

JAIME ANDRES CIFUENTES BARRETO

FITNESS INSTRUCTOR/PERSONAL TRAINER

CONTACTS



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LINKS



LinkedIn

https://www.linkedin.com/in/jaime-cifuentes-14063727a?utm_source=share&utm_cam...

instagram

<https://www.instagram.com/jacifuentess/profilecard/?igsh=MXdrNjd3bXpreHI2Zw%3D%...>

SKILLS



Strength and Conditioning Training



Talent Scouting



FITNESS COACH



TRAINING PROGRAM DESIGN



COMMUNICATION SKILLS



MOTIVATION AND SUPPORT



INJURY PREVENTION AND
REHABILITATION KNOWLEDGE



LANGUAGES



SPANISH

ENGLISH

HOBBIES



- BASKETBALL TREKKING SINGING
KICK BOXING MUSIC
PHOTOGRAPHY

ABOUT ME



I am a fervent Personal Trainer, deeply committed to guiding clients towards their wellness objectives within a dynamic and encouraging atmosphere. My extensive background encompasses individualized fitness regimens and team sports coaching, ensuring a comprehensive approach to health and fitness. My proficiency in creating tailored training plans, coupled with a profound knowledge of anatomy and physiology, equips me to adeptly handle injury prevention and rehabilitation. My experience in team sports provides me with a distinctive insight into group fitness, allowing me to deliver both effective and enjoyable workout sessions. My adeptness in communication, motivation, and adaptability enables me to forge strong connections with clients, offering the essential support for their triumphs. Additionally, I am proficient in integrating recreational activities into fitness programs, advocating for a holistic approach to health that fosters overall well-being and life balance.

WORK EXPERIENCE



2018

PRESENT

PERSONAL TRAINER

ONE MORE FIT COLOMBIA | FUSAGASUGA

- Founded One More Fit Colombia in 2018, specializing in custom-tailored fitness and sports training programs for clients pursuing improved well-being and athletic conditioning.
- Proficient in designing personalized exercise plans targeting weight reduction, muscle building, and enhanced sports performance, reinforced by ongoing motivational encouragement.
- Advocate a comprehensive training ethos, merging technical proficiency with a dedication to nurturing overall physical, psychological, and emotional wellness.
- Pioneered a virtual coaching methodology, adapting to evolving client needs over time.

MAY 2023

SEP 2024

LEAD LOGISTICS COORDINATOR

SCHOOL FUN RUN AU | BRISBANE AUSTRALIA

- Spearheaded event logistics for School Fun Run, ensuring seamless setup and execution of high-energy events akin to Color Run.
- Coordinated equipment, signage, and safety protocols to create an optimal event environment.
- Managed recreational activity stations, fostering smooth operations and an enjoyable participant experience.
- Directed volunteer efforts and participant flow, adeptly handling unforeseen challenges.
- Oversaw engaging recreational activities, promoting fitness, community engagement, and enjoyment for all attendees.

MAR 2020

JAN 2023

FITNESS INSTRUCTOR

START GYM | FUSAGASUGA COL

- Spearheaded personalized fitness journeys for Start Fitness members by crafting individualized workout plans and leading dynamic group training sessions.
- Conducted comprehensive fitness assessments to tailor exercise programs, ensuring alignment with members' health and fitness objectives.
- Delivered continuous motivation and constructive feedback, driving members towards their fitness milestones.
- Instructed proper gym equipment usage, emphasizing safety and correct form to prevent injuries and maximize workout efficiency.
- Energized participants by conducting high-spirited group fitness classes, fostering a community of health and wellness.
- Maintained vigilant oversight of gym floor activities, upholding equipment cleanliness and a secure environment for an optimal member experience.
- Contributed to members' success in weight loss, strength gain, and overall health enhancement by nurturing a supportive and encouraging fitness atmosphere.

2019

2022

BASKETBALL COACH

SIEMPRE FUERTES | FUSAGASUGA

- Spearheaded holistic development programs for 7-12-year-old athletes at Siempre Fuertes Basketball School, focusing on physical and social growth.
- Crafted and executed basketball drills enhancing core skills: dribbling, shooting, passing, and collaborative teamwork.
- Customized training regimens to bolster young athletes' performance, underscoring teamwork, discipline, and communication.
- Integrated recreational activities to maintain high engagement levels, ensuring a fun learning experience.
- Cultivated a positive, inclusive atmosphere to boost confidence, physical fitness, and peer-to-peer social bonds.

2018

2019

BASKETBALL COACH

KOYOTES BASKETBALL CLUB | BOGOTA COL

- Spearheaded youth basketball skill enhancement at Koyotes Basketball Club for ages 10-15, focusing on teamwork, discipline, and personal development.
- Implemented comprehensive training programs targeting ball handling, shooting precision, defensive strategies, and situational awareness.
- Customized coaching approaches to meet individual athlete needs, balancing technical prowess with peak physical conditioning.
- Cultivated core values of resilience, leadership, and effective communication, extending beyond the court into life skills.
- Fostered a dynamic, supportive atmosphere, driving players to exceed their potential and promoting a cohesive team spirit.

2015

2017

BASKETBALL COACH

COOMSERVI | BOGOTA COL

- Spearheaded technical skill development and teamwork cultivation at Coomservi Basketball Club, enhancing young athletes' performance in a nurturing environment.
- Implemented comprehensive training in basketball fundamentals, including ball handling, shooting, and strategic gameplay, while promoting physical and mental toughness.
- Tailored training sessions to meet the unique progression of each player, from novices to advanced athletes, ensuring personalized growth trajectories.
- Instilled core values of sportsmanship, effective communication, and team collaboration, reinforcing respect and discipline within the sport.
- Fostered a positive and energetic atmosphere, contributing to the holistic growth of players in their social and emotional capacities through basketball.

EDUCATION



2019

ASSOCIATE OF SCIENCE

UNIVERSIDAD DE CUNDINAMARCA | SOACHA

- Associate of Science in Sports and Physical Education
- Focus on Training, Sports, and Coaching across Diverse Populations
- Excelled in training, coaching, and physical education subjects
- Proven expertise in enhancing athletic performance and well-being
- Elite coach & trainer from AS Sports Ed.
- Diverse pop. training & coaching ace

2024

MASTER'S DEGREE

UNIVERSIDAD DE CUNDINAMARCA | FUSAGASUGA COL

- Pursuing a Master's in Education, specializing in Pedagogy.
- Engaged in advanced coursework and research to enhance expertise.
- Acquired practical experience in educational environments.
- Awaiting graduation after completing all requisite coursework.

2023

SOME COLLEGE (NO DEGREE)

ALBRIGHT INSTITUTE | BRISBANE AUSTRALIA

- Enhanced language skills in diverse environments through English coursework.
- Enhanced language skills for diverse environments
- Engaged in impactful English communication training
- Excelled in practical and theoretical language studies

COURSES



MAY 2022

APPLICATION OF KINESIOLOGY BANDS

MAY 2020

KETOGENIC DIET COURSE