



# Jonathan Ortiz Lizarazo

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## PROFESSIONAL PROFILE

Graduate in Physical Education, Recreation and Sports, with 6 years of experience in the design and execution of sports training sessions, personalized gym training, design of classes in the area of physical education for students in preschool, primary and high school, management of pre-childhood groups, children, pre-youth and youth focused on soccer, preparation and presentation for sports competitions and tournaments.

Work skills of planning, organization, creativity, leadership, assertive communication, verbal fluency.

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## FORMAL EDUCATION

### DEGREE IN PHYSICAL EDUCATION, RECREATION AND SPORTS

CORPORACION UNIVERSITARIA MINUTO DE DIOS- UNIMINUTO

07/11/2019

### DIPLOMA IN UNIVERSITY TEACHING: CURRICULUM AND EVALUATION

CORPORACIÓN UNIVERSITARIA MINUTO DE DIOS- UNIMINUTO

07/11/2019

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## COMPLEMENTARY STUDIES

### SPORTS LEGISLATION COURSE

CENTRO DE FORMACIÓN EN ACTIVIDAD FÍSICA Y CULTURA (SENA)

19/11/2019

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**COURSE FUNDAMENTALS OF SPORTS ADMINISTRATION**

INSTITUTO DISTRITAL DE RECREACIÓN Y DEPORTE (IDRD)

09/09/2019

**DYSLEXIA COURSE IN THE CLASSROOM**

MINISTERIO DE EDUCACION Y CULTURA DE URUGUAY JUNTO CON  
FUNDACION TELEFONICA

01/08/2019

**DIFFICULTIES IN LEARNING (TDAH)(TEL)(TANV)**

MINISTERIO DE EDUCACION Y CULTURA DE URUGUAY JUNTO CON  
FUNDACION TELEFONICA

01/08/2019

**PRIMARY CARE COURSE FOR ATHLETES – BASIC LEVEL**

INSTITUTO DISTRITAL DE RECREACIÓN Y DEPORTE (IDRD)

09/05/2019

**NATIONAL CONGRESS OF PHYSICAL EDUCATION**

CORPORACIÓN UNIVERSITARIA MINUTO DE DIOS- UNIMINUTO

20/10/2017

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**LANGUAGES**

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Intermediate English -B1

Italian (-Basic-) UNIVERSIDAD DISTRITAL FRANCISCO JOSÉ DE CALDAS

French (-Basic-) UNIVERSIDAD DISTRITAL FRANCISCO JOSÉ DE CALDAS

German (-Basic-) UNIVERSIDAD DISTRITAL FRANCISCO JOSÉ DE  
CALDAS

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## **WORK EXPERIENCE**

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### **DRACARYS GYM**

Position: Plant trainer

Date of admission: 25/11/2022

Retirement date: Currently working there

Functions: Design and execution of personalized training, basic nutrition classes, accompaniment to users in training processes, correct use of machines, different techniques and postures on assisted or free machines, maintaining gym machinery and objects in correct order, assignment of exercises according to any type of injury or physical condition, user assessment through measurement processes, skin folds, perimeters.

### **COLEGIO CATOLICO DE LA SABANA**

Position: Physical Education Teacher

Date of admission: 28/01/2022

Retirement date: 08/02/2022

Functions: Design and execution of classes for preschool, primary and high school in the area of physical education, development of classes for first grade in the area of computer science, accompaniment in academic spaces, course direction for first and third grade, accompaniment at sporting events .

### **MAOS GYM**

Position: Plant Trainer

Date of admission: 09-03-2020

Retirement date: 30-04-2021

Functions: Design and execution of personalized training, basic nutrition classes, accompaniment to users in training processes, correct use of machines, different techniques and postures on assisted or free machines.

### **LICEO SAN RAFAEL DE ALICANTE**

Position: Practicing Physical Education teacher

Date of admission: 04/02/2018

Retirement date: 30/11/2018

Functions: Design and execution of classes for preschool, primary and high school in the institution, project development, conditional physical abilities, development of aerobic resistance in preschool, primary and high school students, refereeing of all sports championships held at the institution

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**COACHING FC**

Position: Sports trainer

Date of admission: 01/04/2017

Retirement date: 31/03/2022

Functions: Design and execution of training, classes, physical, technical and tactical preparation for all categories of the institution in soccer, presentation in sports competitions and tournaments.

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**REFERENCES AND CERTIFICATIONS AT THE  
COMPANY'S REQUEST**

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