

# Curriculum Vitae

Male

**D.O.B. 26 November 1972**

**Number of years working in industry: 26 years 2 months**

**Candidate ID Number:** 12698

**Nationality:** Portuguese

**Language Skills:**

Fluent: English, Spanish

Good: French

Basic: Italian

**Permitted to work in:** European Union, UK - United Kingdom

**Position Sought:** Fitness Professional, Yoga / Pilates Teacher, Swim / Aqua Fit Teacher

## Personal Statement

The possibility to have new experiences and challenges is the most enjoyable thing in life.

Professionally I'm a person with talent, ambition, responsible, creative, with high sense of opportunity and attention to the details.

I'm in life with passion and seek constantly the perfection and the excellence.

Seeking work in Portugal, International Locations and Cruise Ships

## Employment History:

**August 2009 - Present - Fitness Professional** at (most recent employer hidden for confidentiality) Algarve, Portugal, (5 Star Hotel Spa)

### Duties included:

Head Gym Instructor, Personal Trainer and Classes Instructor.

Head Gym Instructor, with inscription in Portuguese Sports Institute. Gym supervision, fitness assessment, Personal Training sessions, Swimming Instructor and Classes' Instructor.

**Career Break** - Teaching Physical Education in a School

**February 2008 - March 2009 - Fitness Professional** at Monart Destination SPA, Wexford, Ireland, (5 Star Hotel Spa)

### Duties included:

SPA & Wellness Programmes Coordinator, Personal Trainer, Gym, Classes and Swimming Instructor.

Coordination of Detox, De-stress, Fitness & Weight Management, Reception duties, fitness assessment, gym maintenance, pool maintenance, pool tests, classes, swimming lessons, AquaTaichi and P.T.

**July 1999 - May 2008 - Fitness coach, Goalkeepers coach & Physical/Fitness recover expert in Professional Football Teams** at Professional Football Clubs, Portugal, Portugal, (Health Club)

### Duties included:

Fitness coach, Goalkeepers coach & Physical/Fitness recover expert in Professional Football Teams.

Warm-up exercises for the training sessions and games. Physical, fitness and technical exercises during the training sessions, develop the flexibility, coordination and stretching exercises. Design exercises and strategies for physical/fitness recover and injuries prevention.

**June 2006 - October 2006 - Football Coach** at India Olympic association & Goa Football Association, Goa, India, (Health Club)

**Duties included:**

Head Coach for Goa / India in the U - 21 Football team.

Players' selection, training process and competition, to the 1st Lusofonia Games in Macau.

**Education and Qualifications:**

**2011 Instituto Superior D. Afonso III**

Master Degree in Sports - Specialization in Fitness & Health

**2005 FADEUP - Universidade do Porto**

Degree in Sports Science & Physical Education - Specialization in High Performance Training

**Vocational Qualifications**

- Pilates Course Matwork Level 1.
- J-Board - Initiation Course: Balance, Resistance/Endurance and Proprioceptive Training.
- Wellness System Trainer 7.0 - Solution for Workout Management.
- Swimming Coach - Level 1.
- Pool plant room maintenance, treatment and develop pool tests.
- AQUATAICHI Basic & AQUATAICHI Introduction.
- PILATES - Initiation Course.
- Muscular activity - training adapted to different lower back pathologies.
- Aquatic Activities for elderly people a privilege for the health and leisure.
- XIV Rehabilitation Training, Sport Injuries and Traumatology.

**Hobbies and Interests**

Swimming, Sailing, Body Board, Surf and Long Board.

CV created at [www.spastaff.com](http://www.spastaff.com)

