



Ivan Iv Sambrailo

Master of Kinesiology, Kinesitherapy

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□ PROFILE

My name is Ivan and I finished Master degree in Kinesiology (Sport Science) in June 2022. After 6 months in Portugal under the ERASMUS program in Faculdade de Motricidade Humana, I came to live in Lisbon hoping to find a job that I will enjoy and that gives me the ability to upgrade my knowledge in sports and Portuguese language. I love sport, learning and teaching, also helping people in solving problems with pain. I want to give people the ability to live a different and better life with simple changes in their way of living. Most of my free time I spend on getting new knowledge and progressing in my physical and mental health. I'm still active in boxing trainings and hopefully soon I will make my first fight in Portugal.

□ EDUCATION

1. 2012 – 2016: Gimnazija Dubrovnik, Dubrovnik (Croatia)
2. 2016 – 2022: Faculty of Kinesiology, University of Zagreb (Croatia)
3. 9/2021- 2/2022: Faculdade de Motricidade Humana, Universidade de Lisboa

□ LANGUAGES

Croatian	<div style="width: 100%;"></div>	C2
English	<div style="width: 95%;"></div>	C1
Portuguese	<div style="width: 10%;"></div>	A1
Spanish	<div style="width: 15%;"></div>	A2
Italian	<div style="width: 15%;"></div>	A2

□ SPORT AND ACADEMIC ACHIEVEMENT

- Academic scholarship for excellent students from city of Župa duborvačka from 2016 till 2022.
- 3rd place on National championship in Kickboxing, city of Kostrena 2020.
- Professor's assistant of Kickboxing course 2018.-2021., Kinesitherapy 2019/2020, Sport swimming 2019/2020, Biological kinanthropology 2020/2021.
- Master of Kinesiology (2016-2022). Master's thesis: *"Correlation between plantar foot pressure and swimming 100 m freestyle in professional Croatian swimmers"*. June 2022. (Grade: Excellent)

□ SKILLS AND COURSES

- Volunteer in sport for people with disabilities in discipline Olympic boogie. (2017-2020, Zagreb)
- Finished course in organization of Motus Melior Academy of functional movement: Functional diagnostic and rehabilitation of tendinopathy of lower limbs. (Zagreb, 2019)
- Finished course in Venier Rehabilitation Center: Injury and rehabilitation of hip and lower limbs. (Zagreb, 2022)
- Exos performance specialist - Absolute speed. (Zagreb 2021)
- Digital literacy – MS Office
- Driving licence: B (car and moped) , A1 (motorbike)

□ WORK EXPERIENCE

- **12/2016 – 10/2022:** Fitness instructor and kinesitherapeut at fitness center TOP FIT, Dubrovnik.
- **12/2017 – 05/2017:** Kickboxing trainer at martial arts club Pitbull, Zagreb.
- **11/2020-06/2020. and 02/2022. -06/2022:** Boxing trainer at boxing club Titan Gym, Zagreb.
- **07/2013 – 10/2020:** Main waiter at company PIMARO d.o.o.
- **06/2021 -10/2022:** F&B Manager- restaurant Bistro G, Mlini, Croatia.