



# ISMAEL UALI ROJO

## CONTACT



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Ismael Uali

## OBJETIVES

I want to contribute my knowledge to be able to locate canoeing as an educational, rehabilitative and healthy tool, in addition to evolving the competitive one.

## SKILLS

Proactive     Resilient  
Creative     Loyal  
Cooperator

## LANGUAGES

Spanish

English

## DATA ANALISIS

Microsoft Office	●	●	●	●	○
Garmin	●	●	●	●	○
Spodha	●	●	●	●	○
Accelerometers	●	●	●	○	○

## OTHER DATA

Driving license.  
Navigation license (length 6m; miles 2)  
PADI.: Open Water Diver. /Advanced Open Water Diver. / Nitrox

# EDUCATION

UNIVERSIDAD DE LEÓN 2008	PhD courses in Physiology. - <i>Monitoring of functional parameters in the evaluation of physical condition, sports training and performance</i> - <i>Responses and muscular adaptations to exercise.</i> - <i>Sports training. Structure and organization.</i> - <i>Prescripción y cuantificación de actividad física para la salud.</i>
UEMC . Valladolid. 2003-2007	Degree in physical activity and sports science: <i>High Performance and Sports Management Specialist</i>
E.U.E. Palencia. Universidad de Valladolid. 1999-2002	Degree in primary school education specialized on sports and Physical activity
EBE Mallorca. Approved by Consejo Superior de Deportes. 2018-2019	Flatwater Canoe coach Level3
International Paralympic Committee Academy 2014	IPC Introduction to Para Sport.
International Canoe Federation. 2013	National Paracanoe Classifier.
Real Federación Española de Atletismo. 2014	Athletics Coach Level 2
Federación Española de Triathlon 2014	Triathlon Coach Level 3
Nacional Strength and Conditioning Association of USA 2009-2018	NSCA Personal Trainer.
Escuela de técnicas parasanitarias de León. 2002-2003	Chiromassage and Chinese traditional medicine

## RESEARCH

- . Analysis of accelerometries in individual and team boats in flatwater canoeing.
- Study of the optimal time of rest between the series of resistance-muscular training in elite canoeists: effect on the pattern of falling speed and power of execution".
- Kinetics, Kinematics and hydrodynamics in the Canoeing Start.
- Calculation of intensities on the Squat effect in the training of canoeing in flat waters
- Biomechanical 3D design of individualized materials for canoeists and kayakers, with the collaboration of Podoactiva Zaragoza and RCNP

## COLLABORATIONS

- Kinanthropometric advisor for High Performance athletes and sports concentrations.
- Collaborator with the National School of Canoeing Coaches.

## CONGRESSES AND UPDATES:

- "Elit-in. A road to the future". Co.funded by the Erasmus+ Programme of the EU. UIB. 2020
- 5th Training Conference on Endurance Sports. Son Espases University Hospital. 2019.
- Psytool Diploma: "agents of change" in the application of values. 2018 UIB.
- Training Days of Sports and Mindfulness. 2019. Consell de Mallorca
- MOOC Nutrition in Sports Course: Ergogenic Aids. 2014. UCAM
- V International Congress of Canoeing Coaches in Flat Waters. Catoira. 2014
- Muscular Hypertrophy: from the laboratory to the Training Room. International Symposium on Physical Exercise Science Update NSCA-Spain / IICEFS. 2014
- Sports Coaching Seminar. Palma de Mallorca. 2013

## CANOE WORK EXPERIENCE

Real Club Náutico de Palma 2009- Present	Canoe Coach and physical trainer
Balearic Technification Center of Canoeing 2010- Present	Technician evaluating physiological parameters
Royal Spanish Canoeing Federation / Council Superior of Sports. 2013- Present	Paracanoe Technical Director Royal Spanish Canoeing Federation / Council Superior of Sports.
Spanish Paralympic Committee 2013- Present	Paracanoe Coordinator of the ADOP program
Castilla y Leon Federation. Tordesillas Club Palentino Club Rancing Valladolid Club. 2003-2009	Coach for canoeing in flat waters in different clubs.

## NON CANOE WORK EXPERIENCE

Global Technification Plan of the Balearic Federation of Sailing 2013- 2015	Sailing Physical trainer
Compexiberica. 2003-2008	Public relations in electrostimulation diffusion programs

# PUBLICATIONS

Portuguese Canoeing Federation 2020	Online presentation: Presentation of the bases of the Paracanoe work structure at the RFEP
Internacional Canoe Federation & COPAC 2020	Online presentation: Lines of action in Paracanoe.
Sant Joan de Deu Hospital. Palma de Mallorca 2019	Rehabilitation and Health through canoeing
Book: "Training and performance in canoeing: Advances for improvement". ISBN:978-84-8408-503-4	Author Chapter 9. "PARACANOE".
VII International Congress of Canoeing Trainers in Flat Waters. Catoira. 2018	"From the base to the Paralympics: Forms of work and intermediate options"
"Training in Flat Water Canoeing". ISBN:978-84-942132-2-9	Co-author Chapter 4. "Physical conditioning of the competitive canoeist".
International Journal of Strength and Conditional Research 2012 Apr; 26 (4): 941-6. PMID: 22446667	"Maximum strength in different resistance training rowing exercises predicts the performance of the start phase in elite kayakers"
International Journal of Sports Medicine September 2008; 29 (9): 764-9. Epub 2008 Apr 9 ID: IJSM-09-2007-0648-tt	"Duration at rest and kinematics in training until failure"
IV Sailing Technicians Seminar. Balearic Sailing Federation. UIB. 2014	Strength work during the season in Sailing annual plan
III Sailing Technicians Seminar. Balearic Sailing Federation 2013	Projects of the Balearic Sailing Federation in Physical Preparation
RFEP- CSD 2011	The work of the Strong, different forms of application

