

Sammy Andrés Garrido Campusano

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Age: 34 years old.

Date of Birth: September 1, 1990

Nationality: Chilean

Marital Status: Single

ID: 17.767.096-0

Professional Summary

- Physical Education Teacher, Sports, and Recreation for Primary and Secondary Education.
- Master's in Sports Training

Higher Education

2010 – 2015: Universidad Mayor.

- Bachelor's Degree in Physical Education, Sports, and Recreation.

Title: Physical Education Teacher.

2015 – 2017: Universidad Mayor.

- Master's in Sports Training

Title: Master's Degree in Sports Training.

Professional Experience

2014: Sportscience

- Personal Trainer (Home-based).

2014: The Greenland School

- Teacher in Primary and Secondary Education.

2016 – 2017: Academia Azul, Universidad de Chile

- Football Academy Teacher.

2016 – 2017: Escuela Finlandia

- Teacher of Athletics and Basketball Workshops.

2017 – 2020: Smart Fit

- Staff Teacher in charge of the weight room and exercise prescription.

2020 – Present: Freelance

- Physical Activity Instructor performing functions as a Personal Trainer for in-person sessions at home and occasionally remotely.

Skills.

I have skills in exercise prescription and designing personalized training plans. My experience includes managing groups and classes in various settings. I possess strong leadership, teamwork, and customer service abilities, adapting to both in-person and remote training. Additionally, I have a solid background in sports training, which allows me to optimize the physical performance of my clients and students. I am flexible and capable of working both independently and within sports institutions.

Santiago, 2024