

Curriculum Vitae

Male

D.O.B. 20 January 1987

Number of years working in industry:

6 years 6 months



Candidate ID Number: 23074

Nationality: British

Language Skills:

Fluent: English

Permitted to work in: UK - United Kingdom

Position Sought: Fitness Professional

Personal Statement

A dedicated and passionate Personal Trainer, who gets great satisfaction from helping others achieve their goals and bringing Fitness into their lives.

Seeking to work in the UK

Employment History:

April 2009 - May 2014 - Fitness Professional at (most recent employer hidden for confidentiality) Fulham, UK - United Kingdom, (Health Club)

Duties included:

- Opening / Closing the gym, depending on my shift.
- Floor walking. Making sure the gym was clean and tidy and being on hand to help members if need be.
- Taking 1-2-1 sessions / group classes / Fitness Assessments.
- Daily Cleaning tasks.
- Writing up programmes for members.
- Helping the gym supervisor with any admin work.
- Maintenance checks on the gym equipment.

June 2010 - September 2010 - Fitness Professional at Challenger Sports, California - USA, USA - United States, (Product Company)

Duties included:

- Taking coaching sessions (ages - 3-19 years).
- Setting up and clearing away equipment.
- Providing lunch break entertainment for the kids.
- Making sure all the children were picked up at the end of the day.
- Reporting to the club manager for each region (writing up player analysis).

October 2006 - March 2008 - Fitness Professional at Colets Health & Fitness, Thames Ditton, UK - United

Kingdom, (Health Club)

Duties included:

- Safety of members using the pool.
- Pool tests.
- Keeping the facility looking clean and presentable.
- Setting up classes on time.
- Being on hand to help around the Club.

Career Break - Traveling

Education and Qualifications:**2010 Kingston College**

Certificate in Coaching Football - Level 1

Football Coaching

2007 Kingston College

Certificate in Personal Training - Level 3

Personal Training

- Level 3 Client Lifestyle and Assessment
- Level 3 Advanced Gym Instruction
- Level 3 Nutrition and Weight Management Advice
- Level 3 Training in Different Environments
- Level 3 Business and Marketing Skills for the Fitness Professional

2006 Kingston College

Certificate in Fitness Instruction - Level 2

Fitness

2005 Esher College

Advanced VCE Leisure & Recreation (Double award) - C/C

Key Skills Certificate - Working With Others - Level 3

2003 Teddington School

English Literature - C

English Speaking & Listening - C

Mathematics - D

Physical Education - A

Art & Design - B

Religious Studies - C

Science - E/E

German - D

History - C

Resistant Materials Technology - E

Hobbies and Interests

Gym, Football, Music, Cars, watching documentaries,

CV created at www.spastaff.com

