

# MATEO YEPES

ENTRENADOR



Date Of Birth 22 septiembre,2000  
Nationality Colombiana

## CONTACT DETAILS

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## CARRERA

Promote health and quality of life through physical exercise, thereby preventing chronic non-communicable diseases. This also fosters adherence to exercise tailored to each user's interests and preferences.

## EXPERIENCIA

### ENTRENADOR

- ✓ Physiotherapy intern in the Department of Sports Medicine at the Autonomous University of Baja California (2022 - 2023) 
- ✓ Artistic gymnastics coach, children's category (Mexico Institute of Baja California, 2023-1) 
- ✓ 2022 Coach of the 2012 swimming category. (Social Center for National Police Officers and Patrolmen) 
- ✓ 2021 Assistant Coach of the Bogotá Swimming League (Bogotá Swimming League) 







## CERTIFICACIONES

- ✓ Certificate in physical activity for health (COLEF Colombia). 
- ✓ Certificate in Recreation and Leisure (RUFROC). 
- ✓ Certificate in Physical Preparation and Planning in Football (Aulafacil) 
- ✓ Certified Adaptive Sports Coach (NFHS) 
- ✓ Certified in Injury Prevention and Treatment (NFHS) 

## EDUCACIÓN

- 2018 - 2022  Professional in physical culture, sports and recreation (Santo Tomas)
- 2022 - 2023  Bachelor of Sports (Autonomous University of Baja California)

## HABILIDADES

- Hypertrophy training  10/10
- High intensity training  10/10
- functional training  10/10
- bio-adaptation to training  10/10
- Calisthenics (body weight training)  10/10
- Treatment and prevention of injuries  10/10

## LANGUAGES

English

B1