



Europass-Curriculum Vitae

Personnal Information

Name **Mário Nelson Teixeira da Costa**

Adress) Apartado 197
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Portugal

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Email: mariocostasport@gmail.com

Nationality Portuguese

Born Date 03.11.1968

Gender Male



Manager of Company Mario Costa Sport Unipessoal Lda

Representing the actual Olympic National Team of Syria Coach – Rui Almeida

Cooperator of kickUnit, (Germany) Lichtstr. 46, 50825 Köln represented by Mr. Andreas Müller (<http://www.kickeurope.com/4.html>)

Cooperator of Imaging Sport International (France) - <http://www.imagingsport.com>

References

Jorge Castelo. Coordinator of Youth Teams of CF Os Belenenses, current teacher of the Faculty of Human Motor function of Lisbon (FMH) and doctorate in Sciences of the Sport, with specialization in Football. Email: jcastelo@fmh.utl.pt

Tamagnini Nené. (http://en.wikipedia.org/wiki/Tamagnini_Nené) Director of Youth Teams Sport Lisboa e Benfica. Phone: (+351) 21 721 95 17. Fax: (+351) 21 721 95 83

Jean Paul Castro, Director of Sporting Clube Portugal/PUMA Academy. Phone: (+351) 212 327 400 | Fax: (+351) 212 327 490

Luís Castro, Director of Youth Teams of Futebol Clube do Porto. Phone: (+351) 225 070 500

Arnaldo Cunha, Football National Coordinator of Portugal Football Association. Phone: (+351) 213 252 700

Leonel Pontes, Assistant Coach of Portugal National Team

Alexandre Santos, Assistant Coach of Saudi Arabia National Team

Luís Martins, Coach of Saudi Arabia Olympic Team

Rui Vitória, Coach of First Portuguese professional League Team FC Paços Ferreira

Dauto Faquirá, Coach of First Portuguese professional League Team SC Olhanense

Professional Experience

Date	July 2009 until 2013
Function	Teacher
Activities and Main responsibilities	Physical Education Teacher of 7, 8 and grade Coordinator of School Sport
Name and Address of the Employer	Amadeu Gaudêncio School, Apartado 99 - 2450-901 Nazaré
Type of Company	Public School
Date	September 2006 until August 2009
Function	Teacher
Activities and Main responsibilities	Physical Education Teacher of 10, 11 and 12 grade Director of First Sport Technologic Course Coach of Male Futsal Team
Name and Address of the Employer	Secondary School D. Inês Castro – Alcobaça, Rua Costa Veiga 2460-028 Alcobaça
Type of Company	Public School
Date	September 2005 until August 2006
Function	Teacher
Activities and Main responsibilities	Physical Education Teacher of 7, 8 and grade Coordinator of School Sport
Name and Address of the Employer	Amadeu Gaudêncio School, Apartado 99 - 2450-901 Nazaré
Type of Company	Public School
Date	September 2004 until August 2005
Function	
Activities and Main responsibilities	Vice-president Adviser Assessor Vice-presidente Support in the implementation of City Hall Sport Politics
Name and Address of the Employer	Odivelas Town Council (near Lisbon), Guilherme Gomes Fernandes Street- Quinta da Memória 2675-372 Odivelas
Type of Company	Autarchy
Date	Setembro de 2003 a Agosto de 2004
Function	Teacher
Activities and Main responsibilities	Physical Education Teacher of 7, 8 and grade School Assembly President Coordinator of School Sport
Name and Address of the Employer	Amadeu Gaudêncio School, Apartado 99 - 2450-901 Nazaré
Type of Company	Public School
Date	September 2002 until August 2003
Function	Invited Teacher
Activities and Main responsibilities	Support in teaching the discipline Sport Activities II – Football
Name and Address of the Employer	Faculdade de Motricidade Humana, Technical University of Lisboa, Estrada da Costa Cruz Quebrada, 1495-688 Cruz Quebrada, 21 4149 166 jcastelo@fmh.utl.pt
Type of Company	Public University
Date	September de 2001 a Agosto de 2002
Function	Invited Teacher

Activities and Main responsibilities	Support in teaching the discipline Sport Activities II – Football and Training Methodology II - Football
Name and Address of the Employer	Faculdade de Motricidade Humana, Universidade Técnica de Lisboa, Estrada da Costa Cruz Quebrada, 1495-688 Cruz Quebrada, 21 4149 166 jcastelo@fmh.utl.pt
Type of Company	Public University
Date	September 1999 Until 2003
Function	Chief of sport division
Activities and Main responsibilities	Definition, organization and installation of the municipal services of Sport
Name and Address of the Employer	Installing Commission of the Local authority of Odivelas, Guilherme Gomes Fernandes Street, Quinta da Memória 2675-372 Odivelas
Type of Company	Autarchy
Date	September 1998 until August 1999
Function	Teacher
Activities and Main responsibilities	Physical Education Teacher of 10, 11 and 12 grade
Name and Address of the Employer	Santa Maria Secondary School, Pedro Cintra Street, 2710-436 Sintra
Type of Company	Public School
Date	September 1997 until August 1998
Function	Technician of the National Institute of the Sport, valued with the mention of Much Good
Activities and Main responsibilities	Technical person in charge for the preparation and updating of the 1st Letter of the Athletic Artificial Installations of the District of Lisbon, even to the year of 1997 Analysis and preparation of proposals of support financier to the Clubs in the context of the project “Sport Association” Advisory body in the preparation of prior appearance and end of Projects RHYMES in what the area of business activity was the athletic activity Representation, in case of impossibility of the Mr. Delegated and Sub delegated, in protocol ceremonies for which the Delegation of Lisbon had been invited
Name and Address of the Employer	Regional Delegation of Lisbon e Tejo Valley of National Sport Institute, Infante Santo Avenue, 76 1399-032 Lisbon, phone: 21 003 47 00 Fax 21 397 95 57
Type of Company	Organism of the Portuguese Public Sport Administration
Date	September 1996 until August 1997
Function	Teacher
Activities and Main responsibilities	Physical Education Teacher of 10, 11 and 12 grade
Name and Address of the Employer	Sobral de Monte Agraço School, 1º de Maio Avenue, 2590-001 Sobral Monte Agraço, Phone: 261 940 350, Fax: 261 940 355, e-mail: eb23sobral@iol.pt
Type of Company	Public School

Date	September 1995 until August 1996
Function	Teacher
Activities and Main responsibilities	Physical Education Teacher of 10, 11 and 12 grade
Name and Address of the Employer	Amadeu Gaudêncio School, Apartado 99 - 2450-901 Nazaré
Type of Company	Public School.
Date	September 1994 until August 1995
Function	Teacher
Activities and Main responsibilities	Physical Education Teacher of 7 grade
Name and Address of the Employer	Amora Secondary School, Mário Sacramento Street, 2845-122 Amora, Phone: 21 226 80 00, Fax: 21 226 80 13, Email: secamora@mail.telepac.pt
Type of Company	Public School
Date	September 1993 until August 1994
Function	Teacher
Activities and Main responsibilities	Physical Education Teacher of 7 grade
Name and Address of the Employer	Visconde de Juromenha School, Tapada das Mercês, 2725 Mem Martins, phone: 21916 94 30 Fax: 21916 94 35
Type of Company	Public School
Date	1990
Function	Adviser of Person in Charge of Sport
Activities and Main responsibilities	Co-ordination of the Lisbon Games in the Lumiar and promoting of Activities in the Communities
Name and Address of the Employer	Junta Freguesia do Lumiar, Estrada da Torre, 19 1750-293 Lisbon. Phone: 217541350 Fax: 217541360 E-mail: info@jf-lumiar.pt
Type of Company	Autarchy
Date	September 1988 until 1989
Function	Teacher
Activities and Main responsibilities	Physical Education Teacher of 7 grade
Name and Address of the Employer	Agrupamento Vertical de Escolas Doutor António Augusto Louro, Vale Romeira Vale Romeira Avenue - Arrentela, 2840-447 Seixal, Phone: 212 277 200, Fax: 212 277 214
Type of Company	Public School

Education and Courses

Date	July 14 Julho 2009
Title	Basic support of Life / First Aid(6 hours)
Organization	It plans to prevent – Prevention as Solution, Industry of the Pottery and of the Glass – Establishments of Teaching
Date	November 2004
Professional competences	Frequency with Approval of the Master's degree II in Training of the Young Athlete Biomechanics of the Sport Techniques Growth and Maturing Development and Motor Learning Development of the Physical Qualities Neuromuscular Function Energetic metabolism and Cardio-Respiratory Function Methods and Techniques of Investigation in Sciences of the Sport I and II Development and Psychological Training of the Young Athlete Pedagogy of the Sport Training Planning Statistic The Young person and the Sport Methodology of the Scientific Investigation Seminars: - Injuries of the Young Athlete; Beginnings of the Technical and Tactic Training with Young persons; Observation and Analysis of the Play in Collective Sports and Nutrition Defense before a legally constituted jury of the dissertation “ Analysis of the content of the exercise of training – the content of the exercise of training of a microcycle of the competitive period of teams of juniors' football C ”
Organization/Promoter	Faculdade de Motricidade Humana, Technical university of Lisbon, Estrada da Costa Cruz Quebrada, 1495-688 Cruz Quebrada, Phone: 21 4149 166 jcastelo@fmh.utl.pt
Date	July 4 until 18 November 2001
Professional competences	Conclusion with final classification of Good Suitable / great one of the Trainers' Course of Football of Level III - Diploma A ADVANCED/UEFA Tactic-technical Motor Skills Sciences of the Behaviour Sport medicine Laws of the Game Systems of Information Trainers' formation Organization of Class, Ethics and Deontology Observation and Analysis of the Game Organization of the Department of Football Football and Autarchy Management and Marketing Football and Media International relations Labor Legislation
Organization/Promoter	Lisbon Football Association, Nova da Trindade Street, 2 - 2º, 1249-250 Lisboa, Phone: 213 224 870, Fax: 213 224 886

Date | June 5 1995

Professional Competences | Degree course, with the qualification of Good one, in Physical Education and Sport
 Biochemistry of the behaviour
 Development and Adaptation Motora
 Anatomico-Fisiologia
 Anthropology and History of the Body
 Mathematical analysis
 Systematic of the Athletic Activities I and II
 Psicofisiologia
 Physiology of the Effort
 Biomechanics
 Control and Apprenticeship
 History of the Pedagogic Ideas
 Statistic
 Physiology of the Training
 Psychology of the Sport
 Analysis of the Process Teaching-apprenticeship
 Planning, Evaluation and Traineeships of Teaching
 Pedagogy of the Sport I and II
 Computer science
 Sociology of the Sport
 Social analysis of the Education
 Methodology of the Training
 Health and Physical Condition
 Development of the Sport
 Seminar and Pedagogic Traineeship

Organization/Promoter | Faculdade de Motricidade Humana, Technical university of Lisbon, Estrada da Costa Cruz Quebrada, 1495-688 Cruz Quebrada, Phone: 21 4149 16

Língua(s) materna(s) | **Indique a(s) sua(s) língua(s) materna(s)**

Outra(s) língua(s)

Auto-avaliação

Nível europeu (*)

Inglês

Francês

Compreensão				Conversaão				Escrita	
Oral Understanding		Lecture		oral Interaction		Oral Production			
B2	Independente User	B1	Independente User	B2	Independente User	B1	Independente User	B2	Independente User
B1	Independente User	A2	Elementar User	A2	Elementar User	A2	Elementar User	A2	Elementar User

(*) [Nível do Quadro Europeu Comum de Referência \(CECR\)](#)

Aptitudes and competences of organization

President of the Direction of the Association Academy of Football Quinta do Pinheiro, since June 2007 to August 2011

President of the Direction of the Cultural and Recreational Centre of the Foxes, in 2007

Member of the Commission of Organization of the National Congress of Sport – Odivelas 2005 subordinated to the subject “ Athletic Model: Ways and perspectives ”, what happened in the days 12 and 13 of September, in the Cultural Centre Malaposta, in Odivelas

Participation in the 3rd International Journeys of Sport on “ The Municipal manager and the Quality of the Services and of the Sport Facilities ”, organized by the Town Hall of Trofa and Solutions Sport, Lda, in a total of 11 hours, which it passed in the days 18 and 19 of November of 2004.

Technical coordinator of the young football Ginásio Alcobaça Club from in season 2004/2005 to 2005/2006

Coordenador do Núcleo do Ginásio Clube de Alcobaça & Hotel Rural Quinta do Pinheiro da Escola de Futebol do Sport Lisboa e Benfica (escolafutslb3.com) desde a época 2004/2005, que integra 4 Técnicos e cerca de 40 alunos

President of the General Assembly of Cultural and Recreational Centre of the Foxes, in 2001

Coordinator of the School of Football of the Sport Lisbon and Benfica in the Time of 1998/1999 composed by 26 Technicians and around 400 pupils.

Coordinator of the School of Learning, Playing and Playing Football of the Sport Lisbon and Benfica in the time of 1997/1998 composed by 20 Technicians and around 200 pupils

Frequency course “ Strategies of Leadership and Liveliness of Group ”, with the duration of 34 hours, promoted by the Centre of Formation Pêro de Alenquer, between 2 of June to 7 of July of 1997

Coordinator of the School of Liveliness of Football of the Sport Lisbon and Benfica, in the time of 1996/1997, 6 Technicians and around 140 pupils

Coordinator of the Methodology of the Training of all the teams of Football of the Pontinha Athletic and Cultural Club (C:A:C), in the time of 1995/1996

Coordinator of the School of Football Recreation of the Sport Lisbon and Benfica in the Time of 1995/1996

Collaboration volunteer, in the context of the invitation done by Dr. Sidónio Serpa, in the Organization of the 8th World-wide Congress of Psychology of the Sport, which passed in Lisbon between 22 to 27 of June of 1993

Aptitudes and technical competences

Coach of the Team of U-19 Alcobaça Ginásio Club, times 2005/2006 and 2006/2007

Coach of the team of Juvenis/Sub 17 of the Secondary school Club of Alcobaça, time 2004/2005

Coach of the senior team of the Place full of pebbles Football Club, from 21 of July to 1 of October, in the national championship of the 3rd division of the time 2003/2004

Assistant coach team U-12 and Coach of team U-11 of the Sport Lisbon and Benfica, in the time of 1997/1998

Coach of U-10, in the time of 1996/1997, of the Lisbon Football Association

Coach U-11 Team of Clube Atlético e Cultural da Pontinha (C.A.C.), in time 1996/1997

Coach U-15 Team of Clube Atlético e Cultural da Pontinha (C.A.C.), in time 1996/1997

Coach U-10 Team of Clube Atlético e Cultural do Pontinha, in time 1995/1996.

Others Aptitudes

Knowledge of software Office™ (Word, Excel, Frontpage, powerpoint, publisher)
Basic Knowledge of programs Adobe photoshop, Corel Draw
Knowledge of internet

Certification of Former's Aptitude for the Institute of the Job and Professional Formation, certificate EDF 471239/2008 DL, valid up to 21.10.2013

Additional Information

Presentation of the communication " Analysis of the content of the competitive microcycle " in the journeys scientific-technician of Football, organized by Rio Maior Sport University and what passed to 6 and 7 of March of 2006

Presentation of the communication " The training in the Young Football " presented in the day 25 of March of 2005, in the Meeting XI of Technicians of Young Football, promoted by the Athletic and Cultural Club of Pontinha, in the context of the Tournament XXV International Football " Dr. John Havelange "

Special collaboration with the author Jorge Castelo (2003) in the work " FOOTBALL – PHYSICAL ACTIVITIES AND SPORTS ". Publication Faculty of Human Motor function

Checked Praise, for the Town Hall of Odivelas, in 5 of March of 2002, public in Municipal Report, for:

" - To have been the 1st person in charge for the Division of sport

- Exercise of functions with total dedication, pledge and competence, and contributo decisive for the dynamic athletic one of the District of Odivelas

- To be able to cultivate relations of work, having been appreciated by all who with him coexisted and collaborated "

Participation, like orator, in the 1st Journeys of Football of Formation, with the subject " The paper of the autarchy in the athletic initiation. The case of the Local authority of Odivelas, which they passed in the Cultural Centre of Town Nova da Barquinha, in 14 of June of 2001

Publication of the article " PERCEPTION OF the NON-VERBAL COMMUNICATION in the CONTEXT OF the SPORT ACTIVITIES", for M. Costa; P.Estrela, S. Rat-colored, To. Martins, J. Pine, C. It saws, S. Serpa and C. Foster-brother. Published in Revised " Ludens - Sciences of the Sport "; Technical University of Lisbon – Faculdade Motricidade Humana, Volume 14, N.º 2, April-June 94

Presentation, in the 8th World-wide Congress of the Psychology of the Sport of the 'Poster' " THE TEACHER'S HABILITY you it UNDERSTAND THE STUDENT'S NON-VERBAL COMUNICACION ", in the Hotel Altis, from 22 to 27 of June of 1993