

Livia de Souza Oliveira

CREF (Regional Council of Physical Education): 088401-G/SP

Brazilian, Single, 36 years old

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PURPOSE

Physical Education Teacher / Personal Trainer

EDUCATION

- (2007/2010) Physical Education – Bachelor Degree with Major in Health – Universidade Federal de São Paulo (Federal University of São Paulo) (UNIFESP) – Baixada Santista Campus – Santos
- (2012) Physical Education – Teaching Degree – Universidade Paulista (University of the State of São Paulo) (UNIP) – Campinas
- (2012/2013) Postgraduate in Physical Exercise Applied to Cardio Rehabilitation and Special Groups – Universidade Gama Filho (Gama Filho University)
- (2014/2015) *Lato Sensu* Postgraduate in Higher Education Teaching – Universidade Barão de Mauá (Barão de Mauá University)

PROFESSIONAL EXPERIENCE

- **[Oct/19 – current] – Alphaville Campinas Clube**
Position: Muscle Strengthening Instructor / Spinning; Functional Training; Personal Trainer
- **[Feb/16 – Oct/17] – Academia Condomínio Luzern (Swiss Park – Campinas)**
Position: Muscle Strengthening Instructor / Personal Trainer
- **[Aug/14 – Feb/16] – Curves Academia – Taquaral, Campinas**
Position: Muscle Strengthening Instructor; Functional Training; Mat-Pilates; Stretching; Zumba
- **[August/12 – August/14] – Clube Círculo Militar de Campinas**
Position: Muscle Strengthening Instructor, Fitness and Pilates. Artistic Gymnastics Instructor (children/teenage)
- **[Feb/12 – July/12] – Colégio Dóctus – Campinas**
Position: Intern of Physical Education (Primary and Secondary School)
- **[Feb/12 – May/12] – Academia Tríade – Campinas**
Position: Swimming (children/adults) and Water Aerobics Teacher
- **[Mar/10 – Dec/12] – Academia Attività – Santos**
Position: Intern - Muscle Strengthening and Fitness Instructor
- **[Aug/09 – Dec/09] – Academia Aquasport – Santos**
Position: Intern – Swimming (children/adults) and Water Aerobics Teacher

COURSES

- Course I: I International Symposium of Scientific Advances in Strength Training (CEFISA – 8 hours)
- Course: Biomechanics of Muscle Strengthening (III Edition of FAH Fitness – 2015 – 4 hours)
- Course: Running (III Edition of FAH Fitness – 2015 – 4 hours)
- Course: Functional Training (2nd Congress Homoestase – 2015 – 8 hours)
- Course: Zumba (Fitness Brazil – 2013 – 08 hours)
- Course: Pilates – Appliances, Solo and Ball (Espaço Vida Pilates – 2011 – 120 hours)
- Course: Physiology of Physical Exercise (2010 – 08 hours)
- Course: MET – Functional Training & Core (Fitness Brazil – 2010 – 04 hours)
- Course: Muscle Strengthening (2009 – 12 hours)

ADDITIONAL INFORMATION

Exchange visit – English course, ISS Language College: Vancouver, Canada (February – August, 2011)

Exchange visit – English course, Language Links. Perth, Australia (November 2017 – November, 2018)