

# Curriculum Vitae

Male

D.O.B. 05 April 1974



Number of years working in industry:

17 years 7 months

**Candidate ID Number:** 32269

**Nationality:** British

**Language Skills:**

Fluent: English

Basic: German, French

**Permitted to work in:** UK - United Kingdom

**Position Sought:** Massage Therapist, Holistic Therapist, Complementary Practitioner, Complementary Therapist, Fitness Professional

## Personal Statement

I came to study for a BSc after completing a Foundation Degree at Truro College in 2008. Before this, I had completed diplomas in Aromatherapy and Sports Therapy. My aim in completing this work was to help others on injury prevention strategies and to provide an effective rehabilitative process for those who had experienced injury. This was based upon my own experiences of injury and the effective treatments that I had experienced as part of my own development. This study will reflect upon the learning accrued as a result of my course. Secondly, it will discuss the role of team working as part of my course. Third, it will consider a proposed service and the needs and remit of potential stakeholders.

A significant problem that I had experienced as part of completing the course was a lack of computer skills. These manifested themselves in a number of ways. Firstly, I found my typing speed was much slower than other students, and this contributed to a sense of slowness in completing the coursework. Secondly, I found it difficult to complete online research, as this required a new approach to academic practice than what I had previously used. This resulted in a tendency to complete work slowly, and the frustration added to the anxiety that accompanies the completion of such work. Added to this frustration was the awareness of this being relatively second nature to younger students who had grown up with a closer affinity to the use of computer technology.

This demonstrates a challenge for many mature students. Computer skills tend to be developed through informal learning strategies by students and many academic institutions therefore take this facility for granted (Echt et al., 1998, p.3). In particular, the ease with which most students may type means that it is more effective for faculties to require printed work, which allows easier reading and formatting than hand-written essays. There is thus, a skill gap for older students, and I found myself affected by this (Gatto & Tak, 2008, p.801).

Seeking work in national and international locations

## Employment History:

**July 2015 - Present - Massage Therapist** at (most recent employer hidden for confidentiality) Penzance, UK - United Kingdom, (Health Club)

### Duties included:

- Providing pain management and injury rehabilitation treatments including Sports Therapy, Aromatherapy and other soft tissue modalities.
- Providing specialist advice to clients on how to train and participate safely to prevent injuries as well as treat them and assisting in rehabilitation.
- Conducting client assessments such as testing joints for range of movements, advising clients on diet and nutrition in addition to examining and assessing injuries.

**July 2008 - July 2015 - Complementary Therapist** at Nordic Fitness, Manchester, UK - United Kingdom, (Health Club)

#### **Duties included:**

- Playing a multi-faceted role primarily focused on delivering sports, aromatherapy and other soft tissues massages and therapies in addition to teaching a range of stretching and strengthening exercises.
- Providing soft tissue therapies including; Sports Massage, Aromatherapy Massage.
- Providing specialist advice to clients on how to train and participate safely to prevent injuries as well as treat them and assisting in rehabilitation.
- Conducting client assessments such as testing joints for range of movements, advising clients on diet and nutrition in addition to examining and assessing injuries.

#### **Education and Qualifications:**

##### **2015 Blackburn College**

BSc (Hons)

- Developing Professional Practice in Complementary Therapy
- Pain Management
- Acupuncture

##### **2008 Truro College**

Foundation Degree

Sport Science and Injury Management

##### **2004 Premier Global**

Diploma

- Personal Training
- Sport Massage
- Fitness Training

##### **1999 Bolton Community College**

- Aromatherapy Diploma
- Swedish Massage Certificate

##### **1971 Bridgwater**

GCSEs/O level German Grade 1

- GCSEs/O level English Literature Grade 2
- GCSEs/O level Mathematics grade 3
- GCSEs/O level English Language Grade 2
- GCSEs/O level History Grade 1
- GCSEs/O level French Grade 3
- GCSEs/O level Biology Grade 1

#### **Vocational Qualifications**

- Instrument Assisted Soft Tissue Therapy
- Sports First Aid

#### **Hobbies and Interests**

- I am a member of a local Pilot Gig Rowing Club.
- To keep fit I go to the gym, hiking across the local area, and mountainbiking.
- I have a certificate in Nordic Walking Instruction, so also go Nordic Walking

