

Curriculum Vitae

Male

D.O.B. 01 January 1988

Number of years working in industry:

13 years 11 months



Candidate ID Number: 20739

Nationality: British

Language Skills:

Fluent: English

Permitted to work in: UK - United Kingdom

Position Sought: Regional Senior Manager, Spa Director, Spa Manager, Fitness Professional

Personal Statement

currently hold a BSc (Hons) degree in Sport and Exercise Science and have experience working in a wide range of clinic settings gaining the interpersonal and professional communication skills required to excel in any professional environment. Along with my degree I currently hold a ITEC Diploma in Sports Massage Therapy and a number of REPS qualifications with the highest level being a level 4 REPS qualification. This level 4 REPS qualification is the highest qualification you can attain in the fitness industry. I have proven clinic skills and multi-disciplinary team working skills gained from employment and university, with the flexibility and attitude required to adapt to a fast paced and changing professional environment. I have years of experience as both a gym and personal trainer.

Seeking to work in the UAE

Employment History:

April 2012 - Present - Senior Therapist at (most recent employer hidden for confidentiality) Newcastle upon Tyne, UK - United Kingdom, (Hospital / Medical Clinic)

Duties included:

My duties were as follows:-

- Sports Massage Therapy - Swedish massage - Athlete Screening
- Individual Rehabilitation Programs - Group Rehabilitation Classes
- Liaising with Physiotherapists, Chiropractors and Chiropodists
- Taping and Strapping of Athletes - Pitch side cover - Clinical note writing

March 2012 - Present - Fitness Centre Manager at Sport@Gosforth, Newcastle upon Tyne, UK - United Kingdom, (Health Club)

Duties included:

My duties were as follows:-

- Staff management - Gym inductions - Personal training
- Anthropometry measurements - Program design - Cash handling
- Liaising with PE Department- Gym supervising - Taking health and fitness classes

- Membership Sales - Risk assessments - First aid -Administration
- General cleaning – Setting KPI for staff - Servicing of equipment
- Invoicing -Staff Training - Recruitment

Education and Qualifications:

2013 Northumbria University

BSc Applied Sport and Exercise Science

Sport Science

2012 Northumbria University

ITEC Diploma

Sport Massage

2011 Fitness Training Consortium

Level 3 and 4

Level 4 Exercise for the management of lower back pain

Level 3 GP Referrals in Special Controlled Conditions

Level 3 Sports Conditioning

2006 Premier Training International

Level 2 and 3

Level 3 Personal Fitness Trainer

Level 3 Nutritional advice for physical activity

Level 3 Advanced Fitness Instructor

Level 3 Business and Marketing

Level 2 Gym Instructor

2008 Tyne Met College

BTEC National Diploma in Sport and Exercise Science

BTEC First Diploma in Sport and Exercise Science

Vocational Qualifications

First Aid and Defibrillation at Work

Hobbies and Interests

Gym based fitness and Football

CV created at www.spastaff.com

