

# ***CURRICULUM VITAE***

*Carlos Alberto Gutiérrez*  
*Teacher of Physical Education*



## ***PERSONAL DATA***

***NAME:*** Carlos Alberto Gutiérrez Garbuyo

***BIRTH DATE:*** 30. 12. 62

***NATIONALITY:*** Uruguayan

***IDENTITY CARD:*** 3.431.082-5

## ***EDUCATION:***

***PRIMARY SCHOOL:*** Inmaculada Concepción Colleague  
Santa Lucia, Canelones - Uruguay

***SECONDARY SCHOOL:*** Tomas Berreta High school  
Santa Lucia, Canelones - Uruguay

***TERTIARY EDUCATION:*** Teacher of Physical Education  
Degree obtained at the High Institute of  
Physical Education of Uruguay

Montevideo - Uruguay

***COURSES:***

**September 1987**

Course: Volleyball - Uruguayan Olympic Committee  
Professor: Viencieslav Platonov (U.S.S.R.)

**August 1988**

Course: Medicine and orthopedic surgery in football.  
F.C.Barcelona - Uruguayan Football Association

**August 1992**

Course: Methodology of Basketball Education  
Professors: Jorge Hermida and Edgardo Masoed

**March 1993**

Workshops: "Eat well, live well"  
Professor: Ketty Benchoam

**April 1994**

Workshop: Swimming techniques  
Professor: Bladimiro Mestre

**June 1994**

Course: Study of muscular composition  
Professor: Edgardo Masoed

**August 1995**

Course: The practice of cardiovascular rehabilitation  
Dr. Carlos Bermudez  
Professor: Lucila Pereira

**September 1995**

Workshop: Medical, technical and physical education concepts for the senior citizens

Dr. Delmar Breech

Professor: Miguel Rodriguez Bellora

### **August 1997**

International course: Football training

Professor: Nestor Ibarra

Professor: Cone Caminatti

Dr. Wernwer Kuhn

Pablo Buonomo

### **August 2004**

Uruguayan Association of Physics Teachers' (A.P.F.U.) one day refresh course:

Agenda:

\*Transfer of strength-power-speed (Prof. Gonzalo Barreiro)

\*Defense analysis (Coach: Dr. Raúl Moller)

\*Jumping biomechanics (Professor: Carlos Pintos)

\*Midfield analysis (Coach: Dr. Fernando Rodriguez Riolfo)

\*Training differences between Uruguay and Spain (Prof. Modesto Turrens)

\*Combined work physical-technical-tactical (Prof. Alejandro Valenzuela)

\*Attack - offensive Systems (Coach: Gerardo Pelusso)

### **November 2004**

A.P.F.U. one day refresh course:

Agenda:

\*Time frames of the strength and force in football training (Prof: Pedro de Hegedus)

\*Football round table (Juan R. Carrasco, Gerardo Pelusso, Pablo Bengoechea)

### **August 2005**

One day refresh course:

Speakers: Coach: Sergio Markarian

Dr. Eduardo Belsa

Professor: Fernando Parola

**April 2007**

Gatorade Sports Science Institute (GSSI)

II International seminary: Kids and Physical Exercise

Dr. Lu s Arag n Vargas (GSSI Director for Latin America)

Dr. Ricardo Javornik (GSSI Chairman for Latin America)

Diego Quiroga (Sports Director USFQ)

**October 2007**

First International Football Congress - Quito, Ecuador.

Professor: Horacio Anselmi (Argentina)

Professor: Alberto Alarc n (Argentina)

Dr. Carlos Maldonado (Ecuador)

Lic. Ciro Vargas (Argentina)

Marcet foundation (Spain)

***LABOR EXPERIENCE:***

January 2009 up to date

**Corporaci n Deportiva Atl tico Nacional** – Medell n, Colombia

First Division

Charge: First Division strength and conditioning coach

May 2008 until end of the season

**Club Deportivo Pereira** - Pereira, Colombia

First Division

Position: First Division strength and conditioning coach

December 2006 - May 2008

**Club Deportivo “El Nacional”** – Quito, Ecuador

Position: Director of the strength and conditioning department

June 2006 until end of the season

**Sociedad Deportivo Quito** – Quito, Ecuador

First Division

Position: First Division strength and conditioning coach

January - May 2006

**Liga Deportiva Universitaria de Portoviejo** - Portoviejo, Ecuador

Second Division

Position: First Division strength and conditioning coach

Season 2005

**Mutual Uruguay de Futbolers Profesionales** – Montevideo, Uruguay

Position: Prep. Physicist of the flying equipment

Season 2004-2003 and 2002-2001

**Club Nacional de Futbol** – Montevideo, Uruguay

First Division

Position: First Division and Youth academy strength and conditioning coach

Season 2000

**Club Social y Deportivo El Tanque Sisley** – Montevideo, Uruguay

Second Division

Position: First Division strength and conditioning coach

Season 1999

**Basáñez Futbol Club** – Montevideo, Uruguay

Second Division

First Division strength and conditioning coach

Season 1998

**A.U.F. Uruguay Women's National Team**

FIFA Women's World Cup qualifiers – Mar del Plata

Season 1997

**Danubio Futbol Club** – Montevideo, Uruguay

First Division

Position: Youth academy strength and conditioning coach

Season 1996

**Montevideo Wanderers Football Club** – Montevideo, Uruguay

First Division

Position: Youth academy strength and conditioning coach

Season 1994

**Centro Atlético Fénix** – Montevideo, Uruguay

Second Division

Position: Youth academy strength and conditioning coach

March 1997 - December 2005

**Colegio y Liceo San Miguel** – Montevideo, Uruguay

Position: Teacher of physical education

March 1992 - December 1994

**Gymnasium M & C** – Montevideo, Uruguay

Position: Chief Director

January 1988 - December 1996

**Young Male Christian Association** – Montevideo, Uruguay

Position: Teacher of fitness, swimming and sports

January 1990 - May 1991

**Club Malvin**

Position: Teacher of fitness and swimming

Basketball coach

May - November 1992

I National Congress of Fitness Specialization

Position: General Secretary. Coordinator. Administrator

