

Bryan David López

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Sports trainer / teacher / physical trainer

PROFILE Sports Coach with extensive experience in the design and implementation of training programs for different populations, as well as in the training of future coaches in various areas of fitness and sports training. With a solid academic background and international certifications, my goal is to positively impact the health and performance of my clients and students, addressing the specific needs of each individual with a comprehensive and scientifically based approach.

PROFESIONAL University of Antioquia

EXPERIENCE Sport trainer | 2018 – 2022

Trainer with work in the Zona Fitness - Wellness program of the University of Antioquia, where workouts were performed for aesthetic, health or performance enhancement purposes on populations such as older adults, individuals with different pathologies, young adults, athletes, etc. and thus generate an impact on approximately more than 50 people daily.

Politécnico Mayor

Teacher | 2022 – CURRENT

Teacher of the technique in physical conditioning and sports training, where we train future coaches in different fields, such as sports, physical activity for health, etc., transforming the lives of more than 100 people every 16 months, trying to contribute not only to the field, but also to society with qualified personnel of the highest quality.

Fitnastic

Physical trainer | 2022 – CURRENT

Virtual and face-to-face trainer of different populations with the purpose of increasing conditional abilities and improving physical health, in addition to training high performance athletes, such as Pan American acrobatic gymnastics champions who have been under our mentorship.

Coomeva clinic

Physical trainer | 2024 – CURRENT

Face-to-face trainer with tasks related to the planning and execution of physical training programs focused on improving the health of populations of different ages with pathologies.

EDUCATION**Professional in Sprt training**

Universidad de Antioquia | 2017 - 2022, Medellín, Colombia

International Fitness-Wellness Certification

NSCA Spain - Universidad de Antioquia | 2018, Medellín, Colombia

Musculation nivel 1

Universidad de Antioquia | 2018, Medellín, Colombia

International seminar on physical activity for health

Universidad de Antioquia | 2018, Medellín, Colombia

International Webinar on Sports Nutrition and Sports Science

GSSI LATAM | 2020, Medellín, Colombia

Regional training: sport and physical activity

Universidad de Antioquia | 2021, Medellín, Colombia

Third International Congress on Safety in Sports RIASPORT

Universidad de Guadalajara | 2021, Guadalajara, México

Strength training seminar for older adults

Universidad de Antioquia | 2021, Medellín, Colombia

Webinar: Introduction to 3D biomechanical prostheses

P4H Bionics online academy | 2022, Medellín, Colombia

Muscle as a central axis of health

Exercise physiology and training | 2023, Medellín, Colombia

Fatigue: basic and physiological modalities

Exercise physiology and training | 2023, Medellín, Colombia

Fatigue and cancer

Exercise physiology and training | 2023, Medellín, Colombia

Specialized training: sarcopenia and strength training

Exercise physiology and training | 2023, Medellín, Colombia

Integration of fatigue in training

Exercise physiology and training | 2023, Medellín, Colombia

Nutrition and immunity

Exercise physiology and training | 2023, Medellín, Colombia

Exercise prescription in patients with COPD

Exercise physiology and training | 2023, Medellín, Colombia

Functional reserve in depletion

Exercise physiology and training | 2023, Medellín, Colombia

Pulmonary system - fatigue and performance

Exercise physiology and training | 2023, Medellín, Colombia

Energy systems in exercise

Exercise physiology and training | 2023, Medellín, Colombia

I Edition of the international congress for the improvement of body composition

ICEN | 2024, Medellín, Colombia

Digital teacher

Politécnico Colombiano Jaime Isaza Cadavid | 2024, Medellín, Colombia

Musculoskeletal Primer for the Non-Orthopedist

Stanford University School of Medicine | 2024, Medellín, Colombia

SKILLS Design of training programs

Demonstrated ability to develop innovative and effective training programs, tailored to the individual needs of each client or athlete, using the latest research and techniques in the field of exercise science.

Motivation and leadership

Exceptional ability to motivate and inspire individuals of all fitness levels, creating a supportive environment and fostering long-term commitment to exercise and personal wellness. Excellent ability to set realistic and attainable goals and provide the support necessary to achieve them.

Effective communication

Excellent communicator with the ability to convey complex concepts in a clear and understandable manner, fostering trust and collaboration at all levels.

Advanced knowledge in physical exercise for sport and health.

Broad understanding of the fundamental principles of physical exercise for health and sport, as well as their practical application in optimizing athletic performance and improving overall health. Ability to continually evaluate and adapt training programs based on the individual needs and specific goals of each client.

Talent development and professional training

Significant experience in training and mentoring future trainers, providing them with the skills and knowledge necessary to succeed in the fitness and sports training industry. Committed to continuous professional development, both personally and for my students, to keep up with the latest trends and advancements in the field.

LANGUAGES

Spanish: Native

English: <https://cert.efset.org/9UDVq9>