

# รัฐภูมิ นีราศวรณ (เบนซ์)

ACE Certified Personal Trainer | YOGA ALLIANCE RYT200

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## 🏠 ประสบการณ์ทำงาน

ก.พ. 2566 – ปัจจุบัน

เทรนเนอร์ / ครูสอนโยคะ

สำนักงานพัฒนาวิทยาศาสตร์และเทคโนโลยีแห่งชาติ

โครงการ NSTDA Personalized Intensive Lifestyle Modification (NSTDA PILM)

## ทักษะ

- ออกแบบโปรแกรมออกกำลังกายส่วนบุคคล
- Resistance Training (Machine / Free Weight / Body Weight)
- Functional Group Training
- การสอนโยคะ

## รางวัล

- 1<sup>st</sup> International Yoga Championship 2023 – Silver Medalist

## ประกาศนียบัตร

- FIT: 96 hours International Personal Trainer
- FIT: 200-hour International Yoga Teacher Training Course
- KRI YOGA: 50 Hours Intensive Yoga Teacher Training (+10 Yoga Teaching Observations)
- SkillLane: Fit Junctions Academy Level 1 และ Level 2
- PESA: Fitness Instructor Certification
- Posture Office Syndrome & Functional Corrective Exercise Specialist
- Fix Me: Sport Massage in Upper Quadrant and Lower Quadrant
- Plan for Fit: Body Recomposition
- Smart: Fat-loss Specialist



# American Council on Exercise

This certificate attests that

## RATTHAPOOM NIRASWAN

has met all the requirements of the American Council on Exercise to develop and implement personalized exercise programs that improve fitness and overall well-being for individuals who are apparently healthy or have medical clearance to exercise.

### CERTIFIED PERSONAL TRAINER

GETTING PEOPLE MOVING SINCE 2022

Cedric X. Bryant, Ph.D.  
President & Chief Science Officer  
American Council on Exercise



September 30, 2026

VALID THROUGH



CERTIFICATE OF COMPLETION

## CERTIFIED YOGA TEACHER



# fit®

Fitness Innovations (Thailand) Limited hereby certifies that

## RATTHAPOOM NIRASWAN

has duly completed the requirements of our 200-hour  
International Yoga Teacher Training Course on **July 15, 2023.**

Yuttana Poncharoen  
Yoga Course Director, FIT Thailand



Suzanne Hosley  
Chief Executive Officer, FIT Thailand