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# Johan Polazky Sanguinetti Alvarado

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Johan Polazky Sanguinetti Alvarado

## Professional Profile

Physical education professional with experience in primary and secondary education, as well as competencies in functional training and personal training. Committed to the comprehensive education of students and promotion of healthy habits. Seeking to contribute knowledge and skills in a dynamic and collaborative educational environment.

## Experience

### Physical Education Teacher

Colegio Polivalente Francisco de Villagra, Los Rosales 834  
January 2024 - Present (Indefinite)

- Teach physical education classes to students at different levels.
- Organize and supervise sports workshops.
- Act as a playground supervisor, ensuring student safety.

### Physical Education Teacher (Temporary Replacement)

Colegio Polivalente Francisco de Villagra, Los Rosales 834  
August 2023 - November 2023

- Temporarily replaced in the physical education department, maintaining educational program continuity.

### Staff Teacher and Personal Trainer

Wfitness Gym, San Ignacio 1624  
2022 - 2023

- Provided personalized training and group classes in various fitness disciplines.

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### **CrossFit Coach**

Hakari CrossFit, Nueva Florida 318  
2021

- Conducted training and supervised groups in CrossFit sessions.

### **Education**

#### **Pedagogy Program in Secondary Education for Graduates**

Faculty of Education Sciences, Universidad Andrés Bello  
2021

#### **Bachelor's Degree in Physical Education**

Faculty of Education, Universidad Andrés Bello  
2015 - 2020

#### **High School Diploma**

Colegio Los Robles del Curato, Padre Hurtado, Santiago  
2010 - 2014

#### **Primary Education**

Colegio Terra di Bimbi, Peñaflor, Santiago  
2007 - 2009  
Colegio Integral Altazor, Peñaflor, Santiago  
2001 - 2008

### **Additional Studies**

International Seminar: Didactics and Evaluation of Physical Education in Times of Pandemic  
2020

Certification in Functional and Athletic Training for Fitness and Sports (Levels 1 and 2)  
2018 - 2019

International Certification: Nutritional Strategies for Muscle Hypertrophy and Fat Percentage Reduction  
2019

Formative Weightlifting Coach (Level 1)  
Chilean Weightlifting Federation, 2021

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## **Academic Activities**

University Tutor in Exercise Physiology

Universidad Andrés Bello, Las Condes, Santiago

2017 - 2020

Teaching Practice in Primary and Secondary Education

The Southern Cross School, Las Condes, Santiago

2020

Teaching Practice in Secondary Education

Liceo República de Brasil, Peñaflor, Santiago

2021

## **Skills**

- Management of physical education classes for different levels.
- Development of personalized physical training programs.
- Promotion of healthy habits and nutritional strategies.
- Intermediate proficiency in ICT resources.

## **Languages**

- Spanish: Native
- English: Basic

## **Additional Information**

- Certification in Basic Anthropometry IsaK 1