



# Curriculum Vitae

**Male**

**D.O.B. 24 September 1988**

**Number of years working in industry:**

**12 years 5 months**

**Candidate ID Number:** 25488

**Nationality:** British

**Language Skills:**

Fluent: English

Basic: Spanish, Arabic

**Permitted to work in:** Saudi Arabia, UK - United Kingdom

**Position Sought:** Fitness Professional, Fitness Area Manager

## Personal Statement

My two best qualities are that i never give up and im a very driven person.

Life goal at the present time is to work in different country's to learn about the cultures and see the world.

Seeking to work in the UK, International Locations and Cruise Ships

## Employment History:

**September 2013 - Present - Fitness Manager** at (most recent employer hidden for confidentiality) Dhrahan, Saudi Arabia, (Health Club)

### Duties included:

I am overseeing 3 gyms on the main community camp in Dhahran, on the east coast of Saudi Arabia.

Currently I have multinational fitness team of 12 staff working for me, and I am also heavily involved with recruitment from within Saudi Arabia and also other countries in the Middle East plus we are recruiting internationally to bring in new members of staff to add to the fitness team for this project and also to staff new projects that Tamimi Global are undertaking.

The gyms on average have 600+ people visiting them each day, they contain the latest Life Fitness and Hammer Strength equipment also each gym facilities has a sauna, steam room and changing facilities within the facilities.

The main part of my job is to visit each facility and deal with the day to day running duties, this might include delivering training to the staff in emergency drills, first aid, company policies and procedures also keeping their health and fitness knowledge up to date, writing the gym programmes or making exercise hand-outs, delivering one to one sessions, organising fitness challenges and also running the Fit Kids "Get Fit" programme for ages 14-16.

Also I complete paper work needed for the Tamimi Global head office and Aramco Recreation department such as manpower lists, time cards or overtime justification lists, resume approval, staff training schedules, holiday forms and memos.

## Education and Qualifications:

### 2015 Future Fit Training

Level 3 Diploma

NVQ Level 3 Nutritional Specialist Course.

- Client Psychology.
- Nutrition and Weight Management.
- Nutrition for Sport and Exercise.

CPD (Continued professional development)

- Boxercise Instructor
- Boxercise Advanced skill / PT Course

Also I'm a Level 1 FA football coach, NARS Pool Attendant Level 2, First Aid & AED Qualified.

## **2009 Brockenhurst College**

In my first year at Brockenhurst College, I studied B-tech National Diploma in Sport Level 2, for which I achieved a Pass.

In my second year I studied YMCA Fitness Instructor Course Level 2, which I qualified in

- Sports leaders UK level 1 award in community sports leadership.
- Sports leaders UK level 3 award in higher sports leadership.
- Exercise & fitness knowledge level 2
- Certificate in fitness instructing GYM level 2
- Award in Circuit Training level 2
- Award in Group Indoor Cycling session level 2
- Award in Studio Resistance Training session level 2
- Certificate in Instructing Health related Exercise for Children level 2

In my third year I studied YMCA Personal trainer course level 3 and Active IQ (Premiere) Sports Massage Therapy.

- CYQ level 3 Personal Trainer Award

Which includes the following: client lifestyle and fitness assessment, nutrition and weight management, Advanced Gym Instructor, T.I.D.E (training in different environments) and Business and Marketing.

- CYQ level 3 Ante and Post Natal Fitness
- Active IQ Sports Massage Therapy Certificate.

## **Vocational Qualifications**

Excellent IT Skills, First Aid & CPR qualified.

## **Hobbies and Interests**

Keeping fit, Football, Hiking, Cycling, Tennis, Boxing, MMA.

CV created at [www.spastaff.com](http://www.spastaff.com)

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