



# Vamos, Vamos, Vamos

## Edgar Garza, Kinesiology, Spring 2021

Professional  
Development

### SUMMARY

*I completed a personal training internship from May 21, 2018 to June 27, 2018 at Global Performance in Barcelona, Spain. Global Performance is a personal training and physical therapy facility for elite athletes that focus on functional testing and application of technology to exercise prescription. My goals in working with this organization were learning about variations in exercise prescription, gain intercultural confidence, and build on the skill of reflection. This experience really stretched me out of my comfort zone and allowed me to reach my goals while also improving other attributes like my communication skills and patience. My primary task was providing support to the personal trainers by training athletes, assisting with tests, and organizing the areas. I kept a weekly blog to reflect on my overall experience.*



### SPICES

*This professional development experience because I learned about patient interaction, exercise prescription, and exercise methodology.*

### HERBS

*This experience required resilience to push through the rough times and support for patients, colleagues, and myself.*

### LEARNING OUTCOMES

*This experience required self-reflection, awareness, and communication to be able to fully appreciate the vast knowledge I received through the varying tasks and obstacles.*



### IMPACT

*This experience impacted Global Performance because they were actually short staffed for a period of time while I was there which allowed me to take a greater independent role in the training. This experience also impacted me in finding different approaches to training and how to properly help patients recover and train to become better at their craft. This allowed me to see another part of the injury recovery process which I want to be involved in.*

### ADVICE

*Dream big dreams. There is always a silver lining in everything you do because our hardships produce patience, patience produces character, and character produces hope.*