

# MUNYARADZI (MUNYA) MASIZA

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## PROFESSIONAL SUMMARY

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Highly motivated bilingual Sport Science graduate with knowledge of nutrition, biomechanics and human physiology; who is well-educated in treatment, programme planning and exercise instruction to various different groups of people and has a great will to learn, adapt and grow in a constantly evolving and changing field. I'm a passionate advocate for pain relief through stretching and therapy as well as exercise prescription. I'm excellent at juggling multiple tasks at the same time and comfortable working under pressure both alone and as part of a team. I have a vast amount of gym-based experience within the university environment as well as outside as well as a wide range of experience in various other environments where you have to work with clients and provide a service.

## EDUCATION & QUALIFICATIONS

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2019

Nottingham Trent University

Nottingham

**2ND CLASS HONOURS - 1ST DIVISION, BSc(H) Sport & Exercise Science**

2019

Nottingham Trent University

Nottingham

**REPS LEVEL 3 AWARD FOR PERSONAL TRAINING**

2019

Nottingham Trent University

Nottingham

**REPS LEVEL 2 GYM INSTRUCTOR**

2019

Boxercise

Birmingham

**BOXERCISE INSTRUCTOR (LEVEL 1)**

**ADVANCED BOXERCISE INSTRUCTOR**

2019

Boxercise

Birmingham

**BOXERCISE ADVANCED SKILLS (LEVEL 2)**

2019

Boxercise

Birmingham

**KICK BOXERCISE (LEVEL 1)**

2016

City College Coventry

**BTEC Level 3 extended diploma in Sport and Exercise science**

2013

Riverton Academy

Zimbabwe

**IGCSE**

<b>B</b>	English
<b>B</b>	Business studies
<b>A</b>	Chemistry
<b>A</b>	Geography
<b>A</b>	Maths
<b>A*</b>	Physics
<b>A*</b>	Computer science

## **SKILLS**

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- Excellent customer service
- Ability to work well with others
- Good problem solving and conflict resolution
- Knowledge of body physiology
- Ability to learn fast
- Teachable
- Willingness to learn
- Ability to work well under pressure/ stressful situations
- Ability to create a personalised exercise programme
- Ability to work with medical equipment and comfortable around computers

## **PROJECTS**

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### **DISSERTATION: ADVANCED PROSTHETIC COMPONENTRY EFFECTS ON AMPUTEE FUNCTION**

#### **Summary**

The aim of this study was to investigate the effects of using a hydraulic ankle attachment during over-ground continuous and discreet walking trials compared to a rigid ankle attachment in transtibial amputees.

The overall goal of this project was to quantify an index for use in prediction of fall

risk in lower limb amputee population through analysis of various gait parameters (minimum toe clearance and gait variability) and also compare these gait characteristics with able bodied controls.

### Key responsibilities

- I had to administer this study on my own to show my ability to perform and lead an investigation using prior knowledge and methodology I had learnt while undertaking previous projects
- I recruited participants for this study and before taking part, I made them sign an informed consent form to clear them to participate in the study
- So as to make the lab sessions run as fast and as smooth as possible, I had to plan the sessions ahead so when it came to administering the session, I had a checklist of things I had to do before, during and after session for each participant
- I performed anthropometric measurements of height and weight to use during data analysis in visual 3d
- After setting up the lab for analysis, I had to use motion capture software to capture participant kinematic data after accurately attaching retroreflective markers on set anatomical landmarks on participants, so they could perform various walking conditions while being visible on the motion capture system
- During the lab sessions, I had to constantly communicate with the participants throughout so as to ensure smooth running of protocol and efficient utilisation of time as there were many things to do in each session
- After each trial, I ensured that the data captured was readable (good enough for analysis)
- I would then work as a data analyst to see if the observed differences are statistically significant and if they would have a worthwhile effect
- I was responsible for ensuring a clean lab and adhering to health and safety protocols to keep participants safe
- I had to supervise all the participants at all times during the lab session
- After obtaining results and analysing each session, I used excel to make the results more visual so comparison between conditions was easier

## **ATHLETE REPORT OF A SEMI-PROFESSIONAL AMERICAN FOOTBALL PLAYER**

### Summary

The aim of this project was to perform an athlete report of a semi-professional American football player while taking the role of a performance analyst, with the goal being to analyse standing broad jump performance to see how we can improve their overall performance (importance of analysing broad jump performance is because it is used in the athletic community as part of talent identification and athletic performance as it is a good measure of leg strength and explosive power) and then to propose an intervention for that

performance improvement.

### Key responsibilities

- I also had to administer this study on my own to show my ability to perform and lead an investigation
- I recruited the participant for this study and before taking part, I made him sign an informed consent form to clear him to participate in the study
- I planned the session ahead of time, so I knew what to look for during jumping trials, thus, I had a checklist of things to look for in the jump performance to see if they are being performed optimally so as to yield the maximal jump performance with each jump
- After setting up the lab for analysis, I also used motion capture software (Qualisys) to capture kinetic and kinematic data after accurately attaching retroreflective markers on set anatomical landmarks on participants for visibility
- I did my analysis using 2 main methods which were eye observation during the lab session and post session where I looked at intricate things like take-off angle and velocity using Qualisys and visual3d after obtaining anthropometric measurements of height and weight
- During the lab session, I was responsible for time keeping and ensuring athlete had adequate rest between jumps
- After each jump, I ensured that the data captured was readable (good enough for analysis) and that the retroreflective markers were still attached properly
- I was also responsible for ensuring the lab was clean and adhering to health and safety protocols to keep participant safe
- After obtaining results and analysing each jump performance, I used excel to make the results more visual so it would be easier to show athlete what I had observed and things they might need to do to improve performance
- I then had to propose an intervention to improve performance and provide a scientific justification why I have made that proposition that makes sense to the athlete

## **GYM-BASED AND LAB BASED FITNESS TESTING**

### Summary

The aim of this project was to learn how to perform various fitness tests to use in gym based and lab-based environment that can be used on a wide range of individual groups (from amateur to elite). As part of a team I performed an array of fitness tests on a group of habitual gym goers, we performed 3 fitness tests namely the 1 repetition max, the VO2 max test and the Wingate test. The goal of this project was to learn how to use the results obtained from the fitness tests and relay to the participants what they mean, and how they can utilise this information.

### Key responsibilities

- I had to perform an array of fitness tests as part of a group to show my ability to perform as part of a team while delegated roles for each individual.
- During the test I had to motivate the participant, so they could perform at the best of their ability
- At certain times during the fitness tests, I had to assess how hard participant is working to see if intensity had to be adapted (rpe)
- I also had to collect and record data so my team could focus on other things in the session
- I had to administer a proper warm up to the participant while my team was setting up the equipment
- We would then swap over, and I would be responsible for setting up the equipment while my team was doing other things
- At the start of the fitness test, for each participant, I had to take anthropometric measurements of height and weight to use when comparing the results to normative data
- During the lab session, I was also responsible for time keeping and ensuring participant had adequate rest
- I also performed body composition tests (BMI and Skinfold test)

## **PERSONAL TRAINING**

### Summary

The aim of this project to administer training sessions as a personal trainer with the goal being to learn how to safely and effectively administer a training programme for an array of clients with various different exercise goals. I obtained some university gym-based experience where I was solely in control of every training session I administered, instructed exercise and performed evaluations at different phases in the programme.

### Key responsibilities

- I made clients sign an informed consent form to clear them for training
- My main responsibility was to make a training programme to be followed by clients for a set period of time
- I also had to perform various fitness tests and body composition tests at different points of the programme so as to track client progress
- I planned sessions for clients to do both by themselves and with a trainer (me)
- Throughout the sessions I administered, I had to motivate the client
- At times, I had to adapt the programme to cater to the client needs by utilising exercises they liked so as to make going to the gym likable
- I had to progress and regress certain exercises depending on client needs
- I analysed the client's diet and made suggestions to change certain things in accordance to the eat well plate

- I taught client various things throughout the sessions, so they would know what they are doing and why they are doing it, so they could become more confident in working out alone without a trainer
- I also taught clients about different phases of the workout (e.g. warm up, cardiovascular component, cool down and stretching) and why they are important

## **WORK HISTORY**

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19/10/2019 – present

### **24/7 Live in carer (for stroke patient)**

Gable care – Coventry, West Midlands

#### Description

Live in carer for a client who had a stroke and is going through his rehabilitation. He has severe receptive and expressive Aphasia.

#### Key responsibilities

- Assisting him with his shower in the morning and getting him dressed
- Cooking all his meals
- Giving him his medication at prescribed times
- Being proactive and assessing him to give him specific help he might require
- Doing activities and communicating with him to try and stimulate his memory
- Clean the house and ensure a safe home environment
- Engaging in his interests so as to try and get him to do things he actually likes doing
- Liaising with different health care professionals to try and fix any problems he might be going through (he recently had his catheter removed and passed his trial without catheter but had developed a UTI so I had to liaise with the nurses and doctors)
- Going on walks with him when he feels spaced in and requires a change scenery
- Putting him to bed when he is tired at the end of the day

06/2018 – 07/2018

### **Warehouse Operative (picker/packer)**

BOOTS – Nottingham, East Midlands

#### Key responsibilities

- Prepping, picking, sorting, packing and wrapping of various goods in an extremely fast paced environment
- Keeping a clean and safe working environment and optimisation of space utilisation
- Reporting of discrepancies in quality and faults
- Quality checking

- Working effectively as an individual as well as part of a team
- Operation of warehouse machinery and equipment

06/2017 – 09/2017

**Machine Operative**

Lear – Coventry, West Midlands

Key responsibilities

- Seat testing (both electric and manual) and quality checking of jaguar land rover seats
- Ensuring a clean working E-test station and environment
- Cleaning dirty seats and ensuring highest quality
- Repairing and rectifying errors from seats that fail the test

03/2015 – 04/2016

**Porter/ Driver's mate**

IKEA Delivery – Coventry, West Midlands

Key responsibilities

- Preparation and completion of customer orders for delivery or pickup in the required order on the consignment note (duties would be to pick, pack, sort and load parcels into van for delivery)
- Communication with customers to liaise delivery details
- Quality checking and delivering goods as safely as possible
- Displaying excellent customer service when I got to customers house (e.g. wearing shoe covers so as to not make their house dirty)
- Packing goods in the customers house in the required rooms
- Counting and checking goods alone and double checking with customer to ensure that all the customers parcels had been delivered
- Conflict resolution when customer is unhappy with their delivery due to an error at head office and work to resolve those issues with management as quickly and as efficiently as possible

05/2013 – 12/2014

**Warehouse Operative**

City Link – Coventry, West Midlands

Key responsibilities

- Preparation and completion of orders for delivery or pickup; duties included (loading, packing, wrapping, labelling and preparation for shipping)
- Receiving and processing warehouse stock products, duties included picking, unloading, distribution and sorting in different cages for storage to ship to different areas)

- Keeping a clean and safe working environment and optimisation of space utilisation
- Completing diary logs for incoming vans and lorries
- Reporting of discrepancies in quality and faults
- Communicate and cooperate with supervisors and co-workers
- Operation of warehouse machinery and equipment (PPT and pump truck)

## REFERENCES

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**Hughe (Go staff)**

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