

PAULO ROBERTO SILVA BARROSO

Graduated in Physical Education, Post-Grad. Exercise Physiology specialised in exercise prescription. Brazilian, Permanent Resident in Australia, 43 years old, married, fluent in Portuguese (native), English and Spanish, lives on the Gold Coast, 3018/397 Christine Avenue Varsity Lakes 4227 – QLD

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PROFESSIONAL RESUME

Solid professional experience in water sports, performing as teacher, coordinator, coach and entrepreneur for more than 20 years. Involvement with preparation of high-performance athletes, developing several states, nationals and continental swim champions alongside other sports, including Olympic Athletes and World Champions. Participated as coach in national and international championships, mostly in swimming events. Member of regional, state and national teams. Experienced in organizing sports' events and business management. Accredited ESSA Sports Scientist level 2, ASCTA Swimming Coach Bronze, registered at the Brazilian Federal Council of Physical Education and Regional Council of Physical Education under number 6098G/DF. Current Sports Scientist and Exercise Physiologist at Ferry Rd Physio – Southport, Queensland Australia.

ACCREDITATIONS and LICENSES

CREF/CONFEEF (Brazil) – Brazilian Federal Council of Physical Education

- Licentiate in Physical Education / Swimming – 6098G/DF

ESSA – Exercise and Sports Science Australia

- ASpSc2 - Sports Science Level 2 - 19991

ASCTA – Australian Swimming Coach & Teachers Association

- Swimming Coach Bronze – 47798

FIRST AID AND CPR

- Statement No. 58225 / 69657

BLUE CARD

- 1762262/1 P
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EDUCATION

➤ GRADUATION: Physical Education (4y FT)

- December 2009 – Faculdade Albert Einstein Brazil

➤ Post-GRADUATION: Exercise Physiology - Exercise Prescription (2y FT)

- May 2015 – Universidade Estácio de Sá Brazil
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EMPLOYMENT HISTORY

SWIMMING TEACHER

Swimming Schools

- **Action Water Sports Academia – Brasília - Brazil**
 - Post: Swimming Teacher – all levels – baby, kids and adults
Water Aerobics Instructor.
 - Period: September/1995 – June/1997.
 - Post: Swimming school coordinator
 - Period: March/1996 – June/1997.
- **Fluminense Football Clube – Rio de Janeiro - Brazil**
 - Post: Swim Teacher, levels 1 to 4 – kids and teenagers
 - Period: January/1998 – April/1999.
- **Escola de Nataç o Brilho D' gua – Rio de Janeiro - Brazil**
 - Post: Swim Teacher - all levels – kids, teens, adults
Water Aerobics Instructor – regular and special groups (pregnancy and elderly)
 - Period: January/1998 – July/1999.
 - Post: Waters Sports Coordinator
 - Period: April/1998 – June/1999.

SWIMMING COACH

Swimming Teams

- **Fluminense Football Clube – Rio de Janeiro**
 - Post: Assistant Coach (Head Coach – Luiz Raphael)
 - Period: January/1998 – July/1999.
- **Fluminense Football Clube Swimming Centre in Angra dos Reis – RJ - Brazil**
 - Post: Swimming Coach (teens and high-performance athletes) – Swim Team: Clube N utico de Praia Brava/Fluminense FC
 - Period: July/1999 – December/2002.
- **Clube de Regatas Flamengo Swimming Centre in Angra dos Reis - RJ - Brazil**
 - Post: Swimming Coach (teenagers and high-performance athletes) – Swim Team: Clube N utico & Clube Campestre/CR Flamengo
 - Period: January/2003 – December/2007.
- **late Clube Swimming Centre - Clube dos Oficiais da Aeron utica (Raia Capital) – Brasilia – DF - Brazil**
 - Post: Swim Coach (teenagers and high-performance athletes)
 - Period: January/2008 – December/2011

SPORTS SCIENCE and EXERCISE PHYSIOLOGIST

- **Ferry Road Physio – Southport Queensland - Australia**
 - Post: Sports Science and Exercise Physiologist
 - Period: 2016 - current.

Other Sports

- Physical preparation and periodisation:
 - Triathlon – 1996 – 2018 – Ironman, standard and sprint distances
 - Soccer 2012 – Santo FC – DF (meninos da vila – DF)
 - Paralympic Sail – 2013 – 2016 - Federaç o Brasiliense de Vela (sports consultancy and training)

- Moto GP Pilots – 2014 – 2015 - Center Moto Racing Team RJ Brasil
- Field Hockey – 2015 – 2018 – Olympic Athlete – Australia
- Australian Rules Football – 2018 – mid field Athlete – Australia
- Cricket – 2017 - fast bowler Athlete – Australia
- Jiu-jitusu and MMA – 2016 – 2018 – Fight Club Miami Fighters

EVENT PROMOTION

- **Travessia do Bracuhy – Angra dos Reis RJ (Bracuhy Open Water Swim)**
 Period: 2006 e 2007
 Participants: Swimmers – teenagers, opens and Masters – 500m, 1000m and 2000m
- **Festival 50m Nado Livre – Angra dos Reis RJ (50m freestyle Festival)**
 Period: 2002, 2003
 Participants: High level swimmers (including members of Brazilian National Team)
- **Pevi Mini Jam – Clube PREVI – Brasília DF (Miniramp Skateboarding Contest)**
 Period: 2014
 Participants: Skateboarders kids, teenagers, female, master and longboard

ENTREPRENUERSHIP

Pool Rentals

- **Pool Tenant at Clube Náutico de Praia Brava - Angra dos Reis – RJ**
 Period: July/1999 – December/2007
- **Pool Tenant at Clube Campestre de Mambucaba – Paraty – RJ**
 Period: January/2003 - December 2007
- **Raia Capital – Partner Pool Tenant at Clube dos Oficiais da Aeronáutica – Brasília - DF**
 Period: August/2008 - December 2011

p.s.: same activities for those: Swim School with different levels – learning, developing and swim team

Businesses

- **Angra Sails Velas LTDA - Condomínio Porto Bracuhy, Angra dos Reis-RJ**
 Post: Partner Owner / Sailmaker
 Activities: Sail making, boat maintenance and technical assistance.
 Period: 2005 – December/2007
- **Solid Sports, Brasília - DF**
 Post: CEO and Owner
 Activities: Sports consultancy, sports events organizing, sports workshops and talks, commerce sporting goods
 Period: 2013 - 2016

SPEECHES AND LECTURES

- **Associação Brasiliense Máster Nadadores – ABRAMN (Brasilia Master Swimming Association)**
 Theme: Master swim training: orientations and care (3 hours)
 Date: March/2010 - Apcef
- **Faculdade Albert Einstein – FALBE**
 Theme: Swimming: from water adaptation to competition (12 hours - 4 meetings)
 Date: May/2010

- **Colégio Sagrado Coração de Maria**
Theme: Motivation – Swimming from beginners to athletes (3 hours)
Date: March/2011
- **Academia Bodytech - Swimming lectures cycle - swimming teachers' professional development** (16 hours - 4 meetings)
Themes: 1. Swim – The career: division by levels, professional attitude, care and the carrier.
2. Adaptation to liquid environment, beginning and developing of freestyle and backstroke.
3. Beginning and development of breaststroke, butterfly, medley and fundamentals - starts, turns and finishing.
4. Planning and teaching swimming to special groups and sports training.
Data: February, March, May, June/2012

PUBLISHED ARTICLES

- A importância e os perigos do lactato no treinamento de natação (**The importance and danger of lactate in swimming training**) - <http://www.efdeportes.com/efd154/a-importancia-do-lactato-no-treinamento-de-natacao.htm>
E.F. Deportes, Revista Digital, ano 15, Nº 154, março de 2011

COURSES AND CONGRESSES (DIPLOMAS/CERTIFICATES)

- VI Convenção Internacional Reebok University / Fitness Brasil, Santos SP **1996**
Course: Acqua Fitness Natação (Swim)
- Ney Pereira Cultural Fit – Estácio de Sá, RJ **1998**
Course: Musculação na Atualidade e treinamento de força (Strength training nowadays)
- Federação Aquática do Estado do Rio de Janeiro – FARJ e Associação Brasileira de Técnicos dos Desportos Aquáticos – ABTDA – RJ **1999 (Rio de Janeiro Aquatic Federation and Brazilian Swimming Coach Association)**
Course: Atualização em Aspectos Científicos da Natação (Update on Scientific Aspects of Swimming)
- Federação Aquática do Estado do Rio de Janeiro – FARJ e Confederação Brasileira de Desportos Aquáticos – CBDA (**Rio de Janeiro Aquatic Federation and Brazilian Aquatic Sports Confederation**):
Encontro de Técnicos de Desportos Aquáticos do Estado do Rio de Janeiro
Miguel Pereira – RJ **2002/2003/2004***
(State of Rio de Janeiro Aquatic Sports Coach Meeting)
***Delegate in all high-performance Swimming Coach courses**
- Associação de Professores de Educação Física de Angra dos Reis e Paraty – APEFAP, Paraty - RJ **2007 (Angra dos Reis e Paraty Physical Education Teachers Association)**

Course: Futebol como Prática Esportiva e Instrumento Sócio Cultural (**Soccer as Sports Practice and Sociocultural Instrument**)

- Unieuro e Sandor Balsamo - 3º Ciclo de Palestras Científicas em Fisiologia do Exercício – Fisiologia do Triathlon: Prova de Ironman – Brasília DF **2009 (3rd lectures cycle in exercise physiology – Triathlon Physiology: Ironman Race)**
- II Congresso Paraolímpico Brasileiro e I Congresso Paradesportivo Internacional - Universidade Federal de Uberlândia – Uberlândia MG **2011 (2nd Brazilian Paralympic Congress and 1st International Para-Sports Congress)**
- V Congresso Associação brasileira de psicologia ABRAPESP - DF 2015 (**V Brazilian Sports Psychology Association Congress**)
- BCF – Brasilia Capital Fitness 2015

Courses: Prevenção e reabilitação de Lesões, Compreendendo Exames Complementares – DF 2015 (**Injure Prevention and Rehabilitation & Complementary Exams understanding**)

- ASADA – Australia 2018
- Course: Anti-Doping level 1, level 2 and Anti-Doping & for Coaches**

- Play by the rules – Australia 2018

Course: Children Protection, Harassment and Discrimination

- 2019 ESSA Innovation & Practice Froum – Australia 2019

HIGHLIGHTS

➤ SWIM COACH

- **Champion** - Rio de Janeiro State Championship Mirim division (8-10 ag) representing Fluminense Football Club in 1999 and 2000;
- **Champion** - Rio de Janeiro State Championship Petiz division (11-12 ag) representing Fluminense Football Club in 2002;
- **2nd place** - Rio de Janeiro State Juvenil, Junior e Sênior divisions (16 and up) representing Fluminense Football Club in 2002;
- **Champion** - Rio de Janeiro State Juvenil, Junior e Sênior divisions (16 and up) representing Clube de Regatas Flamengo in 2003 and 2004;
- **Champion** - Torneio Centro Oeste representing Brasilia/DF team (Brazilian Central West Tournament) Open division in 2008, 2009, 2010;
- **National Swimming Team delegate** as Swim Coach:
 - 1998 Swimming World Cup (Rio de Janeiro-RJ/Brazil);
 - 2010 Swimming World Championship (Dubai/EAU);

➤ **EXERCISE PHYSIOLOGY / SPORTS SCIENCE**

- Center Moto Racing team (Brazil) National Champions at the Moto 1000 GP season 2015 (physical preparation and scientific follow-up);
- Brasilia Disable Sailing team 2013-2015 (physical preparation and scientific follow-up);
- Age Group Aquathlon World Champion and Triathlon Standard Distance 2nd place in 2016 ITU World Championship - Cozumel-Mex (physical preparation and scientific follow-up);
- 2016 Rio Olympian Athlete, 2013, 2015, 2018 Australian Champion Mid Field Hockey player (physical preparation and scientific follow-up);
- 2018 XFC Atom Weight MMA Champion (physical preparation and scientific follow-up)

Gold Coast, May 2019

Paulo Barroso

A handwritten signature in black ink, appearing to read 'Paulo Barroso', written in a cursive style.