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**Kinesiology**

**Resume Sample**

**MARK ELLIOTT**

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**KINESIOLOGIST**

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

**CORE COMPETENCIES**

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| --- | --- | --- |
| * Training & Leadership | * Client Relations & Management | * Program Coordination |
| * Interpersonal Communication | * Fitness and Health Assessment | * Exercise Therapy |
| * Microsoft Office Suite | * First Aid Level C & CPR | * Reporting & Documentation |

**EDUCATION**

**University of Guelph Humber |** Toronto, ON **Sept. 2015 – Apr. 2019**

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

**PLACEMENT EXPERIENCE**

**Physiotherapist Assistant Sept. 2018 – Apr. 2019**

PT Healthcare Solutions - Oakville, ON

* 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

**WORK EXPERIENCE**

**Assistant Personal Trainer Oct. 2017 – Apr. 2018**

Matrix Fitness Gym – Mississauga, ON

* 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

**Program Teacher May 2017 – Sept. 2017**

Toronto Rehabilitation Center – Toronto, ON

* Modeled, demonstrated and taught injury prevention strategies to 20 clients
* Planned and organized interactive presentations for patients
* Participated in health counselling and health promotion activities
* Complied with new licensing rules, accreditation standards, HIPAA, Code of Ethics and New Passages’ Policies and Procedures including Corporate Compliance Plan and Personnel Handbook

**Gymnastics Coach Jan. 2016 – Jan. 2017**

Stretch Gymnastics Center – Brampton, ON

* 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**

**Fitness Volunteer May 2017 – Aug. 2017**

YMCA – Toronto, ON

* 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

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