

Curriculum Vitae

Male

D.O.B. 21 March 1993

Number of years working in industry: 6 years 0 months

Candidate ID Number: 89604

Nationality: Lithuanian

Language Skills:

Fluent: English, Lithuanian

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

Position Sought: Fitness Professional, Swim / Aqua Fit Teacher

Personal Statement

Experienced sports and fitness coach with a demonstrated history of working in the hospitality industry. An attentive, active, trustworthy, creative and energetic individual who is always ready to accept challenges of life, achieve different aims and learn quickly.

Seeking work in national and international locations and cruise ships

Employment History:

November 2019 - January 2021 - Assistant Manager at (most recent employer hidden for confidentiality) Castries, Saint Lucia, (5 Star Hotel Spa)

Duties included:

Experience in operating activities programme of the Caribbean leading fitness and wellbeing resort (running activities department consisting of land sports, fitness and soft adventure; managing daily operations and team of 16 instructors; manager on duty responsibilities; administrative tasks; group exercise instructor; personal training)

January 2018 - November 2019 - Fitness Professional at TUI, Bavaro, Dominican Republic, (5 Star Hotel Spa)

Duties included:

Experience in running and delivering sports and wellbeing programme in 5* resorts worldwide (running sports & wellbeing programme; managing and supervising team; planning, delivering and evaluating sessions delivered)

January 2015 - January 2018 - Fitness Professional at TUI, Rhodes, Greece, (5 Star Hotel Spa)

Duties included:

Experience in delivering a comprehensive range of well recognized sports and wellbeing activities in 5* resorts worldwide (maintaining equipment; running sports & wellbeing operations; planning, delivering and evaluating of the sessions; health and safety duties; supervision of children)

Education and Qualifications:

2020 N/A

STRONG Nation™ Instructor

Exercise to music.

2019 N/A

Level 4 Certificate in PA and Weight Management for Obese and Diabetic Clients

Personal Training.

2018 N/A

Level 3 Diploma in Exercise Referral

Personal training.

2017 N/A

Level 3 Certificate in Personal Training

Personal training.

2016 N/A

Level 2 Certificate in Water Fitness

Aqua fitness. Exercise to music.

2015 N/A

Level 2 Certificate in Fitness Instructing (Gym)

Personal training.

2015 University of Derby

BA (Hons) Sport and Exercise Studies

Sports Coaching; Advanced Nutrition for Sport; Applied Sport Management and Development; Sports Psychology; Physical Activity and Health; Biomedical Implications of Exercise and Health; Paediatric Physical Activity; Anatomy and Physiology; Motor Control and Learning; Sport and Exercise Environment; Research Methods for Sport; Ind. Study

Vocational Qualifications

National Pool Lifeguard Qualification (NPLQ) with AED

Shaw Academy Diploma in Health and Fitness

IRB Rugby Ready Qualification

Full UK Driving License

First Aid Qualified

Hobbies and Interests

Sports such as table tennis, volleyball, rugby, basketball, aquatics etc.

Travelling - experience of living in different countries

Volunteering (Rugby 7's Europe Championships 2014-2016)

CV created at www.spastaff.com

