



LUKA KOVACEVIC CURRICULUM VITAE

PERSONAL INFORMATION

Date of birth: 5.03.1986

Hometown: Belgrade (Serbia), currently based in Madrid (Spain)

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I am a rehab specialist and movement coach based in Madrid (Spain). I would describe myself as a constantly smiling, highly dedicated, responsible and diligent person with high education and real "on field" knowledge and experience. I really pay attention to all the important both physical and mental details when it comes to each individual issue, which is the main difference between top and average professionals. I am simply passionate about rehabilitation and everything related to it.

Particular areas of interest: Finding and removing all the weak links in the human body; Biomechanical principles related to injury prevention/reduction, rehabilitation, exercise execution technique and economy of human movement (functional anatomy and human biomechanics in general); Warm up and recovery techniques, etc.

In my leisure time, I like reading professional books and articles. I also like reading sport psychology and nutrition books, as well as teaching younger colleagues. And, of course, practicing various sporting activities.

EDUCATION

February 2024 DGR online education (Lower body biomechanics and rehab);

January – April 2023 IKN online education (Cervical spine, shoulder, lumbar spine, knee, foot and ankle);

January 2021 Online course - Evaluation and treatment of the knee and shoulder (by Mike Reinold);

December 2020 Online course - Compete hip and shoulder assessment, performance and rehab (by Tony Gentilcore and Dean Somerset);

October 2020 Online course - Sturdy shoulder solutions (by Eric Cressey);

2011-2013 I passed 60 exams during my post high school academic education;

Master studies (section: sport and physical education) at University of Belgrade, Faculty of sport and physical education – Master degree. Average grade and overall success: 8.56 (eight and 56/100) – VERY GOOD. Title of Master's thesis: "The influence of Volleyball techniques training on the change of general and specific motor abilities of girls, the school of Volleyball trainees";

2010-2011 I passed 17 additional exams for physical education section, in order to be eligible to apply for master studies (Theory and Methodology of Basketball, T&M of Football – Soccer, T&M of Swimming and Water Polo, T&M of Martial Arts – Karate, Boxing, Wrestling and Judo, T&M of Dance, T&M of Handball, T&M of Track and Field, T&M of Sports Gymnastics 1,

T&M of Sports Gymnastics 2, T&M of Rowing, Correction of Postural Deformities, T&M of Physical Education 1, T&M of Physical Education 2, Outdoor Activities, T&M of Skiing, T&M of Rhythmic Gymnastics, Elementary Games);

- 2005-2010** University of Belgrade, Faculty of sport and physical education (section: sport) – University degree. Average grade and overall success: 8.67 (eight and 67/100) – EXCELLENT. Title of graduate thesis: “Preparatory period of senior men’s Volleyball team “Obilić” Belgrade”. Besides that, I attended a lot of both strength & conditioning and volleyball seminars;
- 2001-2005** “High school of tourism”, Belgrade, Serbia;
- 1993-2001** Primary school “Ratko Mitrovic”, Belgrade, Serbia.

WORK EXPERIENCE

- Since September 2024** Teaching interns-students (physiotherapy and performance), of the University “Alfonso X el sabio” (Madrid);
- Since March 2024** Teaching interns-students (physiotherapy and performance) of the University “Europea” (Madrid);
- Since February 2024** Teacher of the following course: “*Mastering shoulder rehabilitation*”, a comprehensive course by (P)rehab Focus clinic;
- Since September 2023** Teaching interns-students (PT) of the University of Alcalá (Madrid);
- Since September 2022** Co-owner of the **PREHAB FOCUS CLINIC**, teamed rehabilitation work with a co-owner physiotherapist. Executing the active (exercise) part when it comes to post-traumatic states. Working with all painful states, as well as pre and post-surgical rehabilitation of general and athletic population (including professional triathlon, basketball, paddle tennis, soccer, tennis);
- Since June 2020** Online collaboration with Singapore international swimming school “Nexus”. Online consulting, writing training programs, training and education, www.prehabfocus.com & www.microtraining.co;
- January 2019-June 2020** I worked with the “Team China” (“A” National Short track speed skating team) as a Performance coach (“Beijing 2022” project);
- May 2017-April 2018** I worked as a personal trainer at “Underground Fitness” (Phoenix, AZ);
- November 2016-January 2019** I worked as a personal physical preparation coach of youth football/soccer players (Phoenix, AZ);
- December 2016-May 2017** I worked as a personal trainer at “EoS Fitness” (Phoenix, AZ);
- In January 2016** During offseason: I was physically preparing many youth soccer players for the second half-season;
- In July 2015** I worked with Myanmar Football Federation and Myanmar senior National Football (Soccer) Team as a head strength and conditioning coach for almost four months. I was preparing Myanmar National team for matches against the best Asian National football (soccer) teams;
- May 2015** I worked as a coach of recreational Track and field club “Running” from Belgrade, with the aim of preparing for international half marathons;

July 2014	During preseason period, I was engaged as a strength and conditioning coach of 3 youth selections of Handball club "S.K.B.G" from Belgrade, Serbia;
March 2014	I've been employed at fitness center "Top Gym" where I worked as a personal trainer with all kinds/types of clients, including kids and athletes of all ages and success levels (I also performed professional training with new trainers). "Top Gym" is the best fitness center in Serbia – I gained a huge knowledge over there from the best strength and conditioning coaches in the country and beyond;
2013-2014	I performed three-months professional practice (internship) with coaches of all younger selections, as well as with the head strength and conditioning senior team coach in Football (Soccer) club "Partizan" from Belgrade. "Partizan" is one of the best football (soccer) clubs in Serbia – I was learning from the very top coaches;
2011-2013	I worked as a personal fitness trainer and children's swim instructor from time to time;
2000-2011	I practiced volleyball – one season at the Serbian highest level – the first professional league, where I played against National team level players.

GREATEST ACHIEVEMENTS

Short track speed skating National Chinese Team

1. **American Cup – Madison 2019** (6 golds medals);
2. **XXIX Winter university – Krasnoyarsk 2019** (1 gold medal);
3. **ISU World Junior short track speed skating championship – Montreal 2019** (1 gold medal);
4. **Numerous gold medals from China & World cups, which influenced winning many Olympic medals later on...**

OTHER PROFESSIONAL SKILLS

- **U.S Soccer "F" holder;**
- **UEFA "C" holder;**
- **Basic massage skills (Serbian certificate);**
- **First aid CPR/ AED – American Heart Association;**
- **Former CSCS certificate holder;**
- **Knowledge of Microsoft Office.**

LANGUAGES

- **SERBIAN:** Native;
- **ENGLISH:** Full professional proficiency;
- **SPANISH:** Full professional proficiency.