SWISS MEDICAL NETWORK



Yoann Mougenot

Teacher of Adapted Physical Activity (APA)

Work Experience

since 2022	Teacher of Adapted Physical Activity (APA), Clinique Valmont, Glion sur Montreux, Switzerland
2018–2022	Teacher of Adapted Physical Activity (APA), 3PA Gym Seniors, Nancy, France
2017–2022	Teacher of Adapted Physical Activity (APA) at home, Yoann Mougenot Domicil'Gym, Nancy, France
2017–2018	Teacher of Adapted Physical Activity (APA), Saint Charles Hospital, Saint-Dié-des-Vosges, France

Education

2020	Nutrition for sport and health, Sport Avenir Santé training, Visio conference
2019	Pilates Mat Fundamental, Evelyne Frugier Fit School, Marrakech, Maroc
2018	BLACKROLL Instructor, BLACKROLL AG, Toulouse, France
2018	Hypopressive level 1, Hypopressive Prevention Performance Restoration, Toulouse, France
2013–2016	Licence in Adapted Physical Activities and Health, UFR STAPS, Nancy, France

Accreditation

Clinique Valmont

Specialties

Adapted physical activity

Alter G

Global reconditioning

Contact

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