

Carla Botelho Sottovia, Ph.D.

IDEA PERSONAL TRAINER OF THE YEAR, 2005 **IDEA PERSONAL TRAINER OF THE YEAR AWARD FINALIST 2003 & 2004**

Courses and Workshops

Exercise and Aging: International Fitness Convention – Buenos Aires, Argentina (1991); Barcelona, Spain (1992).

Physical Fitness Assessment: International Fitness Convention – Buenos Aires, Argentina (1991); Barcelona, Spain (1992).

Aerobic Pipeline Personal Training Certification: Head Instructor – Summer 1993 and 1994 (USA cities).

Aerobic Pipeline Group Exercise Leader Certification: Head Instructor – Summer 1993 and 1994 (USA cities).

ACSM Health and Fitness Instructor Certification: Preparatory course – Head-Instructor, Dallas (1995).

Body Composition: The Cooper Institute for Aerobics Research Fitness Conference, Dallas (1996).

Exercise Physiology: Las Colinas Community College – Personal Training Certification, Dallas (Fall 1997)

Special Population: Las Colinas Community College – Personal Training Certification, Dallas (Fall 1997).

Personal Fitness Specialist Certification: The Cooper Institute for Aerobics Research, Dallas (1998)-presented in Portuguese.

Biomechanics of Resistance Training: The Cooper Institute for Aerobics Research, Dallas (1998) – presented in Portuguese.

Diabetes and Exercise: Preventive Medicine Conference, Monterey, Mexico (1998).

Cardiovascular Disease and Exercise: Preventive Medicine Conference, Monterey, Mexico (1998).

Biomechanics of Resistance Training: Planeta Fitness Conference, Barcelona, Spain (2000).

Core Training: Planeta Fitness Conference, Barcelona, Spain (2000).

Energy Metabolism: Planeta Fitness Conference, Barcelona, Spain (2000).

Functional Movement Screen Certification: Functional Movement

Systems, Brasil (2009, 2010)

Personal Fitness Specialist Certification: The Cooper Institute – Korea (2000, 2001, 2002, 2003,2004,2005, 2006, 2007, 2008, 2009,2010), Japan (2002,2005,2008) Germany (2003), Guam(2004, 2005);Dallas(1999-2008).

Personal Training Specialist Level II (The Cooper Institute)- Dallas, 2008,2009,2010.

Biomechanics of Resistance Training: The Cooper Institute for Aerobics Research – (Germany and Korea, 2003, 2004, 2005, 2006, 2007,2008).

Functional Training/ Aerobic Metabolism: Fitness Brasil – (Santos, Brasil, 2004).

Functional Training/ Flexibility Clinic: ENAF – (Pocos de Calda, Brasil, 2004).

IDEA Health and Fitness Association: Presenter- Summer/Fall 2006.

Advance Program Design; Optimal Flexibility; Energy and Metabolism: BSB Fitness(Brasilia, Brasil, 2006)

World Class Runner Conference: (Moscow, Russia, 2007)

Can-Fit-Pro Conference: (Canada, 2007)

MEL: Military Exercise Leader- The Cooper Institute (Florida, Korea, Japan, 2008)

Functional Movement Screen (FMS) Certification – (Brasil, 2009 & 2010)

Foundations of the Functional Movement Screen- (IDEA Personal Training Institute, 2011)- VA.

Professional certifications

PTA Global Mentorship Level 1: New Zealand, 2010

Advance Corrective Strategies: Functional Movement System, 2010

Vibration Training- Level I: Power Plate: January 2009

Vibration Training – Level II : Power Plate: 2010

Athletes' Performance Mentorship: Spring & Fall 2008

Licensed Wellness Coach: ACSM, October, 2007, 2010

Functional Movement Screening: Gray Cook, May 2007

Coaching Healthy Behaviors: Cooper Institute, 2006.

PoleStar Pilates Certification. Nov. 2005, 2010

Integrated Flexibility Specialist. National Academy of Sports Medicine, 2004.

Performance Enhancement Specialist, 2002. National Academy of Sports Medicine.

Biomechanics of Resistance Training, 1996. The Cooper Institute for Aerobics Research.

Advance Personal Training, 1990. The National Academy of Sports Medicine.

Physical Fitness Specialist, 1988. The Cooper Institute for Aerobics Research.

Group Exercise Instructor, 1987. IDEA/ACE.

Exercise Test Technician, 1987. The American College of Sports Medicine.

Group Exercise Cycle Instructor, 1997. REEBOCK.

Education

1985 SUNNY Brockport, NY.

Bachelor of Science in Physical Education

1990 San Jose State University, CA

Masters of Arts in Exercise Physiology

2002 Texas Woman's University, TX

Doctor of Philosophy in Exercise Physiology

Professional experience

2009- Present: The Cooper Fitness Center

Director of Fitness & Personal Training Education

1990 – Present. The Cooper Fitness Center, Dallas, TX.

Senior Professional Fitness Trainer

- One-on-one training.

2005 – Present. The Cooper Fitness Center, Dallas, TX.

Pilates Trainer

- One-on-One training: Mat & Equipment.

2010 – Present. The Cooper Fitness Center, Dallas, TX

Director of Fitness & Personal Training Education
CooperPT Mentorship Director

1998 – Present. The Cooper Institute for Aerobics Research, Dallas, TX.

Adjunct Faculty for the Continuing Education Department

- Personal Training Certification.
- **Functional Fitness Training**
- Biomechanics of Resistance Training Certification.
- Special Population.

1997-2009. The Cooper Fitness Center, Dallas, TX.

Assistant Fitness Director

- Client/ Personal Trainer Liaison: responsible for all personal training requests and referrals. Client retention.
- Responsible in organizing continuing education workshops and training programs for the Fitness Department staff.
- Involved in all aspects of hiring, training, and scheduling new staff (Personal Trainers / Fitness Specialists).
- Special Projects as assigned per Fitness Director.

1988 – 1989. The Cooper Clinic, Dallas, TX.

Exercise Test Technician

- Performed Maximum Exercise Stress tests.
- Performed Health Screening tests (Body composition, Lung Capacity, Visual, Hearing, and Glaucoma tests).

1989 – 1992. The Cooper Institute for Aerobics Research, Dallas, TX.

Research Assistant

- Assisted in two major research studies for the Exercise Physiology department.
- Involved in all aspects of subject's selection; data collection and analysis.

Patents and publications

Content Validity and Reliability of a Quality of Life Questionnaire –
Master Thesis, 1990.

Body Composition – IDEA Personal Trainer, May 1995.

The Relationship between Physical Activity and Physical Fitness among School Aged Children – Third through Sixth grade- Doctoral Dissertation, 2002.

The Relationship between Physical Activity and Physical Fitness among School Aged Children – WWW.PTonthenet.com, August 2002.

The Fate of Fat Metabolism – WWW.PTonthenet.com, October 2002.

Protein Metabolism – WWW.Ptonthenet.com, November 2002.

Resistance Training Among the Youth – NASM. Fall 2003

Cardiovascular Training Among Children – NASM. Fall 2003

Methods of Assessing Physical Activity and Physical Fitness among Children – NASM. Fall 2003

Physical Activity Participation Among Children. NASM- Winter 2004

The Athlete Child. NASM – Winter 2004.

Childhood Obesity. NASM- Winter 2004

Book: [Energy Substrate: Truth and Misconceptions. A Practical Approach for Fitness Professionals. June 2006.](#)

Professional memberships

IDEA: member since 1986.

ACSM: member since 1999.

Personal Training on the Net: member since 2001.

Languages

Fluent in Portuguese and Spanish.

Community activities

American Diabetes Association: Team Diabetes Vice-Chairman, Dallas, 1998-1999.

American Diabetes Association: Team Diabetes Chairman, Dallas, 1999-2000.

Tri-Dallas Triathlon Club: Member since 1994 (Vice-President, 1996; President, 1997).

Triathlon Olympic Trials: Volunteer, Dallas, 2000.

References

Dr. Kenneth H. Cooper – Founder and President – The Cooper Aerobic Center, Dallas, TX.

Brad Wilkins, MBA – General Manager – The Cooper Fitness Center, Dallas, TX.

Interests and activities

IDEA Personal Trainer of the Year Award Finalist, 2003 & 2004.

Ironman- Triathlon (Hawaii 94'; Germany 95'; Brazil 99'). Having completed more than 50 triathlon races. Avid Marathon Runner (16 including Boston 90'and 98').

Accomplishments

Enjoy hiking, camping and outdoor swimming.

Enjoy traveling around the world (having visited all Continents).