

# Ortiz, Mariana Cecilia

*Physical Education Teacher*

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## Education

-Degree in Physical Education (UNT)

- Advanced student of the Bachelor's Degree in Physical Education (UNT)

## Professional profile

With over 5 years of dedicated experience as a Physical Education Teacher, I have honed my skills in diverse educational settings, working with individuals of varying age groups. Throughout my career, I have cultivated a deep passion for promoting fitness and healthcare, which has been instrumental in my professional growth. Over the years, I have actively pursued opportunities to expand my expertise in these areas, equipping myself with the necessary tools and knowledge to excel in my current roles. My journey has been marked by a commitment to responsibility and a relentless pursuit of personal and professional development, allowing me to effectively contribute to the well-being and growth of my students and clients.

## Courses and certificates

-Assistant in the course “Cardiopulmonary Resuscitation (CPR), use of Defibrillator and Clearing Maneuvers” of the Red Cross. (2023)

-Assistant at the International Physical Education Congress organized by the International Federation of Physical Education. (2019)

-Assistant at “IV National Congress of Physical Training, Health and Fitness.” (2017)

-Assistant at “Promoting health as a current necessity Seminare”. (2017)

- Fitness instructor (spinning, aerobics, aerobox, gap, body training, step, baile, jumping) (2016)
- Approved "Personal Trainer" course. (2014)

## **Work experience**

- In the current exercise as Fitness Instructor at Barrio Sur Gym.
- In the current exercise as Receptionist of the Barrio Sur Gym
- In the current exercise as "Personal Trainer" with a group of 15 people of different ages.
- In the current exercise as teacher at the Artistic Gymnastics School of the Spanish Society Club.
- Constant replacements in fitness classes: functional training and body training at Barrio Sur Gym.
- 2 years as Sports Manager of the Jockey Gym Barrio Sur gym. (2023)
- Internship carried out at the Government House of the Province of Tucumán under the "Healthy Pause" program. (2015)

## **Languages**

- English, intermediate level.

## **Personal qualities**

- Responsibility in the exercise of the corresponding position and in the assigned functions.
- Punctuality.
- Enthusiasm for achieving good performance in the position.
- Sympathy and cordiality in treatment and communication.
- Predisposition to learn complementary tasks.
- Group management skills.
- Conditions to maintain physical, emotional and mental state for long working hours.