

# Curriculum Vitae

Male

D.O.B. 28 May 1991

Number of years working in industry:

5 years 1 month



**Candidate ID Number:** 177816

**Nationality:** South African

**Language Skills:**

Fluent: English, Afrikaans

**Permitted to work in:** South Africa

**Position Sought:** Fitness Professional, Sports Massage

## Personal Statement

I'm a motivated and dedicated fitness professional with a passion for helping clients achieve their health and fitness goals. Seeking a personal trainer position national or internationally to utilize my expertise in exercise programming, client motivation, and nutrition guidance to inspire positive lifestyle changes and enhance overall well-being. I'm committed to fostering a supportive and results-driven environment for all clients.

## Employment History:

**June 2022 - Present - Rugby Talent Scout/ Marketing** at (most recent employer hidden for confidentiality)  
Stellenbosch, Western Cape, South Africa, (College)

### Duties included:

I have the privilege of recruiting rugby players across South Africa to rugby academies, focusing on those between the ages of 18 and 23. The academies emphasises on holistic development, and I am honoured to have multiple roles during the players' time there, which include player recruitment, providing career guidance beyond rugby, and contributing to fitness and marketing.

Furthermore, I am entrusted with the responsibility of building and nurturing relationships with schools in the Western Province of South Africa.

**January 2021 - Present - Fitness Professional** at OTS Sport, Stellenbosch, Western Cape, South Africa, (Health Club)

### Duties included:

I am the owner of OTS Sport, a sports and fitness company established in 2021. We are dedicated to offering a comprehensive range of services, including sports media and marketing, as well as fitness training and recovery, to address the diverse needs of athletes.

Since our inception, we have had the privilege to collaborate with numerous professional athletes across various sports disciplines. Furthermore, we have recently expanded our fitness boot camp to a second location and initiated a social running group to enhance community engagement.

## Education and Qualifications:

**2025 HFPA (Health Fitness Professionals Academy)**

Personal Training Certificate

Personal Training

**2021 International Open Academy**

TEFL 120 Hour Certificate

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**2016 Loots Health Academy**

Personal Training Diploma (Theory & Practical)

Personal Training

**2011 ETA (Exercise Teachers Academy)**

Sports Management Diploma

Sports Management

Sports Events

Sports Marketing

**2008 Belhar High School**

Passed with admission to Diploma or Higher Certificate Study

**Vocational Qualifications**

First Aid

**Hobbies and Interests**

I find delight in being outdoors, which significantly contributes to sustaining a healthy work-life balance and my energy levels. I take pleasure in playing padel, going for a run and performing workouts in nature.

CV created at [www.spastaff.com](http://www.spastaff.com)

