

# GRACE DRISCOLL

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## UVIC Kinesiology Student

Responsible, determined, patient, motivated

### 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 | May 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

### Skills Summary

- Organization, time management, proficient with computers
- Customer service, active listening, knowledge of American Sign Language
- Teamwork, adaptability, willingness to learn

### 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