

Margaret Mead

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Professional Objective

To obtain full-time employment as a Kinesiologist for a healthcare, physiotherapy or rehabilitation facility and to apply relevant skills and knowledge gained during current Undergraduate education and previous work experiences.

Highlights of Qualifications

- Highly experienced with cardiovascular and resistance training
- Capable of working in fast paced team situations or working independently
- Proven ability to perform health related fitness tests on clients
- Experience assisting individuals to maintain their health and prevent injury
- Advanced knowledge and understanding of the human anatomy
- Possesses excellent interpersonal skills with the ability to work well with others

Education

University of Guelph-Humber

Toronto, Ontario

University of Guelph

- Honours Bachelor of Applied Science in Kinesiology
- Humber Institute of Technology and Advanced Learning
- Diploma in Fitness and Health Promotion

2010- Present

Anticipated completion 2014

Certifications

Canadian Red Cross First Aid Level C and CPR

April 2012

Student Placement

Physiotherapy Assistant

PT Healthcare Solutions, Oakville, Ontario

Under the direction of the Physiotherapist, Responsibilities include:

- Providing support services to health care professionals and maintaining supplies
- Assisting patients with maintenance programs and with the use of therapeutic equipment
- Taking initiative in leading group exercises and stretches with the clients

September 2012- Present

Work Experience

Assistant Personal Trainer

October 2011- April 2012

Matrix Fitness Gym, Mississauga, Ontario

- Worked part-time as a personal trainer for up to 10 clients on a weekly basis
- Prepared exercise, weight-training and healthy diet schedules for clients
- Motivated and encouraged clients and gym members to achieve their personal fitness goals
- Supervised exercise programs for youth and increased participation by 15%

Program Teacher

May 2012- September 2012

Toronto Rehabilitation Center, Toronto, Ontario

- Responsible for teaching programs related to injury prevention
- Participated in health counseling and health promotion
- Planned and organized interactive presentations for patients

Gymnastics Coach

January 2010- January 2011

Stretch Gymnastics Center, Brampton, Ontario

- Instructed children ages 6-10 intermediate gymnastics skills and techniques
- Responsible for organizing a calendar of events and designing programs for specific ages
- Provided a safe and supervised environment for the children
- Encouraged the children to reach their full potential in gymnastics and helped to build self-confidence

Volunteer Experience

Fitness Volunteer

May 2011- August 2011

YMCA, Toronto, Ontario

- Exercised leadership skills by implementing programs for adults
- Demonstrated to participants how to use fitness equipment safely and efficiently
- Encouraged individual member's to meet their individual's physical fitness goals

References Available Upon Request

Adapted from Source: Yate, Martin. *Knock 'em Dead Résumés: Smart Advice to Make Your Online and Paper Résumés More Productive*. 8th ed. Avon, MA: Adams Media, 2008. 244-45. Print.