

# 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](http://www.spastaff.com)

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