



ANDREIA PINHEIRO LIMA

Physical Education Professional

BRAZILIAN

PROFESSIONAL PROFILE

Professional specialized in the area of health and well-being, including training and physical conditioning for seniors, gymnastics and dance classes. I have motivation and desire to learn.

ACTIVITIES

- Advanced English - San Diego Continuing Education.
- Intermediate Excel.

CONTACT ME:

Telephone: + 55 41 99976-8543

E-mail: andreialima.bass@gmail.com

LinkedIn: <https://www.linkedin.com/in/andreia-lima-220276103/>

PROFESSIONAL SKILLS

- Advanced English developed through cultural exchange.
- Quick adaptation, planning, organization and execution of tasks.
- Ability to work in a fast-paced environment, strong interpersonal skills, and ease of working in a team.

ACADEMIC BACKGROUND

Centro Universitário OPET

Bachelor in Physical Education, 2024

Pontifícia Universidade Católica do Paraná - PUC/PR

Technology in Human Resources Management , 2014

PROFESSIONAL CAREER

Thalia Society - Naréu Studio

Fitness Instructor | December 2024 - Until the present moment.

- Responsible for taking initial anamnesis of clients;
- Develop and implement exercise plans adapted to clients needs and objectives;
- Responsible for guiding and correcting the correct way to perform physical exercises;
- Monitor progress and adjust clients exercise plans;
- Responsible for stretching classes and strengthening circuits classes for seniors.

Social Service of Commerce - SESC Regional-PR

Physical Education Intern | September 2021 - October 2023

- Assistance in carrying out studies and developing work practice in the area of Physical Education; assistance in issuing technical opinions and reports; assistance in the development of expansion and innovation projects in physical and leisure activities; assistance with sporting and recreational events.
- Assistance in workplace gymnastics classes, guiding and answering questions regarding the exercises.
- Assistance at the gym with fitness and wellness classes for seniors; assistance with rhythm, core and strengthening classes; assistance in the gym, answering questions regarding the exercises, and support in setting up training sessions.
- Assistance in Pilates classes with equipment, such as physical conditioning, flexibility and injury prevention.
- Assistance with recreation activities.

RMC Physical Physical Conditioning LTDA - MC

Physical Education Intern | June 2021- September 2021

- Assistance to instructors during functional training, control of participation in the classroom; assistance in carrying out physical assessments; assistance to students through stretching at the end of the exercises, and resolving possible doubts when performing the exercises.

