# YOUR NAME

### Joe Bloggs [j.bloggs@personaltrainer.com](mailto:j.bloggs@personaltrainer.com) 01234 567 890

**PROFILE**



* REPs recognised Level 3 Personal Trainer
* Emergency First Aid qualified
* Previous Coaching experience
* 3 years customer service experience
* Keen interest in Nutrition & Sports
* Approachable, confident & enthusiastic

**QUALIFICATIONS**

### Level 3 Diploma in Fitness Instructing & Personal Training – Premier Global NASM 2019

* + Including Kettlebells, Circuit Instruction, Nutrition, Working with Communities & Emergency First Aid.

### Studio Cycling – Premier Global NASM 2014

* **Bsc (Hons) Degree in Sports Exercise Science – Local University 2012**
  + Including Anatomy & Physiology, Nutrition, Coaching and Strength & Conditioning.

### 3 A Levels including Human Biology & Sports Studies – Local Sixth Form 2009

* **10 GCSE’s A-C including Sports Studies, Business Studies & Biology – Local School 2007**

**EMPLOYMENT**

* **Local Primary School, Sports Coach 2012- 2014**
  + Coaching large and small groups of 5-10 year olds a variety of sports, ensuring that they are aware of the importance of technique & safety.

### Independent Sports Shop, Customer Assistant 2012-2014

* + Advising customers on all aspects of sports products, establishing trust with a customer & ensuring they have confidence in my knowledge and advice, keeping the shop clean and tidy, delivery of excellent customer service, key holder.

### Local Restaurant, Front of House 2011-2012

* + Greeting all customers & maintaining a friendly, confident & helpful manner at all times.

### Holiday work, Various 2009-2011



**INTERESTS**

* Keen Rugby player for over 10 years, played for County & selected as 1st XVI Captain at University

Level.

* I regularly write a Nutrition & Fitness Blog which I started after selecting a Nutrition module at University, I am constantly looking to increase my knowledge and research in this area.
* I taught myself to play the guitar and have now been playing for over 5 years.
* I love travelling abroad and have recently visited Australia, New Zealand & Dubai.