

Curriculum Vitae

Female

D.O.B. 30 September 1980

Number of years working in industry: 13 years 8 months

Candidate ID Number: 20823

Nationality: British

Language Skills:

Fluent: English

Good: Spanish

Basic: German, French

Permitted to work in: UK - United Kingdom

Position Sought: College Tutor, Fitness Professional, Swim / Aqua Fit Teacher

Personal Statement

I am a personal trainer who is building a business with people to enable people to gain an improved level of fitness I am always looking for experiences, which will enrich my experience that I have had so far. I am a confident enthusiastic individual, who is of a cheery disposition who has a determined to achieve success. I am a dynamic, enthusiastic and motivational teacher, who engages with the team I work with. I have pride in my teaching in particular my flexibility and enthusiasm, I am a reflective person who uses this to grow. Area of fitness I have most passion and strength for is Aqua Aerobics, I know want to grow this passion to share with other people so we can grow and change demography of the gym population who take part in this activity.

Seeking to work in the UK and International Locations

Employment History:

June 2012 - Present - Swim / Aqua Fit Teacher at (most recent employer hidden for confidentiality) Luton, UK - United Kingdom, (Home/Mobile)

Duties included:

I am a personal trainer and free lance instructor, I work with clients on a one to one basis and I work in Gyms. I work for most of the major gym chains in the UK teaching. I also work alongside of the UK master trainers.

Education and Qualifications:

2012 Active IQ

Level 3

Active IQ Level 2 Fitness Instructor

Active IQ Level 3 Personal Trainer

Active IQ GP Referral - Working with Obesity, Diabetes, Chronic Breathing Conditions, Back conditions, Heart Conditions and Arthritis

Active IQ - Pre and Post Natal

STA Level 2 Swimming Teaching

Gym based boxing

Studio Cycling

Circuits

Sports Nutrition

Bokwa

Aqua Fit

Aqua Pilates

Aqua Boot Camp

Aqua Circuits

First Aid

Level 3 EAT

2009 Various

2008 - 2009 PGCE SECONDARY SCIENCE – University of Bedfordshire

I studied at Chiltern Training Group Luton (OFSTED Outstanding March 2009) as part of the University of Bedfordshire where I studied for a PGCE in Secondary Science. This was a SCITT course.

1999-2003 BSc Environmental Management (Hons) – Cranfield University

I studied at Cranfield University where I covered a number of different modules; I looked at things from Soil Science, Geomorphology, Rural Land Use planning, environmental law.

1997-1999 Luton Sixth Form College - A - Levels

Geography

Chemistry

Spanish

Psychology As

1993-1997 Stopsley High School - GCSEs

Vocational Qualifications

First Aid

CLAIT

Hobbies and Interests

Fitness

CV created at www.spastaff.com

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