

AGUSTIN ROMERO PEREZ - CV

Age: 24

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EDUCATIONAL DETAILS

2013 – 2016 Bachelor of Physical Education. University of the Republic

2006 - 2011 High School, Durazno, Uruguay

2000 - 2005 Primary School. Durazno, Uruguay.

COURSES

National

'Therapeutics Exercises with Thera bands'. Montevideo.

Column hygiene and work gymnastics', Paysandú.

'Bodybuilding technician', Paysandú.

'Sport Trainer, Paysandú.

'Nutrition and Life Quality", Paysandú.

'Swimming training and Water Polo initiation'. Paysandú.

'Water Recreation Activities', from Sports and Tourism Department. Paysandú.

'Office Operator' (Word, Excel, Power Point, Internet) Durazno.

'Weightlifting and basic exercises', Montevideo.

'Community Health', Paysandú.

'Rugby Ready', Paysandú.

'ITF Play Tennis', Montevideo

Overseas

'Coaching Fundamental Course', TennisNZ, New Zealand.

'Physical Education Seminary', La Havana, Cuba.

Experience:

2018 Swim instructor. Council of Durazno. Uruguay

2017 General Instructor at Lakewood Lodge kids camp. New Zealand.

2016 – 2017 Recreator teacher. Council of Durazno, Uruguay.

2016 Teacher at school camp. Canelones, Uruguay.

2015 Replacement Swimming Teacher at indoor Council Swimmingpool. Paysandú, Uruguay.

2015 Personal Training with TRX, Paysandú, Uruguay.

2015 – 2017 Recreator teacher at Wanderers Athletic Club. Durazno, Uruguay.

2014 Volunteer at Emergency Committee. Durazno, Uruguay.

2014 – 2017 Corrective / core training with Thera-bands. Paysandú, Uruguay.

2013 – 2014 Lifeguard at Council Public Beach. Durazno, Uruguay.

Skills, Knowledge, and Abilities:

Ability to explain, demonstrate and clarify to others within well established policies.

Ability to follow specific instructions and respond to simple requests.

Ability to extend an hospitable attitude toward visitors and customers at class, assuring they will have a enjoyable training.

Great ability to react quickly and calmly in emergencies.

Effective teaching techniques and practices.

Knowledge methods and procedures of bodybuilding programmes.

Reliable and tidy in appearance.

Knowledge methods and procedures of first aid.

Strong experiences with computers programmes.

Languages: Spanish, English

References:

Tania Cooper: tania@lakewoodlodge.co.nz