Marc McCool

Date of Birth: 11.09.1983

Nationality: British.

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I am a Sports Therapist, Personal Trainer and Pilates Instructor with 10 years experience in the health and fitness industry. I have vast experience of working in a gym environment and developing periodised training programmes to help rehabilitation from injury, improve sporting and occupational performance, weight management and general fitness goals for a wide range of clientele. I have also worked with various sports teams assisting them with fitness testing, functional movement screening, pre-habilitation programmes, strength and conditioning, rehabilitation, soft tissue treatment and pitch side first aid. I have excellent communication and motivational skills with experience of working with people in large groups and on a one to one basis. I have also worked within multidisciplinary teams making me able to communicate with fellow sports medical practitioners in a professional manner. I am a confident, outgoing person who is passionate about improving sporting performance, preventing and rehabilitating injuries and helping my clients maintain a desirable level of health and fitness.

Work Experience

Remedial therapist, personal trainer and Pilates instructor, Fun and Fitness Manuka, (October 2013 – present)

* Injury assessment, treatment and rehabilitation
* One to one strength and conditioning sessions
* One to one personal training sessions (general health and fitness, weight management, etc)
* One to one Pilates rehabilitation sessions
* Pilates and Circuit Training Classes
* Sports Massage/soft tissue therapy

Part-time Neurological Rehabilitation Assistant, Worcestershire Royal Hospital, (April 2012 – September 2013)

* Assisting physiotherapists in patient mobilisation
* Taking patients for rehabilitation sessions
* Performing bed and chair exercises with patients
* Writing patient notes after treatment and recording progress
* Various administrative tasks related to patient records

**Head Sports Therapist, Moseley RFC Academy (October 2011 – September 2013)**

* Pre-game therapy including strapping, taping, massage, stretches and injury and sport specific warm ups.
* Pitch side first aid, injury assessment and immediate treatment of injury
* Rehabilitation of injured players back to full fitness.
* Gym based strength and conditioning work with squad members
* Sports massage/soft tissue therapy

**Head Sports Therapist, North Midlands RFC Under 20’s (November 2011 – September 2013)**

* Pre-game therapy including strapping, taping, massage, stretches and injury and sport specific warm ups.
* Pitch side first aid, injury assessment and immediate treatment of injury
* Sports massage/soft tissue therapy

**Sports Therapist, Personal Trainer and Pilates Instructor, Marc McCool Sports Therapy (August 2011 – September 2013)**

* Injury assessment, treatment and rehabilitation
* One to one strength and conditioning sessions
* One to one personal training sessions (general health and fitness, weight management, etc)
* One to one Pilates rehabilitation sessions
* Pilates and Circuit Training Classes
* Sports Massage/soft tissue therapy

**Fitness Instructor, University College Birmingham Gym (October 2009 – November 2011)**

* Responsible for fitness testing, gym inductions and selling personalised fitness programmes.
* Helping create gym fitness challenges
* Helping with ideas for monthly gym newsletter
* Maintenance and cleaning of gym equipment.
* Maintenance and cleaning of spa area.
* Lead first aider

**Massage Therapist, The City of Birmingham Symphony Orchestra (October 2010 – December 2011)**

* Pre-performance massage and therapy.
* Rehabilitation and exercise therapy for injured performers
* Instrument specific stretching and exercise programmes to help reduce the risk of injury.

**Sports Therapist, Birmingham University Rugby Team (2010-2011 season)**

* Pre-game therapy including strapping, taping, massage, stretches and injury and sport specific warm ups.
* Pitch side first aid, injury assessment and immediate treatment of injury.
* Sports massage/soft tissue therapy
* Gym based strength and conditioning work with squad members
* Referral of injured players to Birmingham University triage clinic.
* Filling out injury report forms in communication with physiotherapists, sports scientists and psychologists at Birmingham University.

**Sports Therapist, Birmingham Bulls American Football Team (2010 Season)**

* Pre-game therapy including strapping, taping, massage, stretches and injury and sport specific warm ups.
* Pitch side first aid, injury assessment and immediate treatment of injury.
* Rehabilitation of injured players back to full fitness.
* Gym based strength and conditioning work with squad members
* Sports massage/soft tissue therapy

**Sports therapist, Personal trainer and Pilates instructor, Osmosis Health Studio (October 2009 – August 2010)**

* Assessment, treatment and rehabilitation of injuries.
* One to one and small group personal training sessions
* One to one and small group Pilates sessions
* Postural education courses for office and manual workers
* Sports massage/soft tissue therapy
* Lead first aider

**Pilates instructor and Sports Therapist, Mark Warner, Greece (June 2009 – September 2009)**

* Assessment, treatment and rehabilitation of injuries.
* One to one and small group Pilates sessions
* Running a daily sports injury clinic
* Sports massage/soft tissue therapy

**Personal Trainer, Pilates Instructor and Sports Massage Therapist, Topnotch Health Club (June 2004 – June 2009)**

* Head PT and lead first aider overseeing 5 other PT’s for sales and education
* One to one and small group personal training sessions
* One to one and small group Pilates sessions
* Sports massage/soft tissue therapy
* Pre and post natal Pilates classes
* Circuit training and Pilates large group classes

Education

BSc First Class Honours in Sports Therapy, 2008-2011, University College Birmingham

BTEC National Diploma in Sports Science (MMM), 2000-2002, Worcester College of Technology.

9 GCSE’s between A-C, 1998-2000, Haybridge High School.

Professional Qualifications

Premier Training International, Advanced Level 3 Diploma in Personal Training and Sports Therapy (2004)

Pilates Precision UK, level 3 Pilates Matwork Diploma

OMT Training Diploma in Medical Acupuncture (myofacial dry needling)

SMA Sports First Aid (Australia)

RFU Emergency First Aid for Sport (UK)

**Professional Bodies.**

The Society of Sports Therapists

The Register of Exercise Professionals (Advanced Instructor Level 3)

Pilates Institute UK

The Federation of Holistic Therapists

The Sports Massage association

Fitness Australia

**References**

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| **Chris Dickons**  **Australian College of Sports Therapy**  Level 6, 341 Queen Street  Melbourne, Victoria 3000  Australia  Tel: 0434 103 931  Email: [chris.dickons@sportstherapy.edu.au](mailto:chris.dickons@sportstherapy.edu.au) | Keith Ward  University College Birmingham,  Summer Row,  Birmingham,  West Midlands.  Tel: 0121 604 1000  Email: [k.ward@ucb.ac.uk](mailto:k.ward@ucb.ac.uk) |