Vasileios Arampatzis

10 Evryvias Street, Pylaia, Thessaloniki 55535, Greece
Landline tel.: +302315319414, Mobile: +306980019791
Email: barabatzis18@gmail.com
Secondary address: 401 N
Fredericksburg St, San Marcos,
Texas 78666
Mobile: (737)-387-7750
Email: ezq22@txstate.edu
Date of Birth: August 18, 1999

PERSONAL PROFILE

A self-motivated personal and group fitness trainer, capable of prioritizing multiple tasks effectively while retaining perfect composure under pressure; an economic and regional studies graduate and a sports and exercise science student, possessing a keen eye for detail, while relevant academic and work experience has enabled the development of efficient problem-solving skills, with particular ability in processing and synthesizing information to achieve goals. A culturally sensitive team player and effective relationship builder, establishing excellent rapport with members of diverse groups and communicating with fluency in Greek and English and good competence in German

EDUCATION

08/2024-present
Texas State University **San Marcos, Texas**
2-year Master's program in Sports and Exercise Science, with a concentration in Strength and Conditioning.

09/2018-02/2023
University of Macedonia **Thessaloniki, Greece**
4-year Ptychio (BSc-equivalent) in Slavic Studies with final grade of 7.38/10 and excellent performance in the courses Ethnographies in the Post-Socialistic World, European Integration and Eastern Europe, Public International Law, and The Dynamics of the Global Financial Systems: Economic and Historical Approaches, among others

09/2014-06/2017
2nd General Lyceum of Kastoria **Kastoria, Greece**
Apolytirion (High School Diploma), with distinction and final grade 18.1 out of 20; recipient of academic excellence awards conferred by the Greek Ministry of Education

WORK EXPERIENCE

Texas State University **San Marcos, Texas**
08/2024-present
Working as a Graduate Assistant teaching Weight Training and Aerobic Conditioning classes for undergraduate students.

The Lab Fitness **Thessaloniki, Greece**
03/2020-08/2024
Professional fitness trainer in the most advanced CrossFit Gym in Thessaloniki, responsible for group and one-to-one sessions; among others, I perform fitness assessments and design exercises to keep clients motivated; moreover, I oversee the CrossFit and strengthening and conditioning programs, while helping clients with their workouts and monitoring their progress

01/2019-present
Personal trainer **Thessaloniki, Greece**
I help personal clients to attain their fitness goals by devising programs that suit each individual client

LANGUAGE PROFICIENCIES

Greek	**:**	Native competence
English	**:**	Excellent knowledge
German	**:**	Very good knowledge

DISTINCTIONS

2025: Certified Strength and Conditioning Specialist (CSCS) by the NSCA, USA Weightlifting Level 1 Coach
2024: Gymnastics Course Trainer Level 2 Diploma holder, licensed to teach gymnastics to others in a CrossFit environment
2023: CrossFit Level 1 Certified Trainer
2022: 19th Place in the Athens Throwdown in Elite Division, Burgener Strength Weightlifting Level 1 and Level 2 Certificate
2019: First Place in the Greek Throwdown in Scaled Division
2019: Fifth Place in the Athens Throwdown in Scaled Division
2017: First Place in the Centaurian Fittest Competition in Teens Division
2016: Qualified for the School Championships in the 5k Trail Run
2014: Junior National Champion (Mountain Biking)

SKILLS / INTERESTS

IT Skills: High expertise in Microsoft Windows and all Microsoft Office
Sports: Apart from CrossFit, Olympic Weightlifting and Gymnastics, I am an expert in mountain biking
Volunteering: Firm believer in volunteerism, helping people with motion limitations or with past or recent injuries to regain fitness
Travelling: Enthusiastic traveler, having travelled extensively and been exposed to diverse cultures