



Argentinian and Italian
10/30/1999

Lanús, Buenos Aires, Argentina
P.C. 1824

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PROFILE

+5 years of experience working as a self-employed Personal Trainer and Fitness Instructor. +3 years of experience as P.E. Professor for primary and secondary school groups of students. +10 training courses and seminars related to health, fitness, and first-aid. Very enthusiastic and out-going professional with a contagious passion for sports and fitness. Looking for new challenges and professional experiences.

EDUCATION

Physical Therapist

Universidad de Buenos Aires
2019 - 2023 (Student)

Physical Education Professor

Instituto Superior de Formación Docente N° 18
2018 - 2021 (Graduate)

LANGUAGES

Spanish: Native

English: B2/Upper intermediate

Italian: A1/Starter

SKILLS

- Teamwork
- Conflict resolution
- Communication
- Organization
- Creativity
- Positive attitude

KATHERINE ALEXANDRA GIUDICE

P.E. PROFESSOR

PERSONAL TRAINER & FITNESS INSTRUCTOR

WORK EXPERIENCE

Physical Education Professor in Primary and Secondary Schools

2021 - Present

E.P. N° 19/E.E.S. N° 24 - Lanús (Currently)

Design a well-structured and age-appropriate curriculum. Promote an active lifestyle. Explain sports rules, usage and maintenance of equipment. Adapt teaching methods and activities. Show exercises and explain concepts. Able to host sports tournaments.

Self-employed Personal Trainer & Fitness Instructor for Adults

2018 - Present

Design training plans. Develop wellness opportunities including weight training, Pilates, TRX suspension and fitness dance classes. Implement fitness tests and body composition analysis. Explain and show the correct use of gym elements and machines. Implement safety protocols. Adapt activities for limitations. Provide individual training sessions and private group classes.

Summer Camp Professor for Kids and Teens

2023

C.E.C. N° 801 - Lanús

Organize and host sport-related and recreational activities. Attention to safety guidelines. Lead workshops about science, technology and music. Join students in games and sports. Participate in camp and outdoor activities. Confident in organizing games and recreational events.

VOLUNTEER EXPERIENCE

Youth Olympic Games Cultural and Educational Programme Volunteer

October, 2018

Youth Olympic Village - Villa Soldati

Develop educational and recreational activities for the athletes. Engage athletes to participate in the daily agenda of activities. Maintain a high level of organization.

COURSES

- Personal Trainer - Interval Escuela de Fitness
- Fitness Dance Instructor - Interval Escuela de Fitness
- Indoor Cycling Instructor - Interval Escuela de Fitness
- First Aid and CPR - Cruz Roja Argentina