



Diego Travasso

Physical Education • Physiotherapy • Nutrition • Pain Neuroscience

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PROFESSIONAL PROFILE

Personal Trainer with 7+ years of experience and 150+ active clients per month, working with physical assessment, myofascial release, and individualized evidence-based prescription. Focused on Exercise Physiology, Biomechanics, and biomarker analysis for health optimization. With complementary training underway in Physiotherapy, Nutrition, and Pain Neuroscience, his practice is directed toward corrective exercise and functional load adaptation for the general population or those with an injury history. Internationally certified by Lionel University (USA/Canada), with credentials recognized by UK ENIC (United Kingdom) and a degree validation process underway in Portugal and Spain.

ACADEMIC BACKGROUND

Nutrition (in progress) Jul 2026 – Present

Unopar – Universidade Norte do Paraná

Physiotherapy (in progress) Mar 2026 – Present

Unopar – Universidade Norte do Paraná

Pain Neuroscience – Postgraduate (in progress) Feb 2026 – Present

Faculdade Unyleya

Postgraduate Specialization in Exercise Prescription for Special Health Conditions and Injuries Jul 2020 – Nov 2021

Faculdade UniBF

- UK ENIC: comparable to Postgraduate Diploma – RQF 7 (England/N. Ireland) · SCQF 11 (Scotland) · CQFW 7 (Wales)

Postgraduate Specialization in Exercise Physiology Jul 2019 – Jun 2020

Faculdade UniBF

- UK ENIC: comparable to Postgraduate Diploma – RQF 7 (England/N. Ireland) · SCQF 11 (Scotland) · CQFW 7 (Wales)

Bachelor's Degree in Physical Education (Bacharelado) Jul 2018 – Sep 2019

UNIASSSELVI – Centro Universitário Leonardo da Vinci

- Academic validation in progress at Instituto Politécnico de Santarém, Portugal
- Recognition application formally filed with NARIC Spain – Jul 2026
- UK ENIC: comparable to Bachelor degree – RQF 6 (England/N. Ireland) · SCQF 10 (Scotland) · CQFW 6 (Wales)

Teaching Degree in Physical Education (Licenciatura) Jan 2015 – Oct 2018

Unopar – Universidade Norte do Paraná

- UK ENIC: comparable to Bachelor degree – RQF 6 (England/N. Ireland) · SCQF 10 (Scotland) · CQFW 6 (Wales)

PROFESSIONAL EXPERIENCE

Self-Employed Personal Trainer Sep 2019 – Present

Nova Friburgo, RJ

- Individualized prescription based on scientific evidence
- Strength training prescription and supervision
- Functional and anthropometric assessment
- Kinanthropometry protocols and injury prevention
- Guidance on healthy eating habits
- Hybrid consulting and digital follow-up via apps and video calls

Fitness Instructor Feb 2020 – Sep 2021

YouFit Training – Nova Friburgo, RJ

- Strength and cardiovascular conditioning programs
- Strength training prescription and supervision
- Facility operations management

Fitness Instructor Jun 2019 – Feb 2020

Academia CAF – Nova Friburgo, RJ

- Strength training prescription and supervision
- Kinanthropometry protocols and injury prevention

CERTIFICATIONS

Nutrition Science Specialist
Lionel University – Jun 2026

Nutrition Specialist Lionel University – Jun 2026

Corrective Exercise Lionel University – Jun 2026

Vitality & Blood Biomarker Specialist Lionel University – Mar 2026

Fitness Sales Specialist
Lionel University – Mar 2026

Certified Personal Trainer (CPT) Lionel University – Feb 2026

CPR & AED Certified ISSA – Feb 2026

Technical Reviewer
Biomechanics & Neuroscience

LANGUAGES

Portuguese

Native

Spanish

B2 Reading / B2 Speaking

English

B2 Reading / B1 Speaking

SKILLS

- Evidence-based exercise prescription
- Kinanthropometric assessment and biomechanical movement analysis
- Training modulation based on biomarkers and exercise physiology
- Corrective exercise and rehab-to-fitness transition
- Hybrid consulting and digital monitoring platform management
- Technical communication and pain neuroeducation applied to movement

CONTACT & LINKS

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