



Diego Travasso

Physical Education • Physical Therapy • Nutrition • Pain Neuroscience

PROFESSIONAL PROFILE

Personal Trainer with over 7 years of experience, working with a wide range of clients and athletes. Works with physical assessment, myofascial release and individualized, evidence-based prescription, with a focus on Exercise Physiology, Biomechanics and injury prevention, aiming for health, longevity and quality of life. With further training under way in Physical Therapy, Nutrition and Pain Neuroscience, directs his practice toward corrective exercise and functional load adaptation for general populations or those with a history of injury. Internationally certified by Lionel University (USA/Canada), with academic equivalence recognized in the United Kingdom (UK ENIC), Ireland (NARIC Ireland), Spain (NARIC - Ministerio de Ciencia, Innovación y Universidades) and Portugal (Polytechnic University of Santarém). Holds active registration with CREF1/RJ, is a certified EREPS member (European Register of Exercise Professionals - Graduate Exercise Professional, EQF Level 6), holds the Technical Director professional title issued by IPDJ, and is a COPLEFC member.

ACADEMIC BACKGROUND

Nutrition (in progress)

Unopar - Universidade Norte do Paraná

Jul 2026 - Present

Physical Therapy (in progress)

Unopar - Universidade Norte do Paraná

Mar 2026 - Present

Pain Neuroscience - Postgraduate (in progress)

Faculdade Unyleya

Feb 2026 - Present

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) (ref. 4002483797)
- NARIC Ireland: comparable to Post-Graduate Diploma - NFQ Level 9

Specialization in Exercise Physiology

Faculdade UnIBF

Jul 2019 - Jun 2020

- UK ENIC: comparable to Postgraduate Diploma - RQF 7 (England/N. Ireland) · SCQF 11 (Scotland) · CQFW 7 (Wales) (ref. 4002483797)
- NARIC Ireland: comparable to Post-Graduate Diploma - NFQ Level 9

Bachelor's Degree in Physical Education (Bacharelado)

UNIASSELVI - Centro Universitário Leonardo da Vinci

Jul 2018 - Sep 2019

- Academic-level recognition completed by the Polytechnic University of Santarém, Portugal - equivalent to Licenciado degree (registration No. 220260103938, registered 17 July 2026)
- UK ENIC: comparable to Bachelor degree - RQF 6 (England/N. Ireland) · SCQF 10 (Scotland) · CQFW 6 (Wales) (ref. 4002483797)
- NARIC Ireland: comparable to Honours Bachelor Degree - NFQ Level 8

Teaching Degree in Physical Education (Licenciatura)

Unopar - Universidade Norte do Paraná

Jan 2015 - Oct 2018

- Academic equivalence to Spanish Grado level declared by NARIC Spain (Ministerio de Ciencia, Innovación y Universidades) - 26/08/2026, File 1030-3218972
- UK ENIC: comparable to Bachelor degree - RQF 6 (England/N. Ireland) · SCQF 10 (Scotland) · CQFW 6 (Wales) (ref. 4002483797)
- NARIC Ireland: comparable to Honours Bachelor Degree - NFQ Level 8

PROFESSIONAL EXPERIENCE

Self-Employed Personal Trainer

Nova Friburgo, RJ

Sep 2019 - Present

- Individualized, evidence-based prescription
- Strength training prescription and supervision
- Physical-functional and anthropometric assessment
- Kinanthropometry protocols and injury prevention
- Guidance on healthy eating habits
- Digital consulting and follow-up via platforms and video calls

Fitness Instructor

YouFit Training - Nova Friburgo, RJ

Feb 2020 - Sep 2021

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

Fitness Instructor

Academia CAF - Nova Friburgo, RJ

Jun 2019 - Feb 2020

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

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EUROPEAN CREDENTIALS



EREPS - Graduate Exercise Professional

EQF Level 6 - ID 154735

Valid until 08/2027



Technical Director - IPDJ (Portugal)

Title No. 109119

Valid until 09/2031



COPLEFC Member (Catalonia)

Membership No. 73473 - Non-practising status

Will switch to practising status once serving clients in Catalonia

CERTIFICATIONS

Nutrition Science Specialist

Lionel University - Jun 2026

Nutrition Coaching 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 transition from rehab to fitness
- Hybrid consulting and digital monitoring platform management
- Technical communication and pain neuroeducation applied to movement

CONTACT & LINKS

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CREF1/RJ 051691-G/RJ - since 2019
EREPS - ID 154735 (2026)
IPDJ (DT) - Title No. 109119
COPLEFC - No. 73473 (non-practising)
Driver's license: A and B