

Estefania Tremúl

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OBJECTIVE

Trilingual Health & Fitness specialist dedicated to enhancing, instruct and support, people towards a healthier lifestyle.

SKILLS

- Exercise leadership.
- Customer service.
- Record registration and enrollment.
- Record monthly tuition.
- Assessment and treatment of athletic injuries.
- General Psychology.
- Facility management.
- Anatomy and physiology knowledge.

PROFESSIONAL AFFILIATION

- | | |
|----------------------------------------------------------------------------------------------|-----------------------|
| • Certificate of Authority:
- Karate Examiner.
- Karate Instructor.
- Karate Judge. | 2019 - Present |
| • World Shotokan Karate Federation, member. | 2008 - Present |
| • Third Degree Black Belt | 2020 - Present |
| • Venezuelan National Team, Karate. | 2013,2015,2017 |
| • 9x International Medalist Karate. | |
| • 14x National Champion Karate. | |
| • P2 (Level 2) in Krav Maga Global Self Defense. | 2015 - Present |
| • Youth Pride Award of the City. | 2014,2016,2017 |

EDUCATION

BS EXERCISE AND SPORT SCIENCE •

William Peace University, Raleigh, NC.

2020-2022

JAN-MAY

AAS HEALTH AND FITNESS SCIENCE •

Wake Technical Community College, Raleigh, NC.
4.0 GPA - President's List (2018 and 2019)

2017-2019

JAN-DEC

ATHLETIC TRAINING PROGRAM •

Santa Barbara City College, Santa Barbara, CA.
3.81 GPA – President's Honor Roll.

2015-2017

JAN-MAY

WORK EXPERIENCE

BARBELT JOURNEY LLC

Raleigh, NC

2019-Present

JULY

CO-OWNER.

- Manage social media
- Advertise and organize events.
- Sale equipment and apparel.
- Customer service.

SENIOR INSTRUCTOR:

- Warriors karate club program.
- Manager of After School programs.
- Sales uniforms supplies and equipment.
- Registration and enrollment.
- Coach

CHAMPIONS IN MOTION • VOLUNTEER

Raleigh, Durham, Knightdale, Wilson.

2017-2019

AUG-JAN

MAIN INSTRUCTOR:

- Instruct self-defense to 50-70 kids from 4-16 years old.
- Provide conditioning and exercises to improve motor skills and attention.
- Educate kids with discipline and attitude.
- Communicate with parents.
- Collect kids daily record (Online)
- Sales uniforms, supplies and equipments.
- Register kids everyweek into the program.

KRAV MAGA GLOBAL •

Anzoategui, Venezuela.

2014-201

JAN-DEC

ASSISTANT INSTRUCTOR:

- Assist 3 classes a week to 15-25 adults.
- Guide the warm up, stretching and conditioning.
- Organize instructor's schedule.
- Monitor students during class.

WORLD SHOTOKAN KARATE FEDERATION •

Anzoategui, Venezuela.

2013-2015

SEPT-DEC

MAIN INSTRUCTOR:

- Instruct 3 classes a week to 30-35 kids from 6-13 years old.
- Fundraising.
- Order, sell uniforms, supplies and equipment.
- Track and monitor kids' improvement by document initial performance.
- Receive monthly payments from kids and record keeping.
- Teach classes to special needs kids (autism, ADHD, down syndrome, muscle dysfunction).