

# Noah Muller

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BCAK Registered Kinesiologist and CSEP-Certified Personal Trainer (CSEP-CPT), with a Bachelor's in Kinesiology (UBC) and an Associate Degree in Exercise Science. Recently Certified Human Movement Specialist (HMS) and Integrated Manual Therapist (IMT) through Brookbush Institute. Passionate about leveraging a strong academic foundation in biomechanics and exercise prescription, combined with innovative problem-solving (e.g., development of HPPAP pain assessment tool), to deliver exceptional client outcomes in personal training, active rehabilitation, and performance. Proven leadership abilities from roles such as Landscape Supervisor. Eager to apply comprehensive knowledge and a client-centered approach in a dynamic kinesiology or personal training role.

## Personal Details

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**Highest Level of Education:** Bachelor's Degree

## Work Experience

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### Landscape

Actual Landscaping-Vancouver, BC  
January 2024 to Present

### Landscape Supervisor

Landesign Landscape Construction Ltd.-Vancouver, BC  
April 2021 to August 2023

### Warehouse Worker

Sysco Canada-Kelowna, BC  
August 2019 to October 2019

This was a short term job to buffer my finances while I was studying at UBCO.

### Landscape

Houston Landscapes-Vancouver, BC  
September 2018 to June 2019

### Landscape

Actual Landscaping-Vancouver, BC  
April 2018 to September 2018

### Landscaping

Landscape Transformations-Vancouver, BC  
April 2016 to April 2018

### Construction Worker

Mierau Construction Ltd.-Vancouver, BC  
April 2014 to March 2016

**Hardscaper**

Marzstone Contracting Ltd.-Vancouver, BC  
July 2012 to November 2013

**Landscaper**

Fossil Landscaping-Vancouver, BC  
July 2010 to November 2011

**Hardscape Installer**

Palmary Landscaping-Vancouver, BC  
July 2009 to June 2010

**Landscaper**

Gardening Unlimited-Vancouver, BC  
April 2008 to June 2009

**Cashier/Customer Service**

London Drugs-Vancouver, BC  
September 2007 to April 2008

**Sales Associate/Cashier**

COBS Bread-Vancouver, BC  
June 2006 to September 2007

## Education

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**Kinesiology (Bachelor's)**

University of British Columbia-British Columbia  
September 2019 to April 2021

GPA 3.95

**Human Kinetics (Associate Degree of Exercise Science)**

Capilano University-Vancouver, BC  
September 2015 to April 2018

**Web Design and Development (Certificate)**

Vancouver Arts College-Vancouver, BC  
September 2010 to April 2011

## Skills

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- Personal Training (1 year)
- Web Development (2 years)
- Heavy Equipment Operator (2 years)
- Strength and Conditioning Principles (8 years)
- Applied Anatomy and Kinesiology
- Construction (10+ years)

- Landscaping (8 years)
- Digital Marketing (2 years)
- Microsoft Office (5 years)
- Postural Assessment
- Customer Service (2 years)
- Google Suite (5 years)
- Seo (3 years)
- Overhead Squat Assessment
- Exercise Progression and Regression
- Social Media Marketing (2 years)
- Flexibility and Mobility Training
- Exercise Physiology
- Slack

## Awards

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### **UBC Scholarship for Academic Excellence**

2020

## Certifications and Licenses

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### **IBM Key Technologies for Business | Coursera**

September 2025 to Present

- Covered fundamentals of Cloud Computing, Data Science, and Artificial Intelligence
- Articulated business drivers, value, and ROI for Cloud, Data, and AI adoption
- Assessed real-world applications and use cases across industries
- Gained hands-on experience with cloud services, data workflows, and basic AI/ML
- Built understanding of how core Cloud, Data, and AI technologies operate
- Translated technical capabilities into business outcomes and decisions

### **IBM Generative AI for Digital Marketing | Coursera**

August 2025 to Present

- Engineered effective prompts to generate high-quality marketing content, including articles, social media posts, and ad copy.
- Applied generative AI to optimize digital advertising campaigns, enhance SEO performance, and deploy personalized email marketing strategies.
- Utilized AI-driven strategies to improve e-commerce customer experiences and personalize campaigns at scale.
- Demonstrated proficiency in core generative AI concepts and applications through hands-on labs and projects focused on optimizing diverse marketing functions.

### **Writing With Flair: How To Become An Exceptional Writer (Second Edition) - Udemy**

August 2025 to Present

- Studied advanced techniques in editing, storytelling, and persuasive communication to enhance writing clarity and impact.
- Refined essential writing skills, including grammar, structure, and tone, through practical, hands-on exercises.
- Developed actionable strategies for crafting compelling content for a range of professional and creative contexts.

### **Google AI Essentials | Coursera**

August 2025 to Present

- Utilized generative AI tools to brainstorm ideas, create content, and streamline daily workflows.
- Practiced effective prompt engineering and applied responsible AI principles, including bias awareness and data privacy.
- Developed strategies to stay current with emerging AI/ML technologies to improve operational efficiency.
- Credential verification: <https://coursera.org/share/42c9964ba2ed7f0cf3b59cf05bbca76b>

### **Google Prompting Essentials Specialization | Coursera**

August 2025 to Present

- Applied a 5-step framework to engineer effective prompts, accelerating tasks such as data analysis, content summarization, and presentation drafting.
- Designed and implemented role-play AI agents to simulate expert personas, generating targeted feedback to refine business communications.
- Strengthened skills in prompt engineering, generative AI, business writing, and data presentation through practical application.
- Credential verification: <https://coursera.org/share/44519615a08bc16b07578d3823aff3a5>

### **IBM AI Foundations for Business Specialization | Coursera**

August 2025 to Present

- Applied core AI and data science concepts to identify and solve key business challenges.
- Translated complex technical solutions into strategic value propositions for business leadership.
- Utilized the AI Ladder framework to guide the end-to-end process of successful AI adoption, from data collection to operationalization.
- Credential verification: <https://coursera.org/share/bc2e25b39797ea16aa06750fec9f1435>

### **IBM AI Developer Professional Certificate | Coursera**

August 2025 to Present

- Developed full-stack web applications using Python, Flask, HTML, CSS, and JavaScript.
- Built innovative solutions, including chatbots, by applying generative AI models and prompt engineering techniques.
- Acquired a foundational understanding of the Software Development Lifecycle (SDLC) and core AI concepts.
- Credential Verification: <https://coursera.org/verify/professional-cert/NXV7RZHQLXNU>

### **Hypervolt Movement Enhancement Course - Hyperice**

July 2025 to Present

- Completed a certification course on applying Hypervolt percussion therapy for movement enhancement, client care, and self-care.
- Learned to use the device to improve range of motion, reduce muscle stiffness, and enhance soft tissue health.
- Covered practical, evidence-based protocols for the upper/lower extremities and spine complex.

### **Advanced Learning Module: Exercise Prescription for Older Adults | CSEP**

July 2025 to Present

Completed an 8-credit module

- Studied age-associated physiological changes and methods for fitness and functional assessment in older adults.
- Developed skills in creating evidence-based, tailored exercise programs for diverse aging populations, from fit to frail.
- Learned to assess, design, and implement safe and effective exercise interventions to support healthy aging and chronic disease management.

### **Bone Metastases and Exercise Hub Professional Development Course | UBC**

July 2025 to Present

- Medical management of advanced cancer, pathophysiology of bone metastases, and treatment-related side effects.
- Principles of exercise physiology for individuals affected by cancer.
- Evidence-based exercise prescription and approaches for people living with and beyond cancer, including those with advanced disease.

### **CSEP-CPT Scope of Practice Update - Working with All Ages**

July 2025 to Present

Completed a professional development course through the Canadian Society for Exercise Physiology, focusing on updated CSEP-CPT scope of practice and best practices for working with clients of all ages.

### **Certificate of Excellence in Blood Pressure Testing for Clinical Practice**

June 2025 to Present

Completed a training program focused on accurate blood pressure measurement techniques in clinical settings. The course covered best practices, patient preparation, device usage, and interpretation of results to support high standards of patient care and clinical accuracy.

### **Pain BC - Pain Foundations (Basic and Advanced)**

June 2025 to Present

Completed comprehensive training through the Basic and Advanced modules, establishing a strong foundation in current pain science, the biopsychosocial model, and person-centered care. This accomplishment reflects enhanced skills in assessment and management, with a focus on compassion, collaborative communication, and trauma- and violence-informed practices.

### **Blood Flow Resistance (BFR) - Practitioner's Certificate**

May 2025 to Present

Comprehensive training in the neurophysiological mechanisms, safe application, and clinical use of BFR. Covered protocols for musculoskeletal hypertrophy, aerobic training, post-injury and post-operative rehabilitation. Studied exercise prescription, selection, and practical implementation of BFR techniques for use in training and clinical environments.

### **Pain BC - Moving Through Pain**

May 2025 to Present

Gained practical knowledge and resources through Pain BC's evidence-based online program to support individuals with chronic pain in engaging with movement and relaxation techniques. Emphasizes a biopsychosocial framework, understanding nervous system changes in chronic pain, and empowering clients in self-management.

### **Certificate in Computer Science, Codecademy**

February 2025 to Present

Completed a comprehensive program covering Python programming, data structures, algorithms, computer architecture, databases (SQL, PostgreSQL), discrete mathematics, and software development tools such as Git and GitHub. Gained hands-on experience with problem-solving, coding challenges, and foundational computer science concepts.

### **Learn Python 3, Codecademy**

November 2024 to Present

Successfully completed all course material in the Learn Python 3 course, gaining hands-on experience with Python syntax, data types, functions, control structures, and foundational programming concepts.

### **Learn JavaScript, Codecademy**

November 2024 to Present

Successfully completed all course material in the Learn JavaScript course, covering core programming concepts such as variables, functions, control flow, arrays, objects, and DOM manipulation.

### **Skidsteer Operator Certificate**

September 2024 to Present

Completed training on the safe operation and maintenance of skid steer heavy equipment.

### **Registered Kinesiologist - British Columbia Association of Kinesiologists (BCAK)**

January 2024 to Present

Achieved professional registration with BCAK, signifying recognized competency and the authority to practice kinesiology in British Columbia. Adheres to the BCAK's established scope of practice, code of ethics, and continuing education requirements.

### **Health Promotion Foundations - Public Health Ontario**

January 2020 to Present

Completed the Health Promotion Foundations Certificate from Public Health Ontario, focusing on core concepts of health promotion, including program planning, community engagement, and evidence-informed strategies to improve population health.

### **CSEP Certified Personal Trainer (CSEP-CPT)**

March 2018 to Present

Nationally recognized certification demonstrating expertise in assessing, designing, and delivering evidence-based physical activity, fitness, and lifestyle programs for diverse populations. Qualified to administer the CSEP-PATH® process and create individualized fitness plans grounded in current exercise science.

### **Integrated Manual Therapy (IMT) Certification - Brookbush Institute**

August 2025 to August 2027

Completed comprehensive training in Integrated Manual Therapy, focusing on evidence-based assessment and hands-on techniques for musculoskeletal dysfunction. Developed advanced skills in joint mobilization, soft tissue manipulation, and movement analysis to improve patient outcomes. Demonstrated proficiency in applying manual therapy interventions within clinical and performance settings.

## **Certified Personal Trainer - Brookbush Institute**

July 2025 to July 2027

Successfully completed the Brookbush Institute Certified Personal Trainer (CPT) program, gaining evidence-based expertise in exercise science, program design, and client assessment. Developed practical skills in corrective exercise, functional movement, and individualized training plans to optimize client results. Built a strong foundation in anatomy, biomechanics, and injury prevention, and prepared to deliver safe, effective, and personalized fitness solutions for diverse populations.

## **Human Movement Specialist (HMS) - Brookbush Institute**

June 2025 to June 2027

Completed rigorous, evidence-based coursework focused on advanced movement assessment, analysis of postural and movement impairments, and the design of integrated corrective exercise programs to optimize function and performance.

## **First Aid & CPR Level C**

November 2023 to November 2026

St. John Ambulance - Emergency First Aid

## **WHMIS**

January 2023 to January 2026

Understanding of workplace hazardous materials safety, labels, and Safety Data Sheets (SDS).

## **Additional Information**

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### **HPPAP - Open Source Pain Assessment Tool**

- Developed an open-source (MIT License) multidimensional pain assessment web application using React as an accessible alternative to proprietary tools. This project demonstrates skills in front-end development and a commitment to creating valuable resources for the healthcare community.
- <https://github.com/masterno/HPPAP/>

### **Machine Learning Model for Exercise Energy Expenditure | Personal Project**

- Engineered a predictive model that achieves a high degree of accuracy ( $R^2 = 0.75$ ) for estimating calories burned, offering a more consistent and reliable alternative to standard MET tables.
- Implemented and validated the regression model using Python and its data science stack (Scikit-learn, Pandas) on a complex dataset of thousands of real-world workouts.
- <https://github.com/masterno/Advanced-Calorie-Estimator>

### **AI-Assisted Goniometric Assessment Tool (MVP)**

- Created a proof-of-concept webcam-based tool leveraging MediaPipe (for body landmark detection) and algorithmic logic to enable automated joint range of motion (ROM) assessment. This demonstrates initiative in applying technology to enhance clinical assessment in kinesiology.