

# Paulo Roberto Varrone

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## ABOUT ME

• I have knowledge in HTML, CSS, and basic JavaScript and continuously strive to improve them to deliver modern and intuitive solutions on the web.

## HARD SKILLS

- Programming logic
- HTML
- CSS
- Basic JavaScript

## COURSES

- Algorithms and programming logic.
- Java: algorithms and logic.
- Java Object Oriented.
- Linux administration bootcamp.
- Figma design and interface.
- The Ultimate IT Beginners Course.
- Rocketseat, explorer.

## LANGUAGE

- Italian (Native)
- Português (Native)
- English (Advanced)
- Spanish (Basic)

## SOFT SKILLS

- Creativity
- Attention to details
- Critical Thinking
- Oratory
- Initiative
- Values and Ethics
- Communicative
- Empathy
- Group work
- Emotional intelligence
- Organization
- Proactive

## EDUCATION

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### 2023 - 2026 CENTRO UNIVERSITARIO LA SALLE

- *Bachelor in Information Systems.*

Programming, Data structure, Web development, Database, Operating systems, Computer networks, Software engineering, Mobile development, Computer architecture and organization.

### 2021 - 2023 UNIVERSIDADES INTEGRADAS MARIA THEREZA

- *Post graduation in exercise physiology.*

### 2018 - 2021 UNIVERSIDADE SALGADO DE OLIVEIRA

- *Bachelor of Physical Education.*

# WORK EXPERIENCE

## WORK

### **RM STUDIO FITNESS 09/2020 - 05/2022**

Performance coach and fitness instructor

- Physical preparation for the general public
- Physical preparation for canoeing
- Physical preparation for tennis
- Special strength training

### **SMART FIT 03/2022 - 03/2023**

Fitness instructor and performance coach

- Assembly of individualized workouts
- Problem and conflict resolution
- Approach and service
- Strength and special strength training

## INTERSHIP

### **School Gaylussac 10/2019 - 12/2021**

Teacher's assistant

- Help the teacher to teach the classes.
- Helping with children's safety.
- Work at the Culture and Sports Club
- Be involved in school sporting events.

### **RM STUDIO FITNESS 09/2020 - 05/2022**

Fitness and sports coach assistant

- Physical preparation for the general public
- Physical preparation for canoeing
- Physical preparation for tennis
- Special strength training

### **FISIOMASTER gymnastic 03/2021 - 06/2021**

fitness instructor assistant

- Help the teacher to set up training sessions
- Assist in the control of the gym
- Learn, observe and train

### **Basketball Central 03/2021 - 06/2021**

Performance coach assistant

- Helps in physical development
- Strength and conditioning training
- Special strength training

### **Fencing 04/2021 - 07/2021**

Performance coach assistant

- Special strength training
- Assembly of internal championships
- Participation in events and classes

### **Soccer - Social Project 08/2021 - 09/2021**

Physical trainer for underprivileged children

- Children's conditioning for soccer
- Learn to deal with children
- Troubleshooting without any materials