**YOUR NAME**

# PROFILE



**Joe Bloggs**

[**j.bloggs@personaltrainer.com**](mailto:j.bloggs@personaltrainer.com)

**01234 567 890**

**QUALIFICATIONS**

**EMPLOYMENT**

**INTERESTS**

* 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

## 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 2019

* **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**
* **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

* 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.