

Curriculum Vitae

Male

D.O.B. 01 October 1988

Number of years working in industry:

16 years 10 months



Candidate ID Number: 20233

Nationality: British

Language Skills:

Fluent: English, Gujarati

Good: Hindi

Basic: Punjabi

Permitted to work in: UK - United Kingdom

Position Sought: Fitness Professional

Personal Statement

I am extremely motivated to provide the best possible service I can. I will work hard with lots of enthusiasm and whichever employer decides to employ me I can guarantee them that I will provide an exceptional service that they can be proud of.

Seeking to work in the UAE and International Locations

Employment History:

December 2013 - Present - Corrective exercise specialist and nutritional coach at (most recent employer hidden for confidentiality) Tarpoley, UK - United Kingdom, (College)

Duties included:

As the fitness coach for the school I work closely with the England golf Physio to learn and implement his assessment techniques for analysis of each student delivering to the the correct exercise, in term of 3 core areas, lower body stability, thoracic rotation and dynamic stability. I use corrective exercise techniques to analyse and recorrect postural imbalances within students and delivered these on a one to one basis. Working closely with the PGA Coaches we depict areas of improvement which we find to be a problem and I implement excercises to combat these issues. I also deliver group fitness sessions based upon Flexibilty, Self-Myofasical release, Strength, Power and Stability. Nutritional seminars and presentations are delivered on a weekly schedule for tournament prep, on course management and general nutrition. I also help with general marketing duties for golf camps, golf specific personal training sessions and golf tours.

Products worked with:

Trx, kettle bells, techno gym, weider.

January 2011 - Present - Fitness Professional at Mindbodymotion ltd, Manchester, UK - United Kingdom, (Home/Mobile)

Duties included:

As a home personal trainer I develop personalised fitness plans and offer nutritional advice to help with postural imbalances, injuries and general fitness. I process and analyse pre and post assessments and work closely with all clients to deliver the best possible service. I have gained numerous amounts of experience dealing with clients and working with a vast array of different clientele, from the injured, GP referred to obese people. I dedicate my time in and

out of work to making sure that my clients got the best sessions and information possible. I also worked closely with the local golf club to improve golf fitness specifically in elderly golfers, using specialist techniques to improve problematic areas. I use various functional training equipment to provide clients with the best service and led many group classes such as:- kettlebell, circuit, interval and plyometric classes.

April 2009 - December 2013 - Fitness Professional at virgin Active, Manchester, UK - United Kingdom, (Health Club)

Duties included:

As a fitness consultant/personal trainer I developed fitness programs for members, assure clients with techniques and develop great customer focus about the health and fitness industry. I used various functional training equipment to provide clients and worked closely with specialist populations such as (Lower Back Pain, Athletes, Injured and rehabilitation work) with the best service and led many group classes such as:- kettlebell, circuit, interval and plyometric classes. I became advanced TRX and Kettlebell qualified.

Education and Qualifications:

2010 Northumbria University

Bsc honours

Applied Sports and Exercise Science - Professional development through sport, Biomechanics (Biomechanical analysis in clients with/without injuries) , Working with a client (Identifying a clients problem, analysis and implementation of training programme) Psychology and Health, Nutrition, Exercise and Lifestyle intervention (Identify clients problem and implementing and researching a new lifestyle intervention)

2007 Ashton sixth form college

3a levels - biology, chemistry and sport and PE

2005 Harts head sport college

English - C

Maths - B

Double Science - BB

another 8 GCSE a* -c passes including 2 a*

Product Training:

June 2010 REPS -level 3 personal training British association of sport ans exercise sciences - BASES Bsn applied sport and exercise sciences

Northumbria university

Professional development through sport, Biomechanics (Biomechanical analysis in clients with/without injuries) , Working with a client (Identifying a clients problem, analysis and implementation of training programme) Psychology and Health, Nutrition, Exercise and Lifestyle intervention (Identify clients problem and implementing and researching a new lifestyle intervention)

Vocational Qualifications

First aid. Microsoft office.

Hobbies and Interests

Attained Junior Sports Leader award (JSLA) and Community Sports Leaders Award (CSLA) during this period at high school working with the local schools to organise and manage small athletics and sports event in our community.

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