

Curriculum Vitae

Male

D.O.B. 09 August 1991

Number of years working in industry:

1 year 0 months



Candidate ID Number: 17364

Nationality: British

Language Skills:

Fluent: English

Permitted to work in: UK - United Kingdom

Position Sought: Massage Therapist, Fitness Professional

Personal Statement

I am looking to further an already successful career by working for an ambitious and exciting massage / fitness Company. I want to gain as much experience and possible to increase my wisdom and knowledge.

Seeking work in international locations and cruise ships

Employment History:

January 2011 - January 2012 - Fitness Professional at (most recent employer hidden for confidentiality) London, Kings Cross, UK - United Kingdom, (5 Star Hotel Spa)

Duties included:

- Providing one to one guidance to clients to help them achieve their fitness goals.
- Selecting the correct set of exercises for a client to achieve maximum results.
- Responsible for initial contact with new members and promoting membership sales Measuring and assessing blood pressure, heart recovery rate, body fat ratio.
- Devising fitness programs for weight loss, muscular gain and rehabilitation etc. Conducting fitness and exercise classes and demonstrating equipment.
- Welcoming new gym members and giving general inductions to them. Designing and advising on dietary programs.
- Responsible for marketing the gym at charity events, open days etc.
- Tracking a client's progress and accurately updating their record. Explaining to clients the results they can expect from particular exercise regimes.

Career Break - Training - industry-related

Education and Qualifications:

2010 Premier Training International, London

NVQ Level 4

- Qualified Gym Instructor Level 2 - Premier Training International, 10 week course in personal training, gym instruction and nutrition successfully passed.
- Qualified Personal Trainer Level 3 - Premier Training International, 10 week course in personal training, gym instruction and nutrition successfully passed. Advanced First Aid & CPR certificates
- Premier Level 3 Diploma in Sports Massage
- Active IQ Level 3 Certificate in Sports Massage (Soft Tissue Therapy)
- Premier Level 4 Diploma in Sports Massage Therapy

- Active IQ Level 4 Certificate in Sports Massage (Soft Tissue Therapy)
- Nutritional advice for weight management – REPS Level 3
- Health and Fitness Appraisal and Lifestyle analysis, Advanced In Group Exercise – REPS Level 3

2008 Stanmore College

8 GCSEs A*-E (with a C in English and Math)

Stanmore College (2006 – 2008), Qualifications Achieved:

- Level 2, BTEC First Diploma in Sport (performance) Grade all merits
- Football Scholarship Wealdstone FC academy alongside Level 2 BTEC
- Level 2 NVQ in Sport, Recreation and Allied Occupations: Coaching, Teaching and Instructing (AIKIDO)(Adults & Children)
- Level 3 BTEC National Diploma in Sport (Performance & Excellence) With high Merit grade
- Edexcel Key Skills – Improving own learning and performance level 2
- FA Learning Safeguarding Children Workshop Certificate.
- FA Learning Soccer Parent Certificate.
- Qualified FA Referee Level 7
- Level 1 certificate in Coaching Football
- Level 2 certificate in Coaching Football (complete) pending final exam date.

Hobbies and Interests

Street dance

Golf

Fishing

Football (Support Fulham FC)

CV created at www.spastaff.com

