

PABLO A. SOTOMAYOR

Physical Education
Teacher

Weightlifting Coach
Lifeguard

Fitness Instructor

PROFILE

Many years of expertise in the physical training field, focused in the continuous learning and a responsible work etc.

I see myself like a passionate trainer with the ability to convey it to my students to motivate them, paying special attention to their different abilities and progress rates. I seek professional and personal growth, as well as the development of healthy lifestyle.

CONTACT

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EXPERTICE

Weightlifting Coach

2019 - PRESENT

Integral Training Center "PAIDOTRIBES"

Tasks:

- Teaching Weightlifting exercises and their derivatives
- Planning
- Administration
- Payment
- Computer system management

Fitness Instructor

2023 - PRESENT

"MASAI" Fitness

Tasks:

- Teaching Weightlifting exercises and their derivatives
- Gym machines room
- Planning

Physical Trainer

2018

Aerial acrobatics "TESLA"

Tasks:

- Planning
- Strenght training focused on bodyweight training (Calisthenics)

APTITUDES

- Team work
- Planning
- Leadership
- Pedagogical vocation
- Conflict resolution
- Ongoing learning

EDUCATION

Physical Education Teacher

2018 - 2021

Physical Education Institute 27° "Profesor Cesar Vázquez"

OTHERS

2023

Lifeguard professional training course

2023

Exercise phyology and training applied to the gym course

2017

Professional training course: Fitness

2016

Professional training course: Physical Trainer

2016

Weightlifting derivatives and significance of the strength training

2003 - 2009

National constructor technician

1998 - 2011

Boy Scout