

CV

INGRID VICTORIA VALLEJO LUCENA



PROFESSIONAL IN SPORTS

OCCUPATIONAL PROFILE

In correspondence of the role as Sports Professional, it is my responsibility to: develop and manage recreation and sports programs and services, manage the operations of professional sports teams, organize and manage physical preparation, training and other programs associated with a particular sport, provide technical and professional advice on research and sports, conduct research programs with graduate students and advise them on various aspects of research; teach within higher education; develop, plan and coordinate competitive programs; plan, develop, and implement sports, recreational, athletic, or fitness training and practice sessions, specifically in the discipline of Olympic weightlifting.

STUDIES

2007	Popayan - Cauca	Bachelor	Colegio Francisco Antonio de Ulloa
2008 - 12	Cali, Valle del Cauca	Professional	Institution Univ. National School In Sports
2012 - 14	Cuba	MSc.	Methodologies In Sport Training for High Level Competition University of Sciences in Training, Physical Recreation and Sports Manuel Fajardo
2020-2021		Specialist	Sports Journalism University National School in Sport

COMPLEMENTARY STUDIES

Westbury Campus - Christian School all-star basketball

Camp(Houston, United States - 150 hours)

Dallas Mavericks Campus

(Dallas, United States - 50 hours)

National Basketball Campus - *Pirates basketball club*

(Bogota, Colombia)

Polar Seminar - Training - *Security as part of training*

(Cali, Colombia) 60 hours

Certificate in a Foreign Language - English CAMBRIDGE LANGUAGE CENTER -

360hours

August 2008, Popayan - Cauca

Volunteer- XVII National Sports Games, 2008

Cali, Valle

Seminar - Update Seminar for swimming instructors and monitors - 2008

Scope on Theory - 30 hours / Scope on practice - 18 hours

International Campus on Basketball .,

2009Cali - Valle, 120 hours

Training on the Unique accreditation and certification system of the National Sports

SystemCali - Valle del Cauca

Certificate - First International seminar on Korfball

Cali - Valle del Cauca 2010

Certificate - Participation on Korfball

Cali, Valle del Cauca 2010

Certification - Individualization of Sports Training and Detraining

Processes October 08, 2012 Santa Clara, Cuba

Certification - Biomechanical Studies of Snatch and Clean and Jerk Techniques With
lifting. February 20, 2013

Santa Clara, Cuba

Certification by the II Scientific Conference of the Council of Weightlifting Sciences, May
15, 2013, Santa Clara - Cuba

Certification of Attendance to the International Congress of Sciences Applied to Sport at
the National School of Sport University Institution. Cali - Valle del Cauca 2014

III Symposium on Physical Activity and Health. Cali - Valle del Cauca, June 05, 2015

Course on ADVANCED OFFICE, Private Teaching and Training Center

Cali, June 17, 2015

Course on Structuring Productive Pedagogical Projects (80h) SENA, Palmira - Valle del
Cauca December 11, 2015

Certification of the first level of training for coaches. Development of strength and technique in weight lifting. FEDEPESAS (Colombian Weightlifting Federation) Cartagena, June 11, 2016

Certificate of the II International Seminar on Physical Activity, Sport and Health. Barranquilla -Atlantic November 15, 2016

Certification National Event Women in Sports Leadership. Santiago de Cali, October 18, 2017.

Sports Marketing Certification. Santiago de Cali, October 25, 2017.

Certification I International Congress Theory and Methodology of Sports Training. Medellin, Antioquia, December 16 and 17, 2017

Certification of participation in the I Sports Coaching Symposium. University Institution National School of Sport. May 02, 2018

Certification II International Congress Theory and Methodology of Sports Training. Medellin, Antioquia, August 23 and 24, 2018

Diploma in University Teaching.

Santiago de Cali, Valle del Cauca. 120 lecture hours. August 16 - October 25 / 2018

Certificate of participation in the International Congress of Physical Education and Training Sports. Faculty of Physical Education, Recreation and Sports. Colombian Polytechnic Jaime Isaac. Medellin, September 04 and 05, 2020

Certification of participation in the International Online Seminar on Methodologies, Assessment, Orientation, use and application of new Training technologies. Municipal Institute for Recreation and Sports. Cucuta, Norte de Santander between September 17 and 18, 2020.

Certification of participation in Sport Management. SUMMIT LATAM. September 18, 2020

Certificate of participation in the virtual workshop "moving the pen": Basis for writing of scientific articles. Autonomous Celestin Freinet, Colombian Network Association of Teachers of Physical Education, Recreation and Sports. Cauca, September 28, 2020.

Certificate of participation in the Children's Strength Training seminar. Institute University of Physical Education and Sport. University of Antioquia. October 02 of 2020

Certificate of participation in the workshop of undertaking how to create a company: Bolivar Palechor Consulting. October 03, 2020.

Certificate of participation in the Seminar on Sports Journalism, Communication Technologies Information and communication. The Organization CENTRO CARIBE SPORT. November 10, 11 and 12 of 2020.

Certificate in training "Methodological transfer in differential approach of gender and racial ethnicity". November 10 to 26, 2020.

Certificate of attendance webinar "Inclusive education: a step for a training of quality". The Unit of Education and Pedagogy of the Institution University School National Sports. May 14, 2021.

Certification of attendance at the I International Congress of Talent Selection. Colombia, held in Santiago de Cali, Colombia from August 18 to 20, 2021

Certification in Anti-doping Course 2021. By the Pan American Federation of Weightlifting, the South American Weightlifting Confederation and Weightlifting Sports Club. Held from September 23 to 16 October.

Advanced course: Management of strategic communication and sports journalism. Innopolitica Iberoamerica and Camilo Jose Cela University (Spain). Duration of six weeks, with an hourly intensity of 100 hours. November 10 to December 6, 2021.

Workshop certification in virtual mode of neuromuscular bandage, dictated by: Continuous professional training in process. Made on March 19, 2022.

Course: training day. “implications and scope of the sports coach law (law 2210 to 2022)”.

Certification of attendance Training seminar for women physiological and methodological aspects. University Institute of Physical Education and Sports. May 30, 2024.

Course: Education for all: implementing pedagogical inclusion. Held on. November 5 to 8, 2024. Caribbean University Corporation.

PRESENTATIONS

Speaker at the International Congress: Set of Exercises for the Correction of Technical Errors for the Weightlifting Category of 15 -16 years Male of the EIDE of Villa Clara.

March 28, 2013.

Bayamo-Granma-Cuba.

Speaker at the International Congress: Indicators for the Comprehensive Diagnosis of Technical Preparation of the School Weightlifter. October 24, 2013.

Santa Clara - Cuba.

Speaker at the International Congress: Indicators for Pedagogical Diagnosis - Comprehensive for the School Weightlifter. June 25, 2014.

Santa Clara - Cuba.

Speaker at the International event II Seminar: Weight Planning applied to others Sports.

Barranquilla - Atlantic November 15, 2016.

Lecturer at the Seminar-workshop "THE STRENGTH IN PHYSICAL TRAINING".

Sibundoy - Putumayo 2018.

Speaker at the I Weightlifting Symposium PRAXIS AND ACADEMY A COMMON OBJECTIVE. 'Classification of exercises in Weightlifting" Instituci6n Universitaria National School of Sport. April 13, 2018.

Speaker at the III Symposium of the Dynamic School for Peace Network: Sport as social phenomenon for the construction of peace, at the San Buenaventura University 23 and 24 of May 2018.

Speaker at Training in the Olympic Weightlifting Federation April 04, 2018

Speaker at the Update Seminar. Theoretical and Methodological Aspects of Sports Training and Physical Activity in Fitness Centers. (Models for teaching the technique of Weightlifting) in the Gym Titan's Box. July 28, 2018

Speaker at the International Congress CUBAMOTRICIDAD for a physical culture of peace. "Sport as a social phenomenon for the construction of peace" from October 23 to 26. Convention Palace of Havana, Cuba/ 2018.

Speaker at the III Sports Training Symposium: Training planning of weights applied to other sports. At the San Buenaventura University on 07 and November 8, 2018 in the city of Medellin, Antioquia.

Speaker at the Update Symposium on Physical Education, Sport and Health: Sport as a social phenomenon for the construction of peace. At the University of the Valley in June 21 of 2019 in the city of Cali, Valle.

Workshop Advisor: Sports planning in Olympic weightlifting - (Theoretical - Practical) at Universidad del Valle. July 16, 2019. Cali, Valle.

Organizer of the event: I Symposium on Sports Preparation in Weightlifting Olympic weights. Event held with students from the Institution University School National Sports. November 13, 2019. Cali, Valle.

Organizer and Moderator Ingrid Vallejo. In the VI Weightlifting Update - Unlimited women. Significant experiences. For the Faculty of Sciences of the Education and Sport. At the National Sports School University Institution. March 04, 2020, in the city of Cali, Valle.

Lecturer with the theme entitled: "Olympic Weightlifting Chair" at through the YouTube channel of the Celestin Freinet Autonomous Institute. May 22, 2020.

Speaker at the First (I) International Conference on Research Applied to the Sciences of Physical Activity and Sport. With the theme titled: Identity Recognition of the female Olympic weightlifting coach. In the University Institution National School of Sport. June 05 to 07 of the year 2020. Cali, Valle.

Speaker at the Sports Initiation Conversation. Institution Invitation University National Sports School, June 30, 2020. Cali, Valle.

Peer evaluator at the I Meeting of the Research Seedbeds of the Educar Group 2030. At the National Sports School University Institution. June 12, 2020.

Virtual speaker, with the theme: "Challenges of School Sports Initiation". July 30 of 2020. Organized by the Secretary of Recreation and Sports of Narifio, in the cycle of *Mi Narino* training in "Defense for ours" between May 15 and August 31 of 2020.

Speaker with the topic: Profile of professional training in sport (Olympic Weightlifting) of the National School University Institution of the Sport. South American Coaches Club. No.101077-8 IND. August 22, 2020.

Peer evaluator at the XVII Departmental Meeting of Research Seedbeds REDCOLSI held on October 7, 8, 9 and 10, 2020.

Organizer and Moderator at the First (I) Meeting of Women without Limit invites: "The woman today in the world of Weightlifting" for the Faculty of Education Sciences and the Sport. At the National Spmts School University Institution. October 10 of 2020, in Cali, Valle.

Speaker at I International Conference on Didactics in Sport, disciplinary innovation and training challenges in times of uncertainty. National Pedagogical University. November 18, 19 and 20, 2020. Bogota, Colombia.

Speaker at the "Internal encounter of oral narration: United by the word" carried out in virtual way, with poetry; Ode to the body. University Institution National School of sport. December 4, 2020.

Peer evaluator at the II Meeting of the Research Seedbeds of the Educar Group 2030 at the National Sports School University Institution. December 14 of 2020.

Organizer and speaker of the event I INTERNATIONAL WORKSHOP "Achievements and current challenges of women in the sports context". University Institution National School of Sport. March 22 to 25, 2021.

Organizer and speaker of the event I INTERNATIONAL WORKSHOP "Good practices of the planning in weightlifting. University Institution National School of Sport. April 27, 2021.

Speaker at the forum "Women who inspire: roles and challenges in the UI END". In the institution University National School of Sport. May 8, 2021.

Organizer and speaker of the event I University Forum "Dynamic School for Peace". University Institution National School of Sport. May 19, 2021

Organizer and speaker of th_e event I CONFERENCE "Theoretical Approaches to strength development in women". University Institution National School of Sport. May 22, 2021.

Guiding Teacher of the course: "Basics of sports training". Inside of the development of the sixth semester course "Nutrition and sports training" of the Nutrition and Dietetics program. With a workload of 12 hours for each group oriented. University Institution National School of Sport. April 29, 2021.

Organizer and speaker of the event: II Conference of STRENGTH TRAINING from other sports disciplines. At the National School University Institution of Sport. October 8, 2021

Invited Speaker in the Training Cycle, of the National Championship for Seniors Under 20 and Sub 23, of the Colombian Weightlifting Federation, during the dates 7 and October 8, 2021.

Speaker and assistant at the XIII Latin American Congress of Social Communication. Certification issued on December 09, 2021. Madrid, Spain.

Speaker: Human stories in sports at the Traveling Chair of Sports Journalism. At the Comfacauc University on August 28, 2022. Popayan, Cauca.

Organizer: Workshop on Physical Preparations in Sports at the Santiago de Cali University. On October 10, 2022. Cali, Valle.

Speaker: The physical Preparation of Weightlifting in other sports at the Santiago de Cali University. On October 10, 2022. Cali. Colombia.

Organizer: Conference on Sports planning of Olympic Weightlifting of the National Sports School University Institution, October 2022. Cali, Colombia.

Organizer: Sociological intervention in sports, at the Santiago de Cali University. On march 8, 2023. Cali, Colombia.

Speaker: The workshop on sociological intervention in sports, at the Santiago de Cali University. On march 8, 2023. Cali, Colombia.

Organizer: Workshop on guidelines of sports supplementation and ergogenic aids at the Santiago de Cali University. March 27, 2023. Cali, Colombia.

Organizer: ACTIVA FEST USC Festival at the Santiago de Cali University. On May 15, 2023. Cali, Colombia.

Speakers: Reflections. The effectiveness in the World Weightlifting Championship in Bogota, at the National Sports School University Institution, on May 10, 2023. Cali, Colombia.

Teacher manager of the diploma: Functional training at fitness at the National Sports School University School Institution. From May 4 to June 17, 2023.

Guest speaker: "Sports Training in Weightlifting" Expomotricidad Local, academic event held at the Universidad de Antioquia Regional Urabá, on June 9, 2023.

Organizer: Ergogenic Aids in Sports Workshop, at the Santiago de Cali University. On October 2, 2023. Cali, Colombia.

Organizer: Workshop. Bourdieu's capital in sport. At the Santiago de Cali, University. On October 11, 2023. Cali, Colombia.

Organizer: Student meeting: Approaches and perspective of planning. At the Santiago de Cali University. On October 25, 2023.

Organizer: ACTIVA TU ENERGY. Festival at the Santiago de Cali University. On November 20, 2023. Cali, Colombia.

Organizer: Sports Exploration Festival 2023, at the Yerry Mina Foundation in Guachene, Cauca. On December 3, 2023.

Organizer: International Master Class: Fundamentals and applications of cardiorespiratory performance test. Caribbean University Corporation. April 23, 2024.

Speaker in mirror class: Theoretical practical foundations in body composition. Caribbean University Corporation. April 24, 2024.

Organizer: I International Symposium on Physical Preparation. On -line. Caribbean University Corporation. April 26, 2024.

Organizer: Master Class. Training to be a swimming coach. Caribbean University Corporation. May 10, 2024.

Organizer. Conference. Research in Africa in the field of sport of the development. Caribbean University Corporation. May 15, 2024.

Organizer and workshop leader. Practical workshop on Olympic Weightlifting. Caribbean University Corporation. May 23, 2024.

Organizer. National meeting of professional practical Sports Science and Physical Activity. On -line. Caribbean University Corporation. May 28, 2024.

Guest lecturer for the diploma course: Periodization and planning of sports training. September 27 and 28 of 2024. Sincelejo, Sucre.

Organizer. II International Symposium on Physical Preparation. On -line. Caribbean University Corporation. October 11, 2024.

Guest speaker: III Seminar Workshop Athletics, at training initial ages. Presentation: Olympic Weight training as an auxiliary sport in physical preparation at ages of initiation to athletics. Caribbean University Corporation. October 30, 2024.

Speaker in mirror class: Physical load and load component. Caribbean University Corporation. November 3, 2024.

NATIONAL AND INTERNATIONAL PUBLICATIONS

Indicators for the Comprehensive Diagnosis of the Technical Preparation of School Weightlifters.

Saint Clare. Cuba.

October 25, 2013.

Set of Exercises for the Correction of Technical Errors in the Clean and Jerk from the chestin weightlifters 15-16 years of Villa Clara. Cuba.

May 12, 2013.

Indicators for the Comprehensive Pedagogical Diagnosis in the Technical Preparation of Weightlifters Schoolchildren.

May 2013

Author of the work entitled: "Sport as a social phenomenon for the construction of peace". Published in the memories of the Congress Cubamotricidad 2018, legally registered. ISBN 978-959-203-286-6

Journalistic note: Colombia, peace and sports.

By: Tony Diaz Susavila (susavila@inder.cu)

Newspaper: JJT The Actuality of Cuban Sports.

Wednesday, October 24, 2018 09:17 PM

REPUBLIC OF CUBA

Co-author of the book: Updates in Weightlifting, Praxis and Academia a common goal. chap. I. Weightlifting and its Exercises. ISBN 978-978-97142-9-4. Page 8 -12. Year 2019

Author of the Book: Foundations for School Sports Initiation. Kinesis Publisher 2020.

ISBN: 978-958-5592

Co-author of the article: The conception of preparation prior to learning the classic exercises in the initiation of school weightlifters. *Lúdica Pedagógica Magazine*. ISSN 0121-4128 and ISSN: 2462-845X

Author of the article: Recognition and identity of the female coach in the Olympic weightlifting. *Olympic magazine of the Colombian Olympic Committee*. ISSN No. 2027-2383

Author of the article: Routes of glory "A look at the preparation of Javier Mosquera". *Olympic magazine of the Colombian Olympic Committee*. ISSN No. 2027-2383

Co-author of the document "Self-assessment report for Accreditation of high quality". Presented before the National Council of CNA Accreditation. March 10, 2021.

Author of the article: A story without limits: Juan Esteban Scarpetta. *Columbia Magazine Land of Champions*. ISSN No. 2027-4149

Author of the article: Life stories of Olympic weightlifting coaches in Colombia Bulgarian period (1985 to 2000). Published in the book of minutes of the XIII Congress International of Social Communication with ISBN 978-84-32379-1.

Author of the article: The philosophy: a sports experience in the Olympic weights. *Magazine Olympic of the Colombian Olympic Committee*. ISSN No. 2027-2383.

Author of article. In Memoriam. Gantcho: The greatest legacy of Colombian Weightlifting. Olympic magazine of the Colombian Olympic Committee. ISSN N° 2027- 2383.

Article authorship: Report. Jaiber Manjarres faithful heir of Ney, Ochoa. Diurko and Gantcho. Olympic magazine of the Colombian Olympic Committee. ISSN N° 2027- 2383.

Article authorship: Sports Reserve. “We must be sustainable over time”. Ubaldo Duany. Olympic magazine of the Colombian Olympic Committee. ISSN N° 2027- 2383.

Article authorship. Report. Yenny Alvarez resilience award. Olympic magazine of the Colombian Olympic Committee. ISSN N° 2027- 2383.

Article authorship. Report. From sun up to sun down a dream a built. Olympic magazine of the Colombian Olympic Committee. ISSN N° 2027- 2383.

Article authorship. Reflections. The effectiveness in the World Weightlifting, Championship, Bogota, Colombia. Olympic magazine of the Colombian Olympic Committee. ISSN N° 2027- 2383.

Article authorship. Jonathan Rivas Paris 2024 is my big dream. Olympic magazine of the Colombian Olympic Committee. ISSN N° 2027- 2383.

Article of the article: Success of the system through modeling in the weights. Bogota, Colombia. Olympic magazine of the Colombian Olympic Committee. ISSN N° 2027-2383.

Article of the article: Science. Sports psychology in weight training. Bogota, Colombia. Olympic magazine of the Colombian Olympic Committee. ISSN N° 2027- 2383.

Article of the article: In memoriam.” Alma Lopez: The persistence and freedom of a scientific woman." Bogota, Colombia. Olympic magazine of the Colombian Olympic Committee. ISSN N° 2027- 2383.

Article of the article: The warrior mentality of Yeison Lopez. Bogota, Colombia. Olympic magazine of the Colombian Olympic Committee. ISSN N° 2027- 2383.

Article of the article: Maria Isabel Árboleda: A diamond of Colombian athletics. Bogota, Colombia. Olympic magazine of the Colombian Olympic Committee. ISSN N° 2027-2383.

Article of the article: Karoll López: Weightlifting talent. . Bogota, Colombia. Olympic magazine of the Colombian Olympic Committee. ISSN N° 2027- 2383.

Author: Previous training in the initiation weightlifting from the theory of activity. Motor Action Magazine. Las Palmas de gran Canarias. ISSN: 1989- 2837.

LITERARY PUBLICATIONS

MANDALA Newsletter

Original idea: Ingrid Victoria Vallejo Lucena

Student III semester of the Professional in

Sports Edition N ° 1 October/ 2009 monthly

bulletin.

Edition N° 2 November - December/ 2009 monthly

bulletin. Academic Period 2009 - 02

University Institution National Sports School

University Institution National School of Sport

Poem publication.

Book: Poetic anthology. Silence.

The silence of song. Editorial Litéfilos. ISBN:

9798392215676. Year: 2022.

Publication of the story.

Book: New Latin American story: Emerging

voices of our land Vol.2 Days later. Literary

Factor Editorial. ISBN- 13: 979-8304021647.

Year: 2024

TECHNOLOGY THESIS ADVISOR

The game as a pedagogical strategy for the development of basic motor skills in second and third grade students of the Senon Fabio Villegas - Educational Institution, children's world headquarters *in* the municipality of Villa Rica, Cauca.

Author: Leiman Press Vasquez. 2021

TECHNOLOGY THESIS JURY

Design of a training program for the development of explosive strength in Under 17 players of the basketball team of the Valle del Cauca basketball league.

Author(s): Hayner Fabian Montafio Gamboa, Daniel Arol Perea and Luis Guillermo Moreno. 2018

Program for strength training in higher category Muay Thai fighters belonging to the Club Fight House of the city of Cali. Author: Joann Steven Betancurt Lopez

UNDERGRADUATE THESIS JURY

Design of a training plan to improve maximum strength in athletes

Paralympic weightlifting of the Municipality of Florida, Pres mode -

Banking. Authors: Wesly Joan Trujillo, Andres Villa Sanchez and Juan Jose Bravo. 02 of October 2017

Approach and analysis of the structuring and systematization of tactics and strategy of the Colombian Weightlifting team in the Youth Pan American Games Palmira 2017. Authors: Johan Moreno Sons, Jairo Lopez Medina / 2017.

Design of a training program for explosive strength in lower limbs to improve the speed of movement of the Club's 16-17-year-old soccer players.

Soccer Peace. Author: Julian Andres Villalobos Perea. October 24 / 2018.

Relationship of muscle power between the right and left leg and changes in speed direction. Authors: Juan Manuel Yandun Valencia and Luis Carlos Tangarife Galvez. October 24 / 2018.

Proposal for a muscle strength program to improve activities of daily living daily in older adults. Author(s): Brayan Ivan Lozano Salcedo and Jahn Carlos Carabali R. March 11, 2019.

Methodological design of two resistance training programs: one of high moderate intensity and another of low intensity for the conservation of lean mass while in a caloric deficit. Author(s): Vicente Emilio Bifolco Alonso, Yeison, David palomino and John Michael Mejia Valencia. 2019.

Sixteen week training program for Crossfit division RX based on the ATR planning model. Authors: Andres Mauricio Palomar and Jayson Yanguas. June 21 of 2019.

Correlation between segmental body composition and maximal arm strength in elite category crossfit athletes from the city of Cali. Author: Erick Leonardo Porras Castillo. December 13, 2019.

Basketball to grow in peace: pedagogical strategy for strengthening the social skills in children participating in the processes of the Sidoc foundation in the commune 20 of the Siloe neighborhood of the city of Cali. Author: Karen Mondragon. December 14 of 2020.

Methodological proposal for the development of muscle hypertrophy in people who present ectomorph biotype of the different gyms of the city of Santiago de Cali.

Authors: Cristian

Camilo Dosman Jimenez, Johann Sebastian de la hoz Restrepo and Kevin Fernando Valencia Taba.

UNDERGRADUATE THESIS ADVISOR

Methodological indicators for the development of manifestations of grip strength for advanced-major categories of Brazilian jiu jitsu at the Xtreme center academy of Cali.

Authors: Andres David Castillo Ortiz and John Steven Ortega Saavedra. 2018

Methodological proposal for teaching Olympic weightlifting techniques based on the playful in the sports initiation stage in the valley league.

Author Angelica Yulieth Mendoza Vargas. 2018

Methodological proposal for training with the Olympic lifting and jerk technique weights to improve the clean of stunt coed in Cheerleading level 4 open coed from the Pacific Cheer All Stars club in the city of Cali.

Authors: Diana Carolina Valencia and Carlos Alfredo Urbano. 2019.

Influence of the female Olympic Weightlifting coach since 1999 until 2016 in Valle del Cauca. Authors: Natalia Trivino and Camila Zuniga. June 2012 of 2020.

Historical Reconstruction of the Olympic Weightlifting from the Actors in Colombia from 1985 to 2000. Authors: Yolian Rodriguez and Carlos Rendon. 2020.

Analysis of the teaching practices used by the basketball coaches at children's category of the CRP club in Cali in pandemic time because of Covid-19.

Author: Joseph Daniel Quinones. 2021

THESIS ADVISOR SPECIALIZATION

Overload training plan in sand volleyball athletes in the period precompetitive: behavior power - speed and strength - speed.

Author: Jairo Andres Vargas Gonzalez. 2018

WORK EXPERIENCE

Full – time professor of Caribbean University Corporation. February to December. 2024.

University Professor of the National Sports School University Institution. 2017 - December 02 to 16, 2021.

Professor with the Autonomous University Corporation of Cauca. April 4 until June 04, 2021

Professor at the Autonomous University of the Caribbean. Since August 2016 - July 2017

Coach of the Olympic Weightlifting League since February 2016 until December of the same year.

Physical Trainer at LOBOS Taekwondo Academy. Robert Benavidez, 2015

Swimming Instructor with the training school of the LIGA VALLECAUCANA DE NATACION.

2009-2012 and 2015

Teaching Assistant of the Weightlifting class. Santa Clara, Cuba. 2014

Practices as Assistant coach for School Men categories 15 - 16 years old.

Santa Clara, Cuba. 2013 - 2014

Extracurricular program with the SANTA DOROTEA School, Basketball and swimming.

2010

PERSONAL REFERENCES

Name: **Yadid Paternina**

Occupation: Dean of the Faculty of Education and Humanities

Cell: 3105086420

Name: **Pabla Bermudez**

Occupation: Research professor at the National Pedagogical University

Cell: 3213454433

Name: **Jorge Manrique**

Occupation: Director of the Sports Journalism specialization program at the
University Institution National School of Sport.

Cell: 3112000633

Name: **German Izasa**

Occupation: Leader of the EDUCAR 2030 research group of the University Institution
National School of Sport.

Cell:3104388565