

Md Mohibul Haque

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Profile Summary:

- An experienced exercise physiologist seeking to change careers to pursue my passions and apply my abilities I've learnt from university.
- Graduated with a Bachelor of Exercise Physiology at UNSW with a credit average grade
- Accumulated 550+ hours of practical experience and 1.5 years of as a Rehab Consultant.
- Project proposal exploring the effectiveness of exercise on post-partum depression

Education:

Bachelor of Exercise Physiology – UNSW

2016 – 2020

- Resulted with Credit average mark
- High Distinction in Biomechanics for Sports Scientists
- Accumulated 550+ hours of Practical experience and Professional standard
 - Neurological: 235 Hours
 - Musculoskeletal: 105 hours
 - Cardiovascular and Metabolic: 120 Hours
 - Cancer: 30 Hours
 - Exercise Science: 80 Hours

Higher School Certificate – Alpha Omega Senior College

2013 – 2015

- Graduated with ATAR of 96.1
- Vice-Captain

Relevant Experience:

Lifestyle Strength Clinic

2019-2020

- Assessed client's strength and aerobic capacity to ensure appropriate exercise and training intensity was implemented
- Collaborated with accredited exercise physiologist, students and case managers, through placements to ensure the validity of exercises.
- Presented to exercise physiologists and students about case details regarding new clients. This included education on the client's condition from a biopsychosocial perspective and a common goal to work towards.
- Coached and supervised more junior exercise physiologists during their introduction to placement, appropriate use of SOAP notes, and relevant cues for exercise for correct muscle utilization.

NeuroMoves, Menai

2019

- Measured and calculated client's blood pressure and heart rate using NeuroMoves excel system, to ensure patients were below the threshold to exercise.
- Organized equipment for senior exercise physiologists allowed session to run efficiently

- Coordinated and coached my fellow peers on the conditions and limitations each client present with. Modified each exercise to allow clients to work within safe ranges while simultaneously reaching their goal.
- Motivated clients to increase the intensity of exercise during sessions, instilling newfound confidence in their physical capability.

Constitution Hill Aged Care Facility, Northmead

2019

- Educated clients on the benefits of exercise and its ability to improve their quality of life and decrease the risks of their conditions
- Directed many Respite classes, utilising the minimal equipment we had to formulate an engaging session.
- Consulted with other health professionals (e.g., nurses, physiotherapists and health care workers) enabling clients to have optimum utilisation of their sessions

Mainsbridge School, Liverpool

2019

- Modelled appropriate assessments and created personalized exercise programs that targeted cardiovascular adaptation based on the individual's condition and medications, to ensure safety client's safety.
- Guided arriving student exercise physiologists on the techniques required to communicate with the client, increasing cohesion and productivity for their session.

Work Experience:

Rocket Rehab, Rehab Consultant

2021-2022

- Collaborated with multiple allied health professionals (Nominated treating doctor, nominated, treating specialist, Physiotherapist, Exercise Physiologist) to aid in an efficient return to work program to pre-injury duties.
- Arranged workplace meeting between employer and injured worker to resolve internal conflicts that may hinder the injured worker's recover at work plan.
- Liaised with nominated treating doctor and nominated treating specialist in regard to appropriate treatment modalities to be implemented for the injured worker for efficient return to work.
- Coordinated with treating physiotherapist regarding treatment modalities provided to the patient.

Freezer Team Member, Woolworths Chullora

2018-2021

- Organized and completed stock replenishment with over 10 colleagues in given aisles.
- Provided a positive experience for customers at point-of-sale and those requiring assistance.
- Adapted to needs, moving between customer service and inventory operations based on current priorities.

Private Tutoring

2016-2021

- Taught mathematics and biology for Alpha Omega Senior College. This involved preparing lessons and homework as well as marking papers for the institution.

- Communicated with supervisors and high school students to establish plans to work on weaknesses in the subject.

Gelatissimo, Circular Quay

- Helped achieve a clean and customer friendly atmosphere in a fast-paced environment
- Operated checkouts, serving over 100 customers per shift, ensuring accuracy and quick service.
- Performed as a team in the back kitchen, prepared gelato, and managed various tasks in order to optimise time

Extracurricular

- Open Day volunteer with the school of Medicine and Exercise Physiology
2016-2020
- Open Day volunteer for UNSWTKD society **2018**
- Tyde Carers Expo Volunteer
2018
- NAIDOC Week Volunteer
2017

Professional Skills and Licenses

Licenses

- Mental Health First Aid Certificate (2021)
- First Aid and CPR (2022)

Referees:

Nabeel Ansari (Previous Account Manager of Rocket Rehab) - Noble Clinic Rehabilitation

Phone Number: 0434258917

Email: nabeel@ncrehabilitation.com.au

Arthur Samcam (Account Manager for Rocket Rehab)

Phone Number: 0435 836 682

Email: arthur@rocketrehab.com.au