



CAROLA PAPALE

PHYSICAL EDUCATION TEACHER -
FITNESS INSTRUCTOR

PROFILE

I seek to progress both professionally and personally through new challenges that enrich me. Perseverance, resilience, responsibility, and teamwork are the qualities that I most identify with.

PERSONAL INFORMATION:

AGE: 25

ADDRESS: Lisandro de la Torre 295, Liniers;
Ciudad Autónoma Buenos Aires- Argentina.

CONTACT:

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EDUCATION

"LA MATANZA" NATIONAL UNIVERSITY

Degree in Physical Education - Graduated
in July 2022

Bachelor's Degree in Physical Education - In
progress

Other certifications

Cardiopulmonary Resuscitation (CPR) Course -
UTEDYC (October 2023)

High School Studies

"Nuestra Señora de Las Nieves" institute

Bachelor orientation in Public Relations (2012-2016)

WORK EXPERIENCE

Personal training-

Individualized training plans (Mar 2024-Present)

Sport Club- Fitness Center

Supervisor and teacher of the gym (Aug 2023-Nov
2024)

Functional and crossfit instructor (Oct 2023-Nov
2024)

"Fusión Studio"- Gymnasium

Hiit (High Intensity Interval Training) and Wod
Performance classes (Aug 2022-Sep 2023)

"Leonardo Da Vinci"- High School

Tutor (Mar-Jul 2023)

"Nuestra Señora de Las Nieves"- High School

Bilingual tutor substitution (Apr-Dic 2022)

Summer recreative activities:

"Club de Amigos"- Teacher and coordinator (Jan
2021/2022/2023)

HABILITIES

- Microsoft Office: Word, Power Point, Excel, Outlook.
- Social media: Instagram, Twitter, WhatsApp, Gmail, Facebook, LinkedIn.

OTHER ACTIVITIES

- Amateur handball player-
Liga de Honor Oro- Club
Atletico Velez Sarsfield

LANGUAGES

Español: Native.

Inglés: intermediate-advanced