

Adam Chwiulkowski

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EDUCATION

Manchester Metropolitan University (2019-2022) and **Salford City College** (2018-2019)

BSc (Hons) Sport and Exercise Science 2:1 / HNC Sport and Exercise Science (Merit)

PROFESSIONAL EXPERIENCE

Personal Trainer (P1 Gym, January 2022 – Present)

- Individually led group fitness sessions of up to 8 people at a time.
- Collaborated and consulted with individuals of various fitness level to support their health and wellbeing.
- Performed health screenings with clients using body composition analyser.

President of the Polish Society (MMU, April 2021 – Present) and **Vice President** (MMU, April 2020 – April 2021)

- Created and led the PolSoc North project connecting 7 Polish Societies across the northern UK to organise monthly networking events.
- Delegated tasks to ensure social media and events are run efficiently.
- Led committee meetings and communicated with third parties for event bookings, resources, and collaborations between other societies & businesses across the UK.

Research Assistant for the development of a new High-Density EMG system (MMU, May 2021 – August 2021)

- Piloted the standardised operating procedure of the EMG system to help other researchers use the system in their own studies.
- Gained hands-on experience of the new wireless high-density EMG system and analysed the EMG activity by performing various physical tasks in a laboratory environment.
- Provided feedback to the developer of the EMG system regarding any flaws present.

Peer Assisted Learning Scheme Leader (MMU, October 2020 – October 2021)

- Organised weekly MS Teams sessions to support students academically and personally
- Responsible for monitoring attendance, identifying patterns and trends to improve participation
- Created educational resources and prepared activities to aid students' academic development

Food & Beverages Delivery Driver (Stuart Delivery Ltd., October 2018 – Present)

- Liaised with customers, restaurants and independently calculated taxable income.
- Joined a Post Tag app trial and provided collective feedback.
- Efficiently completed over 3500 deliveries that generated £1000s in revenue.

Personal Trainer Assistant (BA Fitness, October 2017 – January 2018)

- Supervised fitness sessions, motivated, and encouraged clients towards developing fitness.
- Explained and presented the correct form of exercise to avoid injuries and stimulate muscle activity.
- Delegated tasks and co-led mixed design fitness sessions.

QUALIFICATIONS

- L2 Fitness Instructor and L2 Strength & Conditioning

ADDITIONAL INFORMATION AND ACHIEVEMENTS

Language, driving and social media

- Fluency in **English** and **Polish** and basic knowledge of **Spanish** and **Italian**.
- UK Driving Licence | B.
- Grew my photography Instagram account to over 2500 followers in a year.