



# Grégory Gamot

Teacher of Adapted Physical Activity (APA)

---

## Languages

FR,EN,RU

## Education

- Master 2, Handicap rehabilitation engineering and Motor Performance
- Bachelor's Degree in Athlete training and performance
- DEUG, Education and Motricity
- DEUG, Foreign languages and Civilizations (English)
- Qi-Gong practical training, therapeutic gymnastics, Lausanne, Switzerland
- EPS Teacher training, Angers / France
- Supervisory Officer training in French Army, Saint Cyr Special Military Academy
- Cardiac resuscitation training, First Aid and Swimming pool rescue training, Clinique Valmont

## Work Experience

- |            |   |
|------------|---|
| since 2016 | Teacher of Adapted Physical Activity (APA), Clinique Valmont, Glion sur Montreux, Switzerland   |
| 2015       | <ul style="list-style-type: none"><li>• Physical Education and Sports teacher, Boarding house responsible, Ecole La Garenne, Switzerland</li><li>• Physical education coach, Fitness coach (body building and cardio training), Promove, Villars sur Ollon, Switzerland</li></ul>                               |
| 2014       | Sports teacher, coordinator, boarding house summer camp responsible, Le Rosey Institute, Gstaad, Switzerland  |
| 2008–2014  | <ul style="list-style-type: none"><li>• Secondary school Physical Education and Sports teacher, General and professional secondary school, Amiens, France</li><li>• Trainer and fitness coach of ESIEE rugby team, Engineer School</li><li>• Sports association coach (group muscle building classes)</li></ul> |
| 2008       | <ul style="list-style-type: none"><li>• Sports coach and reception desk welcome in a private fitness center, Athletic Club, Amiens, France</li><li>• APA coach, Functional rehabilitation center, Albert, France</li></ul>  |
| 2007       | Aspiring lieutenant, Saint Cyr - the Special Military Academy, Coëtquidan, France   |
| 2006       | Trainer/ physical education coach of Handisport wheelchair rugby team, Beauvais, France   |
| 2005       | Physical education coach of rugby cadets & juniors, Amiens, France  |

## Media

### Videos

- 2019, "[Neurological rehabilitation: learn how to walk again with the Alter G® Anti-Gravity treadmill](#)"
- 2019, "[Orthopedic rehabilitation: defy the forces of gravity with the Alter G® treadmill](#)"

## Accreditation

[Clinique Valmont](#)

## Specialties

[Adapted physical activity](#)

[Alter G](#)

[Global reconditioning](#)

## Contact

### **Clinique Valmont**

Route de Valmont

1823 Glion sur Montreux

T + 41 21 962 37 24

[ggamot@cliniquevalmont.ch](mailto:ggamot@cliniquevalmont.ch)

[Download vCard](#)