

Curriculum Vitae

Male

Number of years working in industry: 23 years 6 months

Candidate ID Number: 54492

Nationality: British

Language Skills:

Fluent: English

Basic: French

Permitted to work in: UK - United Kingdom

Position Sought: Massage Therapist, Fitness Professional, Sports Therapist

Personal Statement

I'm passionate about fitness and health, which has been a constant throughout my life. In the workplace, I'm known for being discreet, thorough and professional. Over the course of several years, I've seen many changes in the work environment, and this has led me to develop a flexible approach.

Seeking work in national and international locations

Employment History:

August 2005 - Present - Fitness Professional at (most recent employer hidden for confidentiality) St Austell, Cornwall, UK - United Kingdom, (Health Club)

Duties included:

Cardiac Rehab, GP Referrals, inductions, client programs, exercise prescription, fitness testing & body composition measurement. Previously also took Junior Gym and classes in Circuits, Aerocycle & ETM.

April 2018 - Present - Massage Therapist at Self-employed/Freelance, Cornwall, UK - United Kingdom, (Home/Mobile)

Duties included:

Sports rehabilitation: massage, remedial therapies, postural assessment, mobilisation, taping, exercise programs, etc.

Also: personal training programs.

September 2001 - September 2004 - Fitness Professional at Snowlands Gym, Par, Cornwall, UK - United Kingdom, (Health Club)

Duties included:

Inductions, client programs, exercise prescription, fitness testing & body composition measurement.

Other duties: maintenance of equipment & reception.

Education and Qualifications:

2016 Truro & Penwith College, Truro, UK

Degree

BSc (Hons) (1st Class) in Applied Sport & Health Science with FdSc Sports Rehabilitation

2016 Marjons University, Plymouth, UK

RockDoc Level 2 Certificate

Rocktape qualification

2015 Marjons University, Plymouth, UK

Certificate

Introduction to Articular Mobilisation & Manipulation

2017 Truro & Penwith College

BSc (Hons) (1st Class) in Applied Sport & Health Science

FdSc Sports Rehabilitation (Pass with Distinction)

2016 Exeter University

BACPR Phase IV Exercise Instructor Revalidation Certificate (originally qualified 2009).

Vocational Qualifications

- 2015 STA Emergency First Aid for Sport
- 2015 STA Award in First Aid at Work (QCF)
- 2009 Advanced Gym Instructor Certificate
- 2006 Certificates in Exercise & Fitness and Adapted Physical Activity for the Disabled
- 2006 Wright Foundation Referral Programme Consultant Qualification
- 2003 MS Word – Basic workplace course

Hobbies and Interests

I have always had an interest in fitness, be it cycling, body building or running and spent many years taking part in cycle time trial events. On top of this, I trained to become a glider pilot back in 1999 and performed in local amateur dramatics.

My “Action Man” tendencies later mellowed and gave way to a desire to deepen my knowledge of fitness & sports rehabilitation – which led me to my undertaking a Sports Science degree.

In my spare time, I attend the local gym, swim, go cycling or kayaking, or take a walk in the countryside.

CV created at www.spastaff.com

