

HARMINDER BHACHU, BKIN

EDUCATION

- Bachelor of Kinesiology, **University of British Columbia**, 2017
- Diploma of Human Kinetics, **Langara College**, 2015

PROFESSIONAL DEVELOPMENT/TRAINING

- Advanced Exercise Prescription Course, 2018
- SureHire Occupational Testing, 2018
- Job Demands Analysis Training (Xilo), 2018

RELEVANT WORK EXPERIENCE

Re:Function Health Group Inc.

Practicing Kinesiologist: January 2018 – present

- Job Demands Analysis
- Community Rehabilitation Services
- Kinesiology Services for Physiotherapy clients
- SureHire Occupational Testing – Pre-employment Screening

Steve Nash Fitness World

Personal Trainer & Group Fitness Instructor: 2016-2017

- Developed long term & short term SMART goals for clients
- Created progressive training programs based on client goals
- Trained clients based on their fitness goals
- Led group training (up to 4 individuals)
- Led group classes (up to 25 individuals)
- Developed group programs for high intensity classes
- Developed group programs for circuit classes

UBC BodyWorks

Group Exercise Facilitator: 2014-2017

- Exercise Facilitator for Changing Aging program
- Communicated and worked with individuals of advanced years
- Use of clinical reasoning to progress or regress exercises and classes to meet needs of the client
- Assessed measures of exercises provided and aligned them to program completion date

DEMONSTRATED COMPETENCIES

Community Rehabilitation:

- Certified CPR & First Aid Training
- Able to use Job Demand Analysis to develop work simulation circuits to aid in client's recovery process
- Proven ability to educate and rehabilitate clients with acute and chronic pain to return to work and function
- Proven ability to modify tasks and exercises to prevent clients from further injury

SureHire Occupational Testing:

- Proven capability of assessing an individual for fitness-to-work testing
- Assess an individual and determining whether biomechanical movements are safely executed