



## Contact

### Phone

(+254) 708 380 360

### Email

mikeynjogu@gmail.com

### Address

24061 - 00100 Nairobi, Kenya

## Education

2023 - Current

### Software Development

Moringa School

2016 - 2021

### BSc. Exercise & Sport Science

Kenyatta University

2012 - 2015

### High School Diploma

Kiaguthu Boys High School

2008 - 2011

### Primary Certificate

St. Martin De Porres Boys School

## Skills

- Teaching
- Physical Exercise Training
- Corrective Exercise Training
- Fitness Training
- Research
- Data Collection & Collation
- Resourcefulness

# Michael Njogu

A professional in Exercise Science pulled into a world of technology. Out of passion, I have developed a keen interest in software development. My passion is based on developing designs and technologies that will solve people's needs bringing about solutions to real-life problems and making the solutions easy to implement.

## Tech Skillset

June 2023 - Current

Moringa Tech School - Nairobi Kenya

### Software Developer

Creating databases with SQL for lightweight projects.

Using Flask library to develop restful API.

Using Flask to put together sound and responsive web applications.

Using Postgres SQL, during deployment.

Using HTML, CSS, and Javascript to develop static and dynamic sites.

Developing dynamic web applications using the React library amongst other extensions.

Use of Python to create backend as well as command-line applications.

Use of git to manage versions of workload and ensure correct progress during development.

## Expertise

April 2022 - May 2023

Muthaiga Country Club - Nairobi, Kenya

### Group Fitness Instructor

Assessed the needs and capabilities of members through fitness assessment protocols

Promoted fitness classes and other services at the health club

Monitored fitness activities and ensuring they are organized and efficiently carried out

Collaborated with clients to identify potential barriers to achieving fitness goals.

Ensured high standard of cleanliness, maintenance and safety at the fitness center and carrying out basic equipment maintenance

Planned and conducted effective class exercise sessions, personal training sessions and group training experiences as appropriately desired

Provision of fitness assessment, bespoke training programs and vital advice beneficial for members' performance.

Managed complaints and issues that arose by recording and reporting to the manager to maintain a high level of customer service.

Enhanced client experience by maintaining motivational and supportive culture.

October 2021 - April 2022

Mombasa Sports Club - Mombasa, Kenya

### Fitness Instructor

Created comprehensive fitness programs tailored to needs and goals of each individual.

Adapted instruction to accommodate special needs, disabilities and physical limitations.

Helped clients reach fitness objectives by providing encouragement and motivation.

Oversaw clients' workout sessions and conducted aerobic classes

Explained use of exercise equipment to all participants, prioritizing safety at all times.

Explained and demonstrated safe and appropriate exercises for clients of various fitness and physical abilities.

Cultivated positive relationships with participants by interacting with group during fitness classes.

Maintained clean and organized workout environment to enhance overall fitness experience.

# Michael Njogu

## Experience

**November 2020 - October 2021**

Kenya LinX - Nairobi, Kenya

### Research Assistant

Conducted field physical activities and assessments important for the research study.  
Participated in research projects by designing and executing experiments.  
Ensured safe and effective use of field equipment  
Attended seminars and symposiums to improve overall knowledge and understanding.  
Performed statistical, qualitative, and quantitative analysis.  
Collaborated with other researchers to develop successful research strategies.  
Conducted tests on equipment and instruments for quality.  
Maintained and calibrated various types of lab equipment.  
Maintained up-to-date records of research activities and results for future reference.  
Collected research data through experimentation, surveys and leading focus groups.

**August 2019 - September 2019**

Sarova Whitesands Beach Resort & Spa - Mombasa, Kenya

### Gym Instructor

Explained use of exercise equipment to all participants, prioritizing safety at all times.  
Instructed gym members about correct use of weight resistance and cardiovascular equipment.  
Helped clients reach fitness objectives by providing encouragement and motivation.  
Motivated participants through one-on-one instruction and positive feedback.  
Demonstrated proper form and technique to prevent injury.  
Personal training to clients when necessary  
Explained and demonstrated safe and appropriate exercises for clients of various fitness and physical abilities.  
Ensuring gym rules and regulations are upheld  
Restocking gym resources, (towels, water)  
Created comprehensive fitness programs tailored to needs and goals of each individual.

**July 2019 - August 2019**

Africa Vocational Education Researchers and Consultants - Nairobi, Kenya

### Exercise Science Consultant

Development of the sport science curriculum content  
Development of sport science digital content  
Overseeing content development in both projects  
Development of sport science demonstration content  
Demonstrated a high level of initiative and creativity while tackling difficult tasks.  
Learned and adapted quickly to new technology and software applications.  
Developed strong communication and organizational skills through working on group projects.  
Gained extensive knowledge in data entry, analysis and reporting.  
Acted as a team leader in group projects, delegating tasks and providing feedback.  
Completed paperwork, recognizing discrepancies and promptly addressing for resolution.  
Applied effective time management techniques to meet tight deadlines.  
Cultivated interpersonal skills by building positive relationships with others.  
Passionate about learning and committed to continual improvement.

## Contact

### Phone

(+254) 708 380 360

### Email

mikeynjogu@gmail.com

### Address

24061 - 00100 Nairobi, Kenya

## Certifications

Certified Personal Trainer

Licensed Fitness Instructor

Certified First Aider

## Languages

English

Swahili

Javascript

Python