



EDUCATION

BSc. Major in Kinesiology | Simon Fraser University

Sept. 2010 – Present

- Concentration in Active Health and Rehabilitation
- Certificate in Health & Fitness Studies and Occupational Ergonomics

CERTIFICATIONS

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| • BCRPA Weight Training | Mar. 2014 | • Support Over Suicide | Jan. 2015 |
| • FMS Level 1 | Jan. 2016 | • BCRPA Group Fitness | Feb. 2014 |
| • Standard First Air & CPR-C/AED | Aug. 2014 | • Cycle Reebok Spin Instructor | June 2014 |

HEALTH EDUCATION, INSTRUCTION, & PROMOTION

Group Fitness, Indoor Cycling & Run Instructor | SFU Fitness Centre

Feb. 2013 – Present

- Choreograph and instruct weekly group fitness and spin classes for groups of 3-20 students and staff
- Lead and demonstrate proper technique for exercises and routines involving dumbbells, steps, bands, mats, and body weight for step, cardio kickbox, aerobic conditioning, and strength classes
- Organize and lead weekly running workouts involving speed, hills, track, and trail runs

Weight Room Supervisor and Fitness Assistant | SFU Fitness Centre

Aug. 2013 – Present

- Mentor and teach weight training concepts and exercises to Fitness Assistant volunteers
- Conduct member consultations by helping with goal setting and workout program development
- Ensure the safety of fitness centre members and staff by following risk management protocols

Exercise Therapist Assistant | Fraser Health Mental Health Exercise Therapy Program

Oct. 2015 – Dec. 2015

- Led exercise workshops for groups of 4-10 adults ages 20-60+ by demonstrating basic and safe low-impact strength and aerobic exercises using bands, chairs, machines, and body weight
- Supported clients during their weekly workouts and engaged them in positive social interaction
- Educated participants about the benefits of exercise on obesity, cholesterol, diabetes, and depression

Behavioural Interventionist | ABA Learning Centre

July 2011 – Jan. 2013

- Modeled and implemented appropriate behaviours and life skills to a five year old autistic boy
- Coached the non-verbal child to vocally label pictures, people, and numbers, and ask for objects
- Recorded and systematized information about the child's performance and improvement

Peer Health Educator | SFU Health and Counseling

Aug. 2011 – Apr. 2012

- Collaborated with a team of ten students and staff to create health events and outreaches
- Presented health outreaches about mental, sexual, nutritional, and physical health
- Planned, organized, and advertised FitMix, a weekly group fitness class, to encourage university students to become physically active by making the class free to eliminate financial barriers

TEACHING IN ERGONOMICS & KINESIOLOGY

Practicum Coordinator & Teaching Assistant | SFU Department of BPK

Jan. 2015 – Present

- Act as a liaison between over 30 BPK 343 students and supervisors to ensure practicums are conducted proficiently and assess students' work contracts and journals
- Review practicum preparation package and clarify student responsibilities and expectations
- Lead three labs of 40 BPK 143 students that involve active participation in physical activity and fitness tests and educated them on functional anatomy basic and exercise programming

Teaching Assistant (BPK 180W Introduction to Ergonomics) | SFU Department of BPK

Sept. 2015 – Dec. 2015

- Educated and led two weekly tutorials of 17 students that involved interactive class discussion and group problem solving to cover topics such as anthropometry, work-related musculoskeletal disorders, cognitive issues, product design, and office ergonomics
- Taught a 50 minute lecture about *Cognitive Issues in Ergonomics (Controls & Displays)* to 34 students
- Evaluated 34 office ergonomic assessments and magazine articles based on content and writing