

John Black

15 Pentonville Street, Doolandella QLD 4306
(+61) 449929597

coach.johnblack@gmail.com

Motivated training and development professional with demonstrated success within coaching, teaching, and performance analysis. Proven ability to deliver an athlete-centric approach to best facilitate and support development, performance, and learning.

Professional Experience

Strength and Conditioning Coach, Jindalee Fitness, Queensland (Apr 21 – Oct 22)

- Designing and implementing personalised strength sessions
- Conducting technique and conditioning sessions
- Periodisation and management of strength athletes

Facilitator, Centenary Fitness College, Queensland (June 16 – Present)

- Teaching Certificate 3 and 4 in Fitness
- Hosting practical workshops in fitness testing and technique
- Assessing students' technical proficiency

Teacher, UQ College, Queensland (June 16 – May 21)

- Designing Curriculum and Assessments
- Teaching classes on Health, Exercise and Diet
- Assessing students' proficiency

Strength and Conditioning Coach, Urban Fitness, Singapore (Oct 14 – Jan 16)

- Designing and implementing personalised strength sessions
- Conducting running technique and conditioning sessions
- Hosting corporate workshops and fitness sessions
- Liaising with key personnel from businesses

Coach Development Officer, Greater Auckland Coaching Unit, New Zealand (Jul 12 – Nov 13)

- Supporting community coaches with their personal development
- Researching and collecting data on coaches' needs in the Auckland region
- Developing and delivering workshops for coach development

Performance Analyst Intern, Vodafone Warriors, New Zealand (Jan 13 – Aug 13)

- Live capturing of home matches
- Collecting, analysing and presenting GPS, HR data for training sessions
- Collecting, analysing and presenting notation data on competition

Performance Analyst, Auckland Hockey, New Zealand (Jun 12 – Dec 12)

- Live capturing of matches
- Collecting, analysing and presenting notational data
- Live data updates to coaches during matches

Awards and Achievements

- Coach of APU Sub-Junior National Champion 2022 (Powerlifting)
- Julia Thaggard Memorial Award – Teaching Excellence Finalist 2018
- Men's NHL team won gold at the 2012 National Championship
- Women's NHL team won silver at the 2012 National Championship

Qualifications

Master of Sport, Exercise, and Health (Candidate)

Auckland University of Technology, New Zealand (Jan 22 – Present)

Bachelor of Sport and Recreation, Coaching

Auckland University of Technology, New Zealand (Jan 11 – Nov 13)

Diploma of Fitness Training

Auckland University of Technology, New Zealand (Jan 10 – Dec 10)

Certificate 4 in Training and Assessment

Australia Institute of Personal Training

Certificate 4 in Fitness

The College of Health and Fitness

References

Luke Petzke, College Manager - Centenary Fitness College, Queensland

Mobile: +61 451 121 552

Email: luke@jf247.com.au

Dr Kirsten Spencer, Director – International Society of Performance Analysis of Sport
(President – ISPAS Oceania)

Mobile: +64 226990116

Email: kspencer@aut.ac.nz