

CURRICULUM VITAE

PERSONAL INFORMATION

- JOSE GABRIEL LAS HERAS
- ALPATAUCA 226
- BORN IN SEPTEMBER 12, 1986
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ACADEMIC TRAINING

- PHYSICAL EDUCATION TEACHER (I.S.E.F Catamarca) - 2011
- DEGREE IN KINESIOLOGY AND PHYSIOTHERAPY (Juan A.Maza University) - 2019

FURTHER TRAINING

- Assistant in admission course in gymnastics and athletics. Year 2006.
- Assistant in admission course in athletics and physical preparation. Year 2007.
- Assistant to the National Gymnastics Congress with 45 hours. Chair and final evaluation (R.M.C.E.C. and T. nº 2906/07). October 10-12, 2007.
- Assistant of "Initiation Athletics Course-Workshop", 8 hours. Chair. April 18, 2008.
- Training Course Assistant "Volleyball; from initiation to performance. November 20-22, 2008.
- Evaluator assistant in entry course. year
- 2009.
- "Update on swimming techniques and swimming methodologies". April 3-4, 2009.
- "Current perspectives of sports training. Cuban success" lectured by the Master Fernando Daniel Zerquera Mayor (Cuba) in the province of Salta. September 18-20, 2009.
- October 2009; III National Congress of Physical Education and Quality of Life.
- Assistant as TECHNICIAN in the national games "Evita 2009".
- Instructor in personalized training dictated by ISAFyD year 2009.
- Level I Provincial Volleyball Technician, dictated by the Argentine Volleyball Federation.
- Degree in Kinesiology and Physiotherapy 05/03/2019
- Diploma in physical agents applied in rehabilitation (U.Nac, Northeast – 2020)

- Postgraduate in Advanced and Sports Dry Needling or (Argentine Association of Kinesiology; 06/12/2020)
- Functional Assessments in Rehabilitation and Sports Rehabilitation (ACSM; 02/16/2022)
- Training In Myofascial Anchorage (NYBAA; 13/11/2022)

WORK EXPERIENCE

- Gymnastics School "Israeli Society" Catamarca in the year 2009-2010.
- Collaborator in the "athletics workshop" of the Pia Didomenico school.
- Professor of Physical Education at the Pía Didoméxico Private School (2012-2014).

NOW

- ✓ ☐ Kinesiologist at the Department of Sports of Catamarca
- ✓ ☐ Kinesiologist in Private Office