

MARIA CAROLINA GONZALEZ - PROFESSIONAL PROFILE

I am a Senior Instructor in Personal Training and Strength Training, with a specialization in Stretching and Sports Nutrition. I complement my education with additional courses in Herbal Phytotherapy, Aromatherapy, and Bach Flower Therapy, which allow me to offer a comprehensive approach to physical and mental well-being. My expertise covers both physical training and nutrition, as well as complementary therapies.

I also have a solid academic background in Biological Sciences, holding both a Bachelor's degree and a University Teaching Degree in Biology, obtained from the University of Buenos Aires. Additionally, I have completed a Specialization in Technology and Innovation Management at the National University of Tres de Febrero.

ACADEMIC BACKGROUND in Sports training

- Senior Degree in Personal Training and Strength Training - CADEF (2024)
- Specialization in Stretching and Sports Nutrition - CADEF (2024)
- Instructor Degree in Personal Training and Strength Training - CADEF (2023)

LANGUAGES

- English – Advanced Level. LINGUA Language Center, University of Tres de Febrero (2024)
- English - Scientific English. Scientific English Institute, Victoria Eusevi PhD (2019);
- English - Technical Level, University of Buenos Aires, Department of Languages (2017)
- Norwegian (Bokmål) – Basic Level. Swedish-Argentine Institute (ISA) (2018/19)

ADDITIONAL - Postgraduate Degree in Sciences

- Specialization in Technology and Innovation Management - University of Tres de Febrero. Final project topic: *Development of a management tool to systematize strategies linking operational areas and the research center of a water purification Company* (2023)

ADDITIONAL - Undergraduate Degrees in Sciences

- University Teaching Degree in Biology (Secondary and Higher Education) - University of Buenos Aires (2015)
- Bachelor's Degree in Biological Sciences - University of Buenos Aires (2011)

PROFESSIONAL EXPERIENCE IN Sports Training

Club Gimnasia y Esgrima (GEBA) - (July 2024)

- Stretching Instructor
- Aerobics Classes
- Flexibility and Localized Training for Seniors

LAMAT Training Group – (2023 – Present)

- Personalized training for small groups
- Strength Training, Functional Training, and Body Recomposition Programs
- Design of training programs, meal plans and sports supplementation advice



CONTACTO



Blanco Encalada 3750, 1C (1430) Ciudad de Buenos Aires, Argentina



+54 9 1156674594



carogonzalez791@gmail.com