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## YOUR NAME

Toronto, ON L3P 3P2 | (416) 332-2012 | [YOURNAME01@guelphhumber.ca](mailto:YOURNAME01@guelphhumber.ca)

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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

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## CORE COMPETENCIES

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

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## 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

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## 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

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### 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

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## VOLUNTEER EXPERIENCE

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### 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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