

GEORGIOS TAKKOU

POST GRADUATE STUDENT-SPORTS MEDICINE

PROFILE

Disciplined, hard-working and team-oriented leader, having partaken and excelled in a variety of sports while in parallel continuing to enhance his knowledge and use of the latest technologies available in order to offer the best possible advice, support and treatment to others that share his passion for sports and optimal performance of the human body.

EXPERIENCE & PLACEMENTS

Strength and Conditioning Internship

Glasgow City F.C (Under-16s)

05/2022-present.

- Pre training warm up and cooldown.
- Profiling
- Plyometric and Musculoskeletal exercises (Home-based exercises)
- GPS testing

Coaching Assistant

Nicosia Swimming Club, Cyprus

06/2019-09/2019, 06/20-09/20 and 06/21-09/21

- Pre training warm up to young swimmers
- Technique training
- Time improvement training

Lifeguard

The Senior School – Latsia, Nicosia

07/2018 – 09/2018

- Responsible to monitor and manage the swimming facility of the school.
- In the event of emergency examine injured children and administer first aid or cardiopulmonary resuscitation procedures if necessary, using training, medical supplies and equipment.

IT Assistant

Joseph Kassapis – Nicosia, Cyprus

08/2018 – 09/2018

- Design presentation slides for university lecturer according to the specifications required by him in order to prepare for his lectures.

CONTACT

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REFERENCES

George Milonas – Head Swimming Coach
Joseph Kassapis- Auditor and Lecturer
Antonis Petrou- Researcher

KEY SKILLS

- Time management
- Leadership
- Communication
- Teamwork
- Highly motivated
- Ability to work under pressure

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Internship

AP Marine Enviromental Consultancy Ltd –Cyprus

07/2017 – 09/2017

- Scuba diving to survey endangered organisms and implementing preservation strategies.
- Collecting samples and data-using processes such as coring techniques, geographic information systems (GIS), visual recording and sampling.
- Analysis of these samples to extrapolate the kind of organisms found in them

Cyprus Defense Force

Office and Administration Assistant – Nicosia, Cyprus

07/2015 – 07/2017

- Driver of the military cars and tracks, responsible for transporting soldiers
- Communicate with soldiers, officers and other individuals to answer questions, disseminate or explain information, take orders and address complaints.

Economics Tutor

The G C School of Careers - Strovolos, Nicosia

01/2015 – 07/2015

- Provide private lessons to fellow students and small groups in order to assist them to improve academic performance, improve occupational skills, or prepare for academic or occupational tests.

ACHIEVEMENTS

- Best athlete of the year for 3 consecutive years at GC School of Careers.
 - 10th Position in World Biathlon Championship held in Limassol, Cyprus
 - Captain of Parnassos Indoor Football Team
 - Multiple Swimming Awards
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EDUCATION

2021-2022	University of Glasgow MSc Degree Distinction in Sports Medicine
2017-2021	University of Glasgow Undergraduate Degree 1 st class pass in Human Biology Relevant modules: Cell Physiology of Exercise, Performance Enhancement techniques, Physical and Public health, Functional Measurement.
2009-2015	The G C School of Careers, Cyprus A levels – Greek (A), Biology (B), Economics (B), Mathematics (B)
