

Curriculum Vitae

Male

Number of years working in industry: 14 years 5 months

Candidate ID Number: 17718

Nationality: British

Language Skills:

Fluent: English

Permitted to work in: UK - United Kingdom

Position Sought: Assistant Manager, Fitness Professional

Personal Statement

A motivated and talented Fitness professional with in excess of 4 years' experience working within a fast paced gym environment. My roles to date see me taking on a lot of responsibility for client development especially in areas such as, nutrition & and weight management, strength conditioning, clinical exercise, sports conditioning and core stability. Now seeking a new professional challenge I am confident I will quickly establish myself as an asset within any organisation that I join.

Seeking to work in the UK and International Locations

Employment History:

September 2011 - Present - Fitness Professional at (most recent employer hidden for confidentiality) Bristol, UK - United Kingdom, (College)

Duties included:

My duties and responsibilities are varied, when in charge of the gymnasiums I am required to ensure all health and safety regulations are met this includes meeting and inducting new members before they are permitted to use the equipment on their own and when they do, to be observant and available for help and advice, I also make sure the building is kept clean and tidy at all times and that the equipment is in a good state of repair. I also take classes of up to sixty members for circuit training (of my own design) which proved so popular that extra sessions were put on to meet demand. I have also had the opportunity of working with visiting international teams training within the facility, another part of my duties is to conduct sessions on the universities athletics strength and conditioning programme. As mentioned I do inductions for new members and this includes checking their state of health, fitness levels and ambitions, taking this into account prior to making a training programme for them which I monitor and adjust as necessary. I treat everyone respectfully and fully endorse and uphold all aspects of equal opportunities. I make sure I give a comprehensive handover to whomever takes over from me and I am aware of who to contact if a problem should arise where I need advice on any matter.

Management:

- Ultimately responsible for 3 on-site Gyms; Sports Performance (GB Standard Athletes), Centre for Sport (open to public) and the Walls Court Farm Gym (Open to members of the publics).
- Responsible for recruiting, managing, motivating and developing staff within the 3 gyms under my control.
- Coaching and training new members of staff to ensure quality of service to gym users.
- Full rota control ensuring the gyms are fully staffed at all times.
- Responsible for all maintenance issues that arise including liaising with external contractors to ensure any issues are rectified in a timely manner.

Personal Training:

- Providing program design as well as nutritional advice to both athletes as well as members of the public.
- Taking circuits classes with in excess of 60 twice weekly attendees.

- Holding speed and agility session on a weekly basis for university athletes.
- Assessing client requirements, aims and goals in order to program that best suits their needs.
- Continually appraising and advising clients on technique, ensuring correct form to avoid injuries.
- Working with people with different disabilities on training methods notwithstanding physical issues.

Key Achievement:

After the Olympics in 2012 I was selected to initiate the Gymivate scheme which involved 100 people not used to taking part in fitness training aged 17 to 24 they each had 3 sessions with myself over an eight week period which included nutrition advice and a detailed program for each to follow.

Education and Qualifications:

2010 European Institute Of Fitness

EHFA personal trainer standards European Institute Of Fitness EHFA

Higher Qualifications:

- NVQ Level 1 and NVQ Level 2 in Electrical and Mechanical Engineering.
- City and Guilds - Application of Number, Level 1.
- City and Guilds -Communication, Level 1.
- City and Guilds - IT, Level 1.
- City and Guilds - Improving own learning and performance, Level 2.

European Health and Fitness Association Qualifications:

- Basic level instructor standards.
- EHFA Basic level instructor competencies – gym.
- EHFA personal trainer standards.
- EHFA personal trainer competencies.
- EHFA advanced level instructor standards.
- EHFA advanced level instructor competencies.
- Diploma in personal training.

Additional Vocational Certification:

- Leading Teams.
- Management of Health and Safety at Work.
- Electricity at Work Regulations.
- Safe Manual Handling.
- Fire Safety Awareness.
- First Aid at Work Course.

2007 HMS SULTAN

NVQ Level 1 and NVQ Level 2 Engineering Foundation Modern Apprenticeship

Electrical and Mechanical Engineering

2002 Mangotsfield Secondary School

September 1997 to June 2002 - Mangotsfield Secondary School

10 GCSE's (Inc. English, Mathematics, Sciences, French)

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Hobbies and Interests

Key Achievement: I was lucky enough to be given the chance to represent my countries military in a number of super-giant skiing competitions and also teach the sport, the training for this was indeed very tough and I follow to this day the principles I learned from this time in my life.

I really enjoy keeping in good shape, to stay fit I like to take my road racing bike onto the local cycle tracks, mainly to Bristol city centre or to Bath and I enjoy working out and helping friends and family achieve there personal fitness goals.

CV created at www.spastaff.com

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 The logo for SPA STAFF. COM consists of the text "SPA STAFF. COM" in a bold, sans-serif font. A green circular graphic, resembling a stylized sun or a target, is positioned below the text, with the "A" in "STAFF" partially overlapping it.