



Europass Curriculum Vitae

Personal information

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E-mail	joaoaragao.duarte@gmail.com	
Nationality	Portuguese	
Date of birth	14/06/1984	
Gender	Male	

Desired employment / Occupational field

Work experience

Dates	March 2024 to present
Occupation or position held	Head Coach
Main activities and responsibilities	Head Coach of U18 & U12
Name and address of employer	Sporting FC – Academy Toronto
Type of business or sector	Soccer Club

Dates	July 2021 to March 2024
Occupation or position held	Technical Coordinator/Coach
Main activities and responsibilities	Coordinate and supervise the Coaches according to the general guidelines of the project
Name and address of employer	North York Academy - Toronto- Canada
Type of business or sector	Soccer Club

Dates	August 2014 to February 2020
Occupation or position held	Technical Coordinator/Coach
Main activities and responsibilities	Coordinate and supervise the Coaches according to the general guidelines of the project
Name and address of employer	FC Porto / Dragon Force Lisbon - Portugal
Type of business or sector	Football School – FC Porto SAD

Dates	November 2012 to January 2014
Occupation or position held	Personal Trainer
Main activities and responsibilities	Personal Trainer and Fitness trainer
Name and address of employer	Aquafitness – Quinta do Texugo
Type of business or sector	Health Club

Dates	September 2010 to July 2014
Occupation or position held	Coach
Main activities and responsibilities	Youth coach - football training
Name and address of employer	Beira-Mar Atlético Clube de Almada (Almada, Portugal)
Type of business or sector	Football Club

Dates	October 2009 to June 2010
Occupation or position held	Coach
Main activities and responsibilities	Youth coach - football training
Name and address of employer	Training School Football in "Fernando Chalana" (Almada, Portugal)
Type of business or sector	Football School

Dates	October 2008 to September 2009
Occupation or position held	Coach
Main activities and responsibilities	Youth coach - football training
Name and address of employer	Sporting Clube de Braga
Type of business or sector	Football School - SC Braga SAD

Dates	September 2008 to February 2009
Occupation or position held	Physical trainer/ Assistant Coach
Main activities and responsibilities	Coach of the senior CD Celeirós
Name and address of employer	CD Celeirós – Braga (Portugal)
Type of business or sector	Football Club

Dates	March 2008 to October 2008
Occupation or position held	Personal Trainer
Main activities and responsibilities	Personal Trainer and Fitness trainer
Name and address of employer	Holmes Place – Braga (Portugal)
Type of business or sector	Holmes Place Training Academy

Dates	September 2007 to July 2010
Occupation or position held	Scout
Main activities and responsibilities	Detection and selection of young talents in football
Name and address of employer	FC Porto
Type of business or sector	FC Porto SAD

Dates	September 2006 to July 2021
Occupation or position held	Teacher of Sport and Physical Education
Main activities and responsibilities	Teacher of primary and secondary school
Name and address of employer	Ministry of Education
Type of business or sector	Public sector

Dates	September 2005 to July 2008
Occupation or position held	Coach
Main activities and responsibilities	Youth coach - football training
Name and address of employer	Training School Football in "O Fintas" – Braga (Portugal)
Type of business or sector	Football School

Education and training

Dates	January 2011
Title of qualification awarded	Rope Skipping
Principal subjects/occupational skills covered	Rope Skipping (Rope in School)
Name and type of organisation providing education and training	Gymnastics Federation of Portugal
Level in national or international classification	Workshop (activity not subject to review)

Dates	March 2009
Title of qualification awarded	Module 1 of Coerver Coaching

Principal subjects/occupational skills covered	Football Skills - Teaching Method
Name and type of organisation providing education and training	Coerver Coaching Portugal
Level in national or international classification	100%
Dates	February 2008
Title of qualification awarded	First Aid and Water Rescue
Principal subjects/occupational skills covered	Course 1 First Aid and Water Rescue
Name and type of organisation providing education and training	Holmes Place - Training Academy
Level in national or international classification	100%
Dates	January 2008 to March 2008
Title of qualification awarded	Food advice
Principal subjects/occupational skills covered	Sports Nutrition and Supplementation
Name and type of organisation providing education and training	Holmes Place - Training Academy
Level in national or international classification	93%
Dates	December 2007
Title of qualification awarded	Personal Trainer
Principal subjects/occupational skills covered	Course "Shokk" - gym for children and young people from 8 to 16 years.
Name and type of organisation providing education and training	Holmes Place - Training Academy
Level in national or international classification	80%
Dates	September 2007 to February 2008
Title of qualification awarded	Personal Trainer
Principal subjects/occupational skills covered	PT Foundation Course
Name and type of organisation providing education and training	Holmes Place – Training Academy
Level in national or international classification	80%
Dates	June 2006
Title of qualification awarded	Animator
Principal subjects/occupational skills covered	Animation Kids and Recreational Activities
Name and type of organisation providing education and training	Manz Productions
Level in national or international classification	Level I
Dates	Of September 2002 to May 2008
Title of qualification awarded	Master of Sport and Physical Education - Complementary High Yield Option (Football)

Principal subjects/occupational skills covered	Professional Sport and Physical Education, specializing in high performance football. In this formation were further addressed subjects such as: - Teaching (Swimming, Football, Basketball ...); - Elementary Education / Sport; - Biomechanics; - Physiology; - Statistics; - Anatomy; - Traumatology; - Psychology of Sport; - Sociology of Sport; - Methodology Football.			
Name and type of organisation providing education and training	Faculty of Sport, University of OPorto (FADEUP)			
Level in national or international classification	15 values			

Personal skills and competences

Mother tongue(s) **Portuguese**

Other language(s)

Self-assessment

European level (*)

English

French

Spanish

	Understanding		Speaking		Writing
	Listening	Reading	Spoken interaction	Spoken production	
English	B2	B2	B2	B2	B2
French	A1	A1	A1	A1	A1
Spanish	A1	A1	A1	A1	A1

(*) [Common European Framework of Reference for Languages](http://ec.europa.eu/dgs/translation/european_framework_of_reference_en.htm)

Social skills and competences Ease of teamwork and team spirit;
 Ability to adapt to multicultural environments and in different areas;
 Good communication skills;
 Leadership ability;
 These features have been developed throughout the various professional activities performed.

Organisational skills and competences Member of the organizing committee of several activities highlighting:
 - Study Visit to Canoe Club Prado (May 2007);
 - Inter-Secondary Schools Tournament Braga (April 2007);
 - Cross Country School of Sports (2005);

Technical skills and competences Lecturer in the workshop "Meet the Students";
 Participation in training, seminars, conventions several areas, among them stands out:
 - Football;
 - Sport and health;
 - Swimming;
 - First aid;
 - Spinning.

Computer skills and competences Domain area of Microsoft Office, especially Excel, Word, Power Point and Publisher, SPSS and Internet research.

Artistic skills and competences Member of the Tuna Musicatta Contractile FADEUP, September 2002 to present date.

Other skills and competences - Representante Editorial – Porto Editora/Raiz Editora. Zona Sul, 2013 to 2017.
 - Football Player in Training Squadron (Junior A) season 2002/2003, the CD Cinfães.
 - Football Player in Senior Squadron October 2010 to 2014 in the Beira-Mar Atlético Clube de Almada;
 - Football Beach Player in Senior National Championship

Driving licence Driving license category B

Additional information

Toronto

