



JOSÉ MARÍA CUEVAS CHÁVEZ

BACHELOR'S DEGREE IN PHYSICAL CULTURE
AND SPORTS/ OCEAN LIFEGUARD

PROFESSIONAL EXPERIENCE

Personal Trainer

Be Stronger Human Performance | January 2023- July 2023

- Provide proper instructions on the exercise techniques performed by clients at the training center.
- Lead the morning CrossFit class for a group.
- Correct and provide personalized support to clients during their exercise routines, explaining the proper technique.

Lifeguard

Grand Palladium Vallarta, All inclusive Hotel| July 2022- January 2023

- Prevention of accidents at the beach and pools areas, acting quickly to do preventions and rescues.

Fitness TRX instructor for small groups Suspensifit TRX| January 2022- July 2023

- Creation, planning, and execution of a functional training class program with TRX suspension ropes.

Lifeguard

Guadalajara Country Club | October 2020 - January 2022

- Prevention of accidents at the pools areas, acting quickly to do preventions and rescues.

Swim instructor

Dione Aquatics Pool| July 2019 - November 2019

- Creation of swimming instruction programs
- Monitoring of training sessions and adaptation of swimming exercises to achieve goals
- Personalized instruction for preschool students.

Physical education professor

Elementary school Tomás Escobedo| August 2018- February 2019

- "Planning of physical education sessions at the elementary level in 6th grade. Control and evaluation of class sessions for students."

ACADEMIC HISTORY

University of Guadalajara

- Bachelor Degree in Physical Culture and Sports. | January 2017 - October 2021

Certification as a ocean's lifeguard by GEDISA

- Certified as a ocean lifeguard by the organization GEDISA A. C. | 2 0 2 1

PROFILE

I have a bachelor's degree in Physical Culture and Sports . I am someone who is really passionate about exercise and physical activity. My focus area is the personal training and the swimming training. Also i am a certified ocean lifeguard.

I have knowledge in strength training, small group personal training classes, swim instruction, first aid, aquatic rescue, and spanish is my mother tongue.

Mexican Professional ID:
14458379

OUTSTANDING SKILLS

- English B2
- Spanish-Native
- First aid knowledge
- Communication skills.
- Teamwork
- Proactive

CONTACT INFORMATION

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