

ALEXA ISABEL PAUL FUENMAYOR



Degree in Physical Education, Sports and Recreation

CrossFit Coach Level 1

English level: B2

Spanish level: Native

PERSONAL INFORMATION

Date of birth: 09/29/1993

Nationality: Venezuelan – More than 7 years living in **Colombia**.

Passport: 166076927

Phone number: +573006201997

Email: Alexapaul29@gmail.com

Marital status: Single

Age: 31 years old

City: Cali, Valle del Cauca.

Address: Cra 35 #13 a - 53 El Dorado Neighborhood.

EDUCATION

- **2011-2015.** Degree in Physical Education, Sports and Recreation. Universidad del Zulia. Venezuela.
- **2005-2010.** Bachelor. U.E "Andrés Bello". Cabimas-Edo. Zulia. Venezuela.

WORK EXPERIENCE

- **December 2024 - So far** - Customer service representative at Task Us. (Cali, Colombia)
 - **January 2023 - November 2024.** CrossFit Coach at Marines Box (Cali, Valle del Cauca. Colombia)
 - **January 2023 - October 2023.** CrossFit Coach at Katana Box (Cali, Valle del Cauca. Colombia).
 - **August 2022 – December 2022.** CrossFit Coach at Comandos Fit (Acacías, Meta. Colombia).
 - **June 2022 – November 2022.** Personal Trainer at Dark Gym (Acacías, Meta. Colombia).
 - **June 2018 – June 2022.** Coach Crossfit at Saints Horde (Acacías, Meta. Colombia)
 - **April 2022 - To present.** Freelance Physiotherapist (Colombia)
 - **May 2017 – June 2018.** Freelance Physiotherapist. (Cabimas – Estado Zulia. Venezuela)
 - **May 2017 – June 2018.** CrossFit Coach at Akers Gym (Cabimas – Estado Zulia. Venezuela)
 - **February 2017 – May 2017.** CrossFit Coach at Trilogy Box (Cabimas – Estado Zulia. Venezuela)
 - **February 2017 – May 2017.** Physiotherapist at Trilogy Gym (Cabimas – Estado Zulia. Venezuela)
 - **September 2016 – February 2017.** CrossFit Coach at Elite Fitness Center (Cabimas – Estado Zulia. Venezuela)
 - **June 2016 – February 2017.** Physiotherapist at Elite Fitness Center (Cabimas – Estado Zulia. Venezuela)
 - **June 2015 – June 2016.** Physiotherapist at Kinesio Concepts (Maracaibo – Estado Zulia. Venezuela)
 - **March 2015 - June 2015.** E.T.R.A "Pedro José Hernández" Cabimas – Estado Zulia. Physical Education, Sports and Recreation. .
 - **January 2015 - Tournament JUVINEU** – Assistant Physiotherapist
 - **September 2014 – January 2015.** Villa Deportiva del Zulia Maracaibo – Estado Zulia. Venezuela. Assitant Physiotherapist
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SPORT EXPERIENCE

- **December 2017.** Rugby. Local team "Tournament Rugby Sevens Santa Teresa" Maracay – Venezuela.
- **November 2017.** Rugby Venezuela Team. "Juegos Bolivarianos Santa Marta 2017"
- **December 2016.** Rugby. Local team. "VI Válida del circuito nacional de sevens femenino" Premio Jugadora Revelación. Caracas - Venezuela
- **Noviembre 2016.** Rugby. Local team. "Torneo Rugby Sevens Santa Teresa" Maracay – Venezuela.
- **November 2016.** Rugby. Local team. "V Válida del circuito nacional de sevens femenino" Mérida – Venezuela
- **September 2016.** Rugby. Local team. "IV Válida del circuito nacional de sevens femenino" Barquisimeto – Venezuela
- **August 2016.** Rugby. Local team. "III Válida nacional del circuito nacional de sevens femenino." Yaracuy – Venezuela
- **December 2012.** Kickingball. University team. "Juegos deportivos universitarios 2012" Caracas – Venezuela.
- **August 2012.** Kickingball. "IX Campeonato nacional juvenil" Barquisimeto – Venezuela.
- **January 2015.** Kickingball. University team. "Juegos universitarios 2015" Barinas – Venezuela

COURSES

- **September 2024 - December 2024** - B2 English course at ULA.
 - **December 2023 - July 2024** - B1 English course at AES - AMERICAN ENGLISH SCHOOL
 - **February 2022.** Online course. Cupping
 - **August 2020.** Online course. Dumbbells course (CrossFit)
 - **July 2020.** Online course. Programming course (CrossFit)
 - **June 2019.** Coach CrossFit Level 1. Bogotá – Colombia.
 - **March 2019.** Online course. Scaling Course Crossfit (CrossFit)
 - **April 2018.** Online course . Crossfit Judges Course.

 - **February 2018.** Online course. Periodization of sports training. Sigue en Movimiento Institute.

 - **August 2017.** Online course. Nutritional guidance for fitness and high-performance sports, level 1. Sigue en Movimiento Institute.

 - **June 2017.** International distance learning certification: "Functional Biomechanics Applied to Fitness and Bodybuilding" Sigue en Movimiento.

 - **December 2016 – February 2017.** Diploma in Sports Massage and Physiotherapy. Club El Tablazo facilities – Maracaibo, Venezuela.

 - **January 2016.** Online course– Level 1 Coach Certification. Training and certification program for coaches in the state of Zulia. Endorsed by the FIEP.

 - **April 2014 – February 2016.** Diploma. Physical Rehabilitation. LUZ Humanities Postgraduate Program – Maracaibo, Venezuela.
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• **SKILLS**

- Responsible
- Good learner
- Kind
- Leader
- Discipline
- Hardworking
- Constant
- Commitment
- Efficient
- Patience
- Honest