

# Mahnoor M. Chaudhry

711 Taradale Dr. NE, Calgary AB | (403) 903-2724 | mahnoor.chaudhry1@ucalgary.ca

## EDUCATION

### Bachelor of Science in Kinesiology

Current

University of Calgary, Calgary AB

- Jason Lang Scholarship

### Alberta High School Diploma

June 2022

Lester B. Pearson Senior High School

- Alexander Rutherford Scholarship
- Emily Sharpe Memorial Award
- CBE Staff Association Scholarship

## CERTIFICATIONS

### First Aid & CPR/AED Level C - Red Cross

May 2023

### Welcoming All Abilities - Jumpstart

February 2023

### Keeping Girls in Sport - Jumpstart

February 2023

### Tri-Council Policy Statement: Ethical Conduct for Research Involving Humans (TCPS 2: CORE 2022)

October 2023

### World Rugby Training and Education Certificate

November 2024

## RELATED EXPERIENCE

### Taking Strides Calgary

February 2025 - March 2025

Volunteer

Haysboro Community Association, Calgary AB

- Assisted children with neurodiverse needs in engaging with physical activity through structured play and movement-based sessions.
- Supported adaptive sport programming by setting up equipment, demonstrating activities, and providing one-on-one encouragement.
- Fostered an inclusive environment by promoting social interaction, positive reinforcement, and sensory-friendly participation.

### Children's Adapted Physical Activity (CAPA)

February 2022 - December 2024

Volunteer

Mount Royal University, Calgary AB

- Effectively communicated participants' progress and needs to parents and instructors, ensuring clarity and understanding through concise communication.
- Collaborated with instructors to align feedback with curriculum objectives and instructional strategies, fostering a cohesive approach to participant development.
- Adapted to dynamic environments while organizing and supervising activities tailored for children with special needs, promoting inclusivity and engagement.

### Physical Activity Tips & Tricks For Classrooms

November 2022

Contributing

University of Calgary - Kinesiology 201, Calgary AB

- Collaborated with peers to create a comprehensive resource document promoting physical activity in the classroom.
- Designed activities to enhance student engagement, movement, and focus during sedentary learning periods.
- Resource distributed to local schools, fostering healthier classroom routines and supporting inclusive education strategies.

### Monterey Seniors Village

July 2022

Volunteer

Trellis Society/Boys & Girls Clubs, Calgary AB

- Organized and led engaging activities such as caroling, nail painting, and interactive games to foster social connection and joy among senior residents.
- Promoted physical activity and well-being through thoughtfully designed games, encouraging gentle movement and active participation.
- Cultivated a warm and inclusive environment by building rapport with residents, enhancing their emotional well-being and sense of community.

### Camp Discovery

August 2021

Summer Camp Counsellor, Calgary AB

- Provided individualized support to children with special needs, assisting with daily living activities, behavioral management, and emotional well-being in a nurturing camp environment.
- Facilitated the development of social, motor, and cognitive skills through structured activities designed to promote personal growth, confidence, and engagement.
- Managed emergencies and behavioral challenges effectively, employing de-escalation techniques and problem-solving strategies to preserve a positive and supportive camp atmosphere.

## ACTIVITIES

---

### Orientation Leader Assistant

August 2023

University of Caglary, Calgary AB

- Distributed orientation materials, including shirts and event guides, ensuring students were well-prepared and informed.
- Supported campus tours, group activities, and icebreakers, fostering connections among new students and enhancing their transition experience.
- Provided assistance and answered questions, offering personalized support to ensure a positive start to university life.

## PERSONAL INTERESTS

---

**Volunteering:** Passionate about giving back through volunteer work, including roles with CAPA, a senior home, and Camp Discovery, fostering connections and supporting community needs.

**Learning New Skills:** Teaching myself coding and game development using Godot, as well as honing digital art skills on platforms like Procreate.