

Curriculum Vitae

Male



D.O.B. 24 September 1961

Number of years working in industry:

36 years 3 months

Candidate ID Number: 11976

Nationality: British

Language Skills:

Fluent: English

Permitted to work in: UK - United Kingdom

Position Sought: College Tutor, Fitness Professional, assessor, tutor, gym manager, fitness manager, team fitness coach, team sports therapist, exercise class teacher, physical training coach, health farm outdoor fitness trainer

Personal Statement

I feel that I have very good people skills and a good ability to communicate with people from all walks of life. I am enthusiastic, committed and professional in my work.

At present I am looking to relocate myself, my wife and my two young daughters to the South West of the UK.

Seeking work in Devon, Wiltshire, Somerset, UK, Canada, Cyprus and USA

Employment History:

October 2007 - Present - Freelance tutor and fitness trainer at (most recent employer hidden for confidentiality)
Newcastle Upon Tyne, UK - United Kingdom, (College)

Duties included:

- Teaching and assessing on vocational therapy courses for a state college.
- Teaching fast track massage therapy courses for a UK wide private Therapy Company.
- Designed and implemented personal fitness training regimes for a variety of clientele.
- Carried out either sports or relaxing massage therapy treatments to new and established customers.
- Taught boxing skills and drills sessions on a weekly basis to groups within a fitness and boxing club.
- Set up and designed a small corporate gymnasium for a local charity organisation.
- Provided therapies for office workers as stress busting relaxation days in city centre offices.

Taught circuit training and beach workouts to groups at various venues in the region.

October 2006 - October 2007 - Physical Training Coach at Victory Challenge, Valencia, Spain, (Health Club)

Duties included:

- Managed the Swedish sailing teams entire physical training programme for the prestigious 32nd America's Cup.

- Designed fitness regimes for every member of the team consisting of 45 professional athletes,
- Organised the fitness testing programme through a specialist sports medical clinic.
- Designed and set up the base training gym and sports therapy area in the port of Valencia, Spain.
- Introduced new exercise equipment and ideas to improve the quality of physical training.
- Implemented the team's physical training schedule and timetable for indoor and outdoor sessions.
- Taught a wide range of classes including circuit training, boxing sessions and SAQ drills.
- Supervised the team's daily gym sessions advising on technique and general training.
- Introduced new training ideas and routines and coordinating various training venues.
- Designed the team recovery programme with new ideas to aid recovery and prevent injuries.
- Introduced an in house physiotherapist, sports dietician and sports specialist doctor
- Advised athletes on basic sports nutrition and ways to improve their eating habits.
- Coordinated with the team's specialist sports dietician and the base's chefs to improve nutrition.
- Monitored each athlete's physical and mental condition referring to specialists as required.

Travelled to Dubai to carry out the winter training programme for the team in the run up to the cup.

July 2003 - October 2006 - Fitness Professional at Freelance variuos, Newcastle Upon Tyne, UK - United Kingdom, (Health Club)

Duties included:

- Designed and implemented fitness training programmes for members and tracking their progress.
- Provided therapeutic massage therapy and personal fitness training to new and established clientele.
- Supervised the gym floor and advised users on proper technique and new training ideas.
- Taught circuit training, boxing pad work and general exercise classes of between 10 to 30 participants.

Involved with the general set up of the club pre and post opening with a membership of 5000.

- Ran a range of classes at local health clubs including boxing drills, circuits, SAQ and resistance training.
- Trained personal training clients within their homes, on location or at their health clubs.

Provided various forms of massage therapy to regular and new clientele in the local area.

May 2001 - July 2003 - Gym co ordinator at Marriott Hotel, Gosforth, UK - United Kingdom, (5 Star Hotel Spa)

Duties included:

- Supervised the day-to-day running of the gymnasium within a hotel health club.
- Trained the health club staff in all aspects of gymnasium instructing and fitness testing.

Ran weekly outdoor sessions around the grounds of the hotel on an assault course style trim trail.

May 1995 - May 2001 - Fitness Professional and Massage Therapist at Various Companies Worldwide, Worldwide, (Cruise Ship)

Duties included:

Massage Therapy and Sports Massage. Spa reception cover and spa show rounds. Stock control and selling products. Spa therapy wet and dry treatments. Massage demonstrations. Delivering massage workshops. Fitness classes. Deck walks and jogging. Personal fitness training. Gym instructing. Gym maintenance. Poolside duties. Outdoor workouts. Port duties. Embarkation meet and greet. Photography. Shop cover.

May 1994 - May 1995 - Personal Trainer and Massage Therapist at Freelance, Buckinghamshire, UK - United Kingdom, (Health Club)

Duties included:

Trained personal training clients within their homes, on location or at their health clubs.

Provided various forms of massage therapy to regular and new clientele in the local area.

March 1993 - May 1994 - Spa Manager at Radisson Edwardian Hotel, London, UK - United Kingdom, (5 Star Hotel Spa)

Duties included:

Day to day management of the Pegasus Health Spa within the 5 Star Radisson Edwardian Hotel located at Heathrow Airport, London.

Recruiting spa staff and delivering in house training for the staff.

Recruitment and retention of club members.

Spa admin, cash control, marketing and sales.

Spa upkeep and maintenance. Pool upkeep and maintenance.

Oversee the hair salon, beauty salon, gym instructors and all spa staff.

Gym supervision and pool cover.

November 1989 - March 1993 - Leisure Club Supervisor at Burnham Beeches Hotel, Burnham, Buckinghamshire, UK - United Kingdom, (Hotel Fitness Centre)

Duties included:

Day to day supervision of the hotel's fitness and health club.

Pool maintenance and pool water quality checks, plant room maintenance.

Supervision of the swimming pool area, sauna and jacuzzi area's.

Supervision of the gymnasium and outdoor walking area's.

General upkeep and maintenance of the fitness club area's.

signing up members and member retention.

Organising club events and fitness timetable.

Personal training clients and teaching fitness classes.

Education and Qualifications:

2010 Natural Therapy Studio, Somerset, UK

Practitioner Certificate

Practitioner Certificate in Indian Head Massage ABT/CMA

2009 Tyne Metropolitan College, Newcastle Upon Tyne, UK

Level 3 City & Guilds of London Institute PTLLS Level 3

PTLLS 7303 Preparing to Teach in the Lifelong Learning Sector

2000 Newcastle Upon Tyne College, UK

Level 3 City & Guilds of London Institute FAETC 7303 Stage 1

2000 Newcastle College, UK

Assessor Awards

TDLB Training Development Leading Body - Teacher Assessor Awards D32 and D33

2000 Various, UK

Practitioner Workshop Certificates

Boxercise Instructor Certificate

Kick Boxercise Instructor Certificate

Tidro Super Circuit Instructor Certificate

The Volunteer Walk Leader Certificate

Vibrogym Powerplate Instructor Certificate

Lifeworks Un

1996 East Midlands College of Therapy, Derby, Midlands, UK

ITEC Diploma Level 3

International Diploma in Sports Therapy including Electrotherapy

Ultrasound, G5 mechanical massage, vacuum suction, infra red and paraffin wax treatments.

1996 East Midlands College of Therapy, Derby, Midlands, UK

College Certificate Level 3

Certificate in Physical Therapy

1995 Fulcrum Training and Consultancy, Olympiad Centre, Melksham, Wiltshire, UK

Certificate Level 3

Certificate in Body Massage

1995 Fulcrum Training and Consultancy, Olympiad Centre, Melksham, Wiltshire, UK

College Certificate

Certificate in Sports Massage

1992 Bisham Abbey National Sports Centre, Marlow, UK

Certificate

BAWLA British Amateur Weight Lifting Association - Leaders Certificate in Weight Training

1992 Personnel Development Centre, Hammersmith, London, UK

Level 3 Certificate

FFI Fitness For Industry - Certificate in Gymnasium Instructing

Vocational Qualifications

Marriott Hotels Spirit to Serve - Certificate in Customer Care

Principle Centred Leadership for Managers in house training - Radisson

RCCL Royal Caribbean Cruise Line - Safety & Survival at Sea Certificate

First Aid at Work Certificate and YMCA CPR

NHS Smoking Cessation Workshop

NHS Child Protection Workshop

NHS Equality and Diversity Workshop

NHS Personal Safety and Protection Workshop

Hobbies and Interests

Mountain Biking

Recreational Cycling

Boxing Training

Travel

Photography

Gym and Fitness Training

Camping

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