

MITCH H.M. LOUSBERG



EDUCATIONS

Master Medicine | KUUniversity Leuven

09/2019 – PRESENT

Diploma not yet obtained

Bachelor Medicine | University Hasselt

09/2017 – 08/2019

Graduated

Master Human Movement Sciences | Maastricht University

09/2014 – 08/2015

Graduated

- **Internship:** The effects of protein type and added leucine on post-exercise muscle protein synthesis
- **Thesis:** Casein protein ingestion prior to sleep to improve overnight post-exercise recovery in young men; Protein ingestion and overnight exercise recovery

Bachelor Biomedical Sciences | Maastricht University

09/2011 – 08/2014

Graduated

- **Specialisation:** Movement sciences
- **Thesis:** Effects of aging on cognitive function; The anti-cue keypress task

VWO | Sint-Maartens College

09/2009 – 07/2011

Graduated

HAVO | Sint-Maartens College

09/2004 – 07/2009

Graduated

EMS Lizenz Trainer | GluckerKolleg GbR

09/2017

Graduated

Strong by Zumba | Zumba® Fitness

07/2017

Graduated

Piloxing® Knockout Instructor | Piloxing® Academy

06/2017

Graduated

Personal Trainer | AALO

10/2015 – 06/2016

Graduated

- Fitness Trainer (Level 1)
- Fitness Trainer (Level 2)
- Fitness Master (Level 3)
- Personal Trainer (Level 4)

Bokwa | Bokwa® Fitness

2012 – 2014

Graduated

- Bokwa Level 1
- Bokwa Level 2
- Bokwa Level 3

Zumba | Zumba® Fitness

2009 – 2010

Graduated

- Zumba Basic 1
- Zumba Basic 2
- Zumbatomic



WORK EXPERIENCE - DANCE

Fitness instructor | Danscentrum Beats and Bars

2009 – PRESENT

Zumba® Fitness instructor, Bokwa® Fitness instructor, Strong by Zumba® instructor, and Piloxing® Knockout instructor.

Dance instructor | Danscentrum Beats and Bars

2007 – PRESENT

HipHop instructor, ballroom dance assistant, and Crew(s) coach/choreographer.

Crew(s) coach/choreographer | Danscentrum Beats and Bars

2007 – PRESENT

Beats and Bars C-Team, Beats and Bars D-Team, Groovy Crew, Star Crew, Cre8, Power Crew, The Ultimate Force, The Project, Project Seven. All with several won competitions and championship titles.



WORK EXPERIENCE – FITNESS / MEDICAL / SCIENCE

Bachelor Medical Internships | Various

07/2017 – 04/2019

Viewing internship/follow-on internship general practitioner, Clinic viewing/follow-on internship orthopaedics, Nursing viewing/follow-on internship

Co-founder, Co-owner, Trainer | Elite Personal Fitness

06-2016 – PRESENT

Elite Personal Fitness is a specialized fitness studio that uses Electro Muscular Stimulation (EMS) Training using Miha Bodytec EMS equipment. www.elitepersonalfitness.nl

Volunteer research assistant | Maastricht University

02/2015 – 02/2016

Master Internship Human Movement Sciences | Maastricht University

02/2015 – 07/2015

Bachelor Internship Biomedical Sciences | Maastricht University

04/2014 – 07/2014



PARTICIPATING COMPETITION ORGANIZATIONS

Taf Videoclipdance | Germany

2019 – PRESENT

Crews

United Dance Organisation | The Netherlands

2019 – PRESENT

Crews

World of Dance | The Netherlands

2019 – PRESENT

Crews

Dance4fans | Germany & The Netherlands

2004 – 2014 & 2017 - PRESENT

Solo, Team, Freestyle/Streetstyle Duo & Team

Fifth Avenue Dance Competition | Belgium

2017 – PRESENT

Crews & Duo

Dance Waves Competition | Belgium & The Netherlands

2018

Crews

Shell We Dance | Belgium & The Netherlands

2018

Crews

IDO / DDS | The Netherlands

2015 – 2017

Crews



PERSONAL COMPETITION MILESTONES

The Project | Danscentrum Beats and Bars (NL)

2017 – PRESENT

European Champion TAF Videoclip Dance Crew 2019
(Belgium) Champion Fifth Avenue Dance Competition 2019
European Champion Streetstyle Team by Dance4fans 2018
Vice European Champion Dance4fans Adult Smallgroup 2019
Vice European Champion Streetstyle Team by Dance4fans 2017
Selected to compete at World of Dance Eindhoven 2019

Project X / Double Trouble | Danscentrum Beats and Bars (NL)

2010 – 2012 & 2017-2018

European Champion Streetstyle Duo by Dance4fans 2010, 2011 & 2017
3rd Place (Belgium) Championship Fifth Avenue Dance Competition 2018
3rd Place European Championship Streetstyle Duo by Dance4fans 2012
3rd Place German Championship Streetstyle Duo by Dance4fans 2011

Bigstyle | TS Körber (DE)

2012 – 2016

European Champion Freestyle Team by Dance4fans 2012
Vice European Champion Freestyle Team by Dance4fans 2013
Finalist Got to Dance Germany 2014

Cre8 | Danscentrum Beats and Bars (NL)

2015 – 2017

Dutch Champion IDO Adults PreChamps Team 2015
Vice Dutch Champion IDO Adults Master Team 2016

Solo | Danscentrum Beats and Bars (NL)

2005 – 2013

European Champion Dance4fans Adult Solo 2013
Dutch Champion Dance4fans Adult Solo 2008 - 2013
Vice German Champion Dance4fans Adult Solo 2013
3rd Place European Championship Dance4fans Adult Solo 2012

Beats and Bars C-Team | Danscentrum Beats and Bars (NL)

2004 – 2014

European Champion Dance4fans Junior Team 2008
European Champion Dance4fans Adult Team 2009
Dutch Champion Dance4fans Junior Team 2007 - 2008
Dutch Champion Dance4fans Adult Team 2009 - 2014
Vice European Champion Dance4fans Adult Team 2012 & 2013
Vice German Champion Dance4fans Adult Team 2011
Vice German Champion Dance4fans Junior Team 2008
3rd Place European Championship Dance4fans Adult Team 2014