

# GRACE DRISCOLL

#406-3501 Savannah Ave | 604 218 3612 | graceldriscoll@gmail.com

## UVIC Kinesiology Student

Responsible, determined, patient, motivated

### Skills Summary

- Exercise as medicine: 4 years of exercise and physical health education classes
- Communication with deaf and hard-of-hearing: 4 years of American Sign Language
- Organized, proficient with computers: environmental & social action group secretary

### Education

BSc Kinesiology | 2015-2021† | University of Victoria | Combined GPA of A-

- Relevant subjects: exercise physiology, exercise prescription, health literacy, anatomy

High School | June 2015 | Carson Graham Secondary | Combined GPA of A

### Experience

**Work | YMCA/YWCA | May 2019-December 2019**

- Personal training (range of individuals), orientations to safe fitness and gym etiquette
- Front desk responsibilities including membership services, greeting members, answering phone calls/questions, equipment cleaning and facility maintenance.

**Volunteer | Parkinson's Wellness Project | June 2018-March 2020**

- Assisting instructors during fitness classes, ensuring participant safety, overall motivation
- Adjusting exercises to cater those with limited mobility
- Setting up/facilitating equipment use

**Supervisor | Root Cellar | March 2017-December 2017**

- Managed produce department, trained new employees, handled customer complaints, interacted with suppliers/product
- Facilitated a fun and fast paced environment
- Trusted to lockup the store as the last person to leave

### Achievements

**Certified Personal Trainer** | Canadian Society for Exercise Physiology

**Certified Personal Trainer** | YMCA/YWCA

**Adult – Child – Infant CPR, AED** | American Health Association

**WHMIS, Blood-Borne Pathogens & Biosafety Awareness Certifications** | OHSE