills:

Web writing. Web designing and web mastering. Installation and personalization of Content Management Systems (LDU, OSCommerce, Zen-Cart, MAMBO, Phpwcms). Internet Search.

Other Studies

2004/2005 **ISSA** - International Sports Sciences Association **Personal Trainer**.

2002 *Programma di alta specializzazione tecnica del pianeta fitness, (High-Level Specializing Technical Course in Fitness)* Fit World Academy - Coni-CSEN.

2001-to date: extensive traveling in the USA.

1997 *Cambridge First Certificate in English* at The British Institute of Florence. Distinction: "a high level of performance in Reading and Use of English".

1996 *Aerobic Trainer Certification*, Federazione Italiana Fitness.

1996 *Specializing Course in "Didactics of History"*, FORCOM, Consorzio Interuniversitario, Roma.

1994 *"Bodybuilding Camp '94"*, F.I.F., Bologna

1994 *Bodybuilding Trainer Certification*, Federazione Italiana Fitness.

1987 one month stay in Bournemouth (GB), English summer course at Anglo-Continental School.

1983 *Certificate of English*, Scuola EF, Firenze.

Published Author

Books

2003 "Le dinamiche della sfida nel bodybuilding: oltre la sfida del corpo" (***The Driving Forces of Challenge in Bodybuilding - Beyond the Challenge to Our Body***) in ***La Sfida***, Editore

Progetto Prada Arte, 2003. **Atti del Convegno** La Sfida, Fondazione Prada, Milano ottobre 2002.

2002 ***Taricone 100%*** (co-author: Pietro Taricone), Elepress Publishing House.

Glossaries

English-Italian **Gym Slang Dictionary**: *Lo slang del bodybuilding* – available at <http://www.Babylon.com>.

Magazines

1993 – to date: Italian publications: *California Sport & Fitness, Fit for Fun, Il nuovo Club, Cultura Fisica & Fitness, Olympian's News, Sportman, Muscle Sport, Better Bodies, BIG, MuscleMag International* (ed. italiana).

1998 – to date: English publications: *American Health and Fitness, MuscleMag International, Muscle Sport*; French publications: *Le Monde du Muscle*; Hungarian publications: *Muscle Sport*.

See samples of my work online at: <http://www.rossellapruneti.com>

TV and Shows

2005 Interview on Play-TV – Sky about how to find fitness-related info on the Web.

2003 Co-**MC** at the IFBB Pro Grand Prix Maximus, Roma.

2003 **Script-writer** for the TV show *Mr. Olympia*, Italia 1 Italian TV Channel.

2002 Interview on Radio **Rai Uno** about Fitness.

1996 Interview on **Radio Italia** about Sports Psychology.

Translations

Translated Books

Stuart McRobert, *Tecnica di allenamento con i pesi. La guida illustrata passo per passo al perfezionamento dell'esecuzione degli esercizi per i massimi risultati senza infortuni*, Sandro Ciccarelli Editore, 1997

Tit. or.: Stuart McRobert, *The insider's tell-all handbook on weight-training technique: the illustrated step-by-step guide to perfecting your exercise form for injury-free maximum gains*, Cs Publishing Ltd., 1996

Ray Sahelian & Dave Tuttle, *Creatina. Il costruttore naturale di muscoli*, Sandro Ciccarelli Editore, 1997

Tit. or.: Ray Sahelian & Dave Tuttle, *Creatine: Nature's Muscle Builder*, New York, Avery Publishing Group, 1997

Peter Sisco & John Little, *Power Factor Training. Un approccio scientifico per l'aumento di massa magra*, Sandro Ciccarelli Editore, 1997

Tit. or.: Peter Sisco & John Little, *Power Factor Training. A Scientific Approach to Building Lean Muscle Mass*, Contemporary Books, 1997

T. O. Bompa & L. J. Cornacchia, *Serious Strength Training. La periodizzazione per costruire potenza e massa muscolare*, Sandro Ciccarelli Editore, 2000

Original Edition: T. O. Bompa & L. J. Cornacchia, *Serious Strength Training. Periodization for building muscle power and mass*, Human Kinetics Pub, 1998

Daniel Gastelu & Fred Hatfield, *Nutrizione dinamica per la massima prestazione*, Sandro Ciccarelli Editore, 2000

Original Edition: Daniel Gastelu & Fred Hatfield, *Dynamic Nutrition for Maximum Performance: a complete nutritional guide for peak sports performance*, Avery Publishing Group, 1997

AAVV, *Bodybuilding. Guida ai supplementi*. Sandro Ciccarelli Editore, 2000

Original Edition: AAVV, *Bodybuilding Supplement Guide*. Oxnard, CA, USA, IronMan Publishing, 1999

Jerry Brainum, *Applied Metabolics. Rendiamo utile la scienza*, Vol. 3, Sandro Ciccarelli Editore, 2001

Original Edition: Jerry Brainum, *Applied Metabolics, Making Science Useful*, Ironman Publishing, 2000

Dott. Mauro Di Pasquale, *La Dieta Metabolica*, Sandro Ciccarelli Editore, 2001

Original Edition: Mauro Di Pasquale, M. D., *The Metabolic Diet*, All Pro Training Books, 2001

Scott Cole & Tom Seabourne, *Addominali atletici*, Sandro Ciccarelli Editore, 2004

Original Edition: Scott Cole & Tom Seabourne, *Athletic Abs*, Human Kinetics, 2003

Alan M. Klein, *Piccoli grandi uomini: la sottocultura del body building e la costruzione del genere sessuale*, Sandro Ciccarelli Editore, 2002

Tit. or.: Alan M. Klein, *Little Big Men: body building subculture and gender construction*, New York, State University of New York, 1993

Dave Draper, *Brother Iron, Sister Steel. Il libro di un bodybuilder*, Sandro Ciccarelli Editore, 2002

Original Edition: Dave Draper, *Brother Iron, Sister Steel. A Bodybuilder's Book*, On Target Publications, 2001

Maryann Karinch, *Diete progettate per gli atleti*, Sandro Ciccarelli Editore, 2003

Original Edition: Maryann Karinch, *Diet Designed For Athletes*, Human Kinetics, 2002

Bartram Clark, *Modello Fitness*, Sandro Ciccarelli Editore, 2003

Original Edition: Bartram Clark, *You Too Can Be a Fitness Model*, Hatherleigh Press, 2001

Dott. Mauro Di Pasquale, *La soluzione anabolica*, Sandro Ciccarelli Editore, 2003

Original Edition: Mauro Di Pasquale, M. D., *The Anabolic Solution*, 2002

Blair Whitmarsh, PhD, *Mind & Muscle*, Sandro Ciccarelli Editore, 2004

Original Edition: Blair Whitmarsh, PhD, *Mind & Muscle*, Human Kinetics Publishers, 2001

Vince Andrich, *No Mistakes. Guida all'alimentazione per essere al meglio in assoluto!*, Alberto Negri editore, in corso di pubblicazione

Original Edition: Vince Andrich, *No Mistakes. Nutritional Guide to Building Your Best Body Ever!*, Prolab Nutrition, 2002

[Full List Of Published Or Translated Works Available Upon Request.](#)

Translated E-books

Will Brink, *Gli integratori dietetici senza segreti*, e-book, 2002

Original Edition: Will Brink, *Diet Supplements Revealed*, e-book, 2001

Translated Articles

2003 – to date: *MuscleMag International*, Alberto Negri Editore.

2003-2004: *FLEX*, Weider Publishing.

1998 - 2001: *Body's Magazine*, Panatta Sport S.r.l., Italian Abridged Version of *MuscleMag International*.

1996 - 2004: *Olympian's News*, Sandro Ciccarelli Editore, *MuscleMedia 2000* and *IronMan*.

Web Site Localizations

2002 www.milossarcev.it

2002 www.labrada-nutrition.net

2001 www.richgaspari.it

Web Mastering and/or Web Designing

2005 www.dennisgiusto.it
2005 www.asn99.com
2004 www.ludusmaximus.com
2004 www.musclepapparazzi.com
2004 news writer at www.panattasport.com
2003 www.musclemag.it
2003 www.onewayfitness.it
2003 www.ifbb.it
2003 www.fitnessexporoma.com
2002-2003 www.gasparinutrition.com
2002 www.genesis-nutrition.com
2002 www.bodynet.info – *now offline*
2002 www.onehopecd.com – *now offline*
2001 www.raffaelemorandini.com – *now offline*
2001 www.fedoramarzoli.com – *now offline*
2000 www.rossellapruneti.com
2000 www.enzopruneti.com
2000-2002 www.inkospor.it – *now offline*
2000 co-webmaster at www.bodynet.org

Certifications and professional affiliations

2005 CPR (Cardiopulmonary Resuscitation).
2002-2003: ATA (American Translator Association) Member.
2000 - to date: AITI Certified Member.
2000 - to date: IFBB (Italia) Judge.
1997 - to date: ESOL Certified - FCE & CPE.

Honors and Activities

2003 John C. Grimek Award for the diffusion and the growth of the sport of bodybuilding.
2000 – to date: IFBB Italy National Judge.
1992 – to date: IFBB Amateur Bodybuilding Athlete.
1993, 1994 IFBB Regional Championess, 1st;
1995, 1998 IFBB Central Italy Championess, 1st;
2000 IFBB Italian Championships, 3rd

Rates

Translation Rates (VAT and INPS excluded):

0,06-0,1 source word
60-100 Euro/1000 words
18 Euro /1500 characters

Proofreading:

25-30 Euro /hour

Minimum rate for little translations:

30 Euro (VAT and INPS excluded, if applicable)

Writing and Web Designing Rates (VAT and INPS excluded):

Available upon request.
