

# Curriculum Vitae

**Female**

**D.O.B. 14 July 1980**

**Number of years working in industry:**

**12 years 5 months**



**Candidate ID Number:** 46032

**Nationality:** Czech

**Language Skills:**

Fluent: English, Czech

Good: Spanish

**Permitted to work in:** European Union, UK - United Kingdom

**Position Sought:** Massage Therapist, Fitness Professional, sport therapist

## **Personal Statement**

Sport Therapist and massage therapist with outgoing and friendly personality, with an ambitious aim to expand in knowledge and experience in professional sport medicine practice. Able to work in busy environment with ease and with positive approach towards helping people. Able to plan rehabilitation programs and to provide manual therapy treatments and exercise plans to clients after injury or in need of prevention of injury. Undertook work placements in sport injury clinics, sport clubs as and participated on sport events.

Seeking work in national and international locations and cruise ships

## **Employment History:**

**April 2016 - Present - Massage Therapist** at (most recent employer hidden for confidentiality) London, UK - United Kingdom, (5 Star Hotel Spa)

### **Duties included:**

Provided various massage techniques within treatment sessions , such as Deep tissue , Trigger points, Active Myofacial release, Active Release technique, Swedish massage, Lymphatic drainage massage. Mobile business type position.

**September 2013 - March 2017 - sport therapist/Massage Therapist** at UEL Sport Dock, London, UK - United Kingdom, (Health Club)

### **Duties included:**

Provided various massage techniques within treatment sessions in sport clinic, such as Deep tissue , Trigger points, Active Myofacial release, Active Release technique, Swedish massage, Lymphatic drainage massage.

**September 2016 - November 2016 - sport therapist/Massage Therapist** at Boreham Wood FC, London, UK - United Kingdom, (Health Club)

### **Duties included:**

Sport rehabilitaion focused by, implementing exercise programs to athletes, monitoring their individual progress and meeting set goals. Assisted as First Aider during sport match games, regularly performed injury checks and applied massage, and pheripheral mobilization therapy , including strapping when necessary.

**April 2015 - October 2015 - Sport Therapist Trainee** at London Aquatics Centre , London, UK - United Kingdom, (Health Club)

**Duties included:**

Sport Therapist Trainee

**July 2015 - September 2015 - Millwall Lioness FC** at sport therapist/Massage Therapist, UK, (Health Club)

**Duties included:**

Sport rehabilitaion focused by, implementing exercise programs to athletes, monitoring their individual progress and meeting set goals. Assisted as First Aider during sport match games, regularly performed injury checks and applied massage, and pheripheral mobilization therapy , including strapping when necessary.

## **Education and Qualifications:**

### **2017 University of East London**

Degree

sport science, sport rehabilitation and prevention of injuries, advanced physiology and anatomy, biomechaincs and sport psychology, first aid, masssage and pheripheral joint mobilization techniques.

### **2017 University of East London**

BSc (Hons) Sport Therapy

- Course modules include: Soft Tissue Therapy, Sport Psychology, Advance Sport Trauma, Nutrition, Analysis and Development of Physical Performance, and Management in Clinical Practice.
- Research and Presentation of own sport project judged by industry/academic professionals.
- Advanced PowerPoint, Word, Excel and Networking skills.
- Reflective report writing portfolio based on practical sport therapy sessions within the sport practices.

### **2014 Career in Fitness Ltd.**

Certificate

- Course modules include: Anatomy and Physiology for Exercise, Health, Safety & Welfare in Fitness Environment, Principles of Exercise, Fitness & Health, Planning Gym-Based Exercise, Instructing Gym-Based Exercise

## **Vocational Qualifications**

- First Aid

## **Hobbies and Interests**

Dance, yoga, reading, surfing

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