




ISMAEL UALI

CONTACTO

 ismaeluali@gmail.com

 +34 659 43 16 45

 Palma de Mallorca, Spain.

  Ismael Uali

EDUCATION

UNIVERSIDAD DE LEÓN 2008	PhD courses in Physiology. - Monitoring of functional parameters in the evaluation of physical condition, sports training and performance - Responses and muscular adaptations to exercise. - Sports training. Structure and organization. - Prescripción y cuantificación de actividad física para la salud.
UEMC . Valladolid. 2003-2007	Degree in physical activity and sports science: High Performance and Sports Sport management
E.U.E. Palencia. Universidad de Valladolid. 1999-2002	Degree in primary school education specialized on sports and Physical activity
Approved by Consejo Superior de Deportes. 2018-2019	Sprint 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 Personªal Trainer.
Escuela de técnicas parasanitarias de León. 2002-2003	Chiromassage and Chinese traditional medicine

CANOE WORK EXPERIENCE

Royal Spanish Canoeing Federation 2013- Present	Paracanoe Technical Director
Spanish Paralympic Committee 2013- Present	Paracanoe Coordinator of the ADOP program
TIP Barcelona 2024. Talent Identification Programme.	IPC – ICF -RFEP.
Balearic Technification Center of Canoeing 2010- Present	Technician evaluating physiological parameters
Real Club Náutico de Palma 2009- 2024	Canoe Coach and physical trainer

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

GOALS

- Promote Paracanoeing as a Holistic Tool.
- Enhance Competitive Paracanoeing.
- Innovate Training Programs.
- Innovate Training Programs.
- Expand Community Outreach.
- Foster Collaboration.
- Sustainability Initiatives.
- Leadership and Advocacy

SKILLS

- Proactive
- Creative
- Resilient
- Loyal
- Cooperator

COLLABORATIONS

- Kinanthropometric advisor for High Performance athletes and sports Concentrations.
- Collaborator with the national school of canoeing Coaches.
- Collaborator in specific courses for Paracanoe coaches

LANGUAGES

Spanish 

English 

DATA ANALYSIS

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

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"