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# IVO CORTES ARTIAGA

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**Languages:** - Portuguese: First language  
- English: Fluent (advanced level)  
- Spanish: Fluent (Intermediate level)

## **KEY STRENGTHS:**

- Professional, trustful and proactive
- Well experienced in exercise testing, prescription & delivery
- Adaptability and creativity in exercise prescription with high safety standards

## **EMPLOYMENT HISTORY:**

### **Exercise Physiologist / Personal Trainer 2017 – Present**

**Own business – Location: Sydney Tattersalls Club; 194-204 Pitt St, Sydney NSW 2000**

**Sole Trader - ABN: 13 033 241 301**

Duties: Assess client's fitness levels and develop customised exercise plans based on clients' goals. Observe and instruct clients during training sessions to ensure correct position to prevent injury. Advise clients on general nutrition, injury prevention, postural correction, to decrease health risk factors for prevention of chronic disease. Supporting and motivating clients to achieve a healthier and active lifestyle by tracking and maintaining progress

### **Exercise Physiologist 2017**

**Placement for 18 weeks (6x weeks on each clinic): Course: MCEP - ACU**

- **Spinal Cord Injury Australia – Lidcomb Clinic (Sydney) – AU, Jan 2017**
- **Uniting Seniors Clinic/Gym – Waverley (Sydney) – AU, Mar 2017**
- **Bridgeway Centre Gym, Cumberland Hospital (Sydney) – AU, Apr 2017**

Duties: Clinical Exercise Physiologist (apprentice/under supervision): - Screening, assessment & testing, exercise prescription and delivery to clients with a variety of chronic conditions and injuries, from moderate to high risk clients, one on one and group sessions.

### **Exercise scientist / Personal Trainer 2014 – 2017**

**Sole Trader (Sub-Contractor) on Fitness First Gym - Market Street Sydney CBD**

**Sole Trader - ABN: 13 033 241 301**

Duties: Assess client's fitness levels and develop customised exercise plans based on clients' goals. Observe and instruct clients during training sessions to ensure correct position to prevent injury. Advise clients on general nutrition, injury prevention, postural correction, to decrease health risk factors for prevention of chronic disease.

**Floor Instructor 2012 – 2014**

**Fitness First Gym – Market Street Sydney CBD**

Duties: Supervision of gym members and correcting techniques as well as providing recommendations and guidance on nutrition and general training

Operate and supervise fitness group classes (e.g. Kettlebell, ABS and Circuit classes)

**Exercise Physiologist 2009**

**02 Wellness (Gym) – Brazil**

**Employed part time**

Duties: Develop training plans of clients ranging from beginners to advanced level based on fitness goals and physical limitations

Observe and instruct clients during training sessions to ensure correct position to prevent injury and maximise positive results

Advise clients on nutrition and diet, injury prevention, postural correction, to decrease health risk factors for prevention of chronic disease

Supporting and motivating clients to achieve a healthier and active lifestyle by tracking and maintaining progress

**Exercise Physiologist / Personal Trainer 2009**

**02 Wellness (Gym) – Brazil**

**Sole Trader: PT & EP under Gym brand**

Duties: Develop personalised exercise plans for clients ranging from healthy adults to the elderly with or without managed conditions

Inform clients on nutrition and diet, injury prevention, postural correction, to decrease health risk factors for prevention of chronic disease

Supporting and motivating clients to achieve a healthier and active lifestyle by tracking and maintaining progress

Teaching adolescents in a group training setting/environment

**University Lecturer 2009**

**University of the State of Goiás (UEG) - Brazil**

Educate in the Tertiary level the subject of: “*Kinesiology and Biomechanics Applied to Physical Activities and Exercising*”.

Duties: Delivering lectures and tutorials, Assess and supervise student’s research activities

**Exercise scientist & PT and Fitness Instructor 2005 - 2008**

**Flex Fitness Centre LTDA - Brazil**

**Sole Trader: Personal Trainer/Exercise Scientist under Gym brand**

Duties: Create training plans of clients ranging from beginners to advanced level based on fitness goals. Observe and instruct clients during training sessions to ensure correct position to prevent injury. Advise clients on nutrition and diet, injury prevention, postural correction, to decrease health risk factors for prevention of chronic disease.

**Exercise scientist & PT and Fitness Instructor 2002-2003**

**Funec Fisa University Gym (Work Placement)**

Instruct clients during training sessions to ensure correct position to prevent injury. Supporting and motivating clients to achieve a healthier and active lifestyle by tracking and maintaining fitness assessments and tests.

## **EDUCATION**

### **Australian Catholic University (ACU), Sydney, 2017**

Master of Clinical Exercise Physiology

### **Australian College of Sport and Fitness (ACSF), Sydney, 2015-2016**

Diploma of Sport and Recreation Management (leave in absence – 2 terms completed)

### **Australian College of Sport and Fitness (ACSF), Sydney, 2012-2013**

Diploma of Fitness

### **Australian College of Sport and Fitness (ACSF), Sydney, 2011-2012**

Certificate III & IV in Fitness

### **Gama Filho University, Goiania (City) - Brazil, 2006- 2007**

Graduate Certificate in: '*Strength and Resistance Training*'  
(Equivalent to 360 hrs)

### **Catholic University of Goias (PUC), Goiania (City) - Brazil –2000 - 2005**

Bachelor's Honours Double (5 years) Degree in:

- Physical Education (teaching)
- Exercise & Sport Science

## **PRESENTATIONS**

### **Federal University of Goias – UFG, 2006**

Short course on Personal Training (Duration: 16 hours)

*Supervised by Professor Carlos Alexandre Vieira (Master in Sport Science)*

### **Catholic University of Goias – PUC – II Scientific Week, 2005**

Speaker / Panellist of the Short Course: "*Former Elite Level Athletes*" (Duration: 45 minutes)

*Supervised by Professor Anderson Miguel da Cruz (PhD)*

## **EXTRA COURSES: TRAINING / CERTIFICATES**

### **Australia Wide First Aid, 2016**

- HLTAID001 Provide cardiopulmonary resuscitation / expire: 30/12/2017
- HLTAID002 Provide basic emergency life support / expire: 30/12/2019
- HLTAID003 Provide first aid / expire: 30/12/2019

### **Phorte Institute of Education (City: Sao Paulo), 2008**

- Methodology of Scientific Work (70hrs)

### **Goiania (City): Capital Congress of Fitness, 2008**

- Resistance Training: Planning and Prescribing Exercise Programs to increase levels of strength and lean mass (12hrs)
- Flexibility and Relaxation techniques (A New Approach for Health) (12hrs)

- Resistance Training for Special Population: Cardiac, Hypertension, Diabetic, Elderly and Children (12hrs)

#### **Qualitatis Vitae Goiania (City) - 2007**

- Exercise Prescription for the Most Common Injuries Occurring in Health and Fitness Centres (16hrs)

#### **Goiania Congress of Fitness: Physiotherapy / Nutrition - 2006**

- Running Methodology (12hrs)
- Injury Prevention in Fitness Centres (12hrs)

#### **META - Courses and Educational Events - 2005**

##### **Escola Superior (Tertiary School) de Magistratura em Goiania (City)**

- Applied Exercise Physiology to Strength, Power Training & Exercise Prescription (16 hrs)

#### **Goiania Congress of Health, Sport and Fitness - 2004**

- Assessment and Prescription of Exercise for health (12hrs)
- Building Capacity in Personal Trainer (12hrs)

#### **School of Tertiary Education Muzambinho - Pocos de Caldas (City), Brazil - 2001**

- Exercise Prescription in Resistance Training (40 hrs)
- Personal Training (40 hrs)

## **LANGUAGE COURSES**

#### **IELTS Test – April 2015**

Overall Band Score: 7.5

Listening: 7.5 / Reading: 8.0 / Writing: 6.0 / Speaking: 7.5

#### **University of Cambridge Test Certificate – ESOL Examinations - 2013**

English for Speakers of Other Languages – Cambridge ESOL Level 1 in ESOL International

#### **International House – IH – Sydney – NSW / Australia, 2013**

Cambridge Exam Preparation: The Certificate in Advanced English / Grade: Good

## **REFEREES**

**Ross Treleaven** (Gym owner Castlereagh Fitness)

Mobile: 0414 331 434

**James** (General Manager Castlereagh Fitness)

Mobile: 0413 729 996

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