

GRACE DRISCOLL

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

UVIC Kinesiology Student

Responsible, determined, patient, motivated

Skills Summary

- Exercise is medicine: 5 years of Kinesiology classes, personal training
- Communication with deaf and hard-of-hearing: 6 years of American Sign Language
- Organized, proficient with computers: front desk work, basic HTML knowledge

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 | Personal Trainer & Membership Services | 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 | Group Fitness Assistant | Parkinson Wellness Project | June 2018-March 2020

- Assisting instructors during fitness classes, administering circuit training/stretching
- Adjusting exercises catering to those on various levels of the ability spectrum
- Facilitating proper equipment use, ensuring participant safety, overall motivation

Work | Produce Department Supervisor | Root Cellar | March 2017-December 2017

- Supervising the produce department, training new employees, handling customer complaints, interacting with suppliers/product
- Facilitating 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
- **Vulnerable Populations Certificate Course** | BCRPA
- **WHMIS, Blood-Borne Pathogens & Biosafety Awareness Certifications** | OHSE