

## HIGHLIGHT OF QUALIFICATIONS

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Kinesiology student with 4 years of experience conducting fitness tests as well as cardiovascular and resistance training.

- Able to implement multidisciplinary solutions for long-term recovery from injuries
- Deliver sport, fitness, rehabilitation and maintenance programs for teens, youth, children and adults tailored to individual needs and goals
- Adept at conducting high-energy 1-on-1 personal training and group fitness instruction using the latest techniques

## EDUCATION

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UNIVERSITY OF GUELPH HUMBER | TORONTO, ON

Month/Year – Month/Year

University of Guelph Humber | Toronto, ON

University of Guelph

- **Honours Bachelor of Applied Science in Kinesiology**

Humber Institute of Technology and Advanced Learning

- **Fitness and Health Promotion Diploma**

*Highlighted Coursework:* Human Anatomy, Health Counselling and Behavior Change, Biochemistry and Metabolism, Fundamentals of Fitness Testing, Exercise Techniques & Prescription

*This area can include 3-5 courses. Please review the job description to see if any courses you have taken, apply to qualities or experience they are looking for.*

## WORK/VOLUNTEER EXPERIENCE

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Physiotherapist Assistant | PT Healthcare Solutions | Oakville ON

Month/Year – Month/Year

- Explain and demonstrate group exercises and stretches to patients, directing and assisting when required
- Support health care professionals by maintaining and preparing supplies, and providing assistance with clients
- Facilitate maintenance programs with the use of hydraulic hand dynamometer, stabilizer handle and stretch strap
- Collect and maintain data relevant to patients' documentation, progress and health

Intern | Matrix Fitness Gym | Mississauga ON

Month/Year – Month/Year

- Provided training and personal instruction to maximize 10 clients' health and fitness goals weekly
- Prepared fitness programs including weight-training and meal plans based on clients' schedule
- Motivated clients to get results and achieve their fitness goals through regular follow-up and reassessments
- Increased participation in youth exercise programs by 15% by developing rapport and provided consistent motivational support

**Gymnastics Coach** | Stretch Gymnastics Centre | Brampton ON

**Month/Year – Month/Year**

- Instructed and trained children ages 6-10 years old in intermediate gymnastics skill based exercises
- Designed age specific programs and organized event calendar to keep students, parents and staff up-to-date
- Created a safe learning environment for the children by encouraging each child to reach their full potential in gymnastics

## VOLUNTEER EXPERIENCE

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**Fitness Volunteer** | YMCA | Toronto ON

**Month/Year – Month/Year**

- Implemented exercise programs for adults
- Demonstrated the safe and effective use of fitness equipment to participate
- Encouraged individual members to meet their individual physical fitness goals

**\*Resumes cannot be more than 2 pages. Please be sure you have no more than 3-5 bullet point per section.\***

**Need more help?** Visit Career Services in GH108 | Call: 416-798-1331 ext. 6288 | Email:  
[career@guelphhumber.ca](mailto:career@guelphhumber.ca)

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