

KINESIOLOGY (THIRD YEAR)

Joe Fresh

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EDUCATION

Bachelor of Science, Kinesiology

3rd year, University of Victoria

Sept 2011 – Present

Relevant course work: Program Planning, Exercise Prescription, Motor Development & Physical Maturation

Understand how to engage clients so as to best meet their needs and goals.

PROFESSIONAL PROFILE

- four years experience in working with children, youth and outdoor activities
 - work well in structured and unstructured settings; alone and as an active team member
 - able to coordinate, lead, monitor and evaluate programs and services
 - comfortable with all Microsoft Office 2011 programs, Publisher, SPSS & inVivo
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RELEVANT COMPETENCIES

Interpersonal

- developed strong interpersonal skills, kept focused on details and on track with priorities
- comfortable conversing with strangers in a courteous and approachable manner
- able to complete projects effectively, efficiently and with close attention to detail

Leadership Skills

- ensure children with disabilities are integrated into activities offered at day camps in a fun, safe and independent manner
- built a network of support and friendship among colleagues, developed ability to seek advice
- comfortable communicating with children with disabilities and their families

Communication

- demonstrated organization and time management skills by working on several projects concurrently
- able to be independent in my work and showcase initiative in completing tasks

Research and Technical

- maintained several databases of various communicable diseases in database programs such as Microsoft Access, Epidata, and iPHIS (integrated Public Health Information System)
 - at ease with basic protocols for gait, movement and exercise measurements
 - understand the need for 'pacing', hydration, body mechanics and physical fitness
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CERTIFICATIONS / ADDITIONAL SKILLS

- St. John's Ambulance, Standard First Aid & CPR "C" (expires July 2011)
 - certified in Laboratory Biosafety protocol
 - BC Class 4 Driver's License
 - comfortable with Microsoft Office 2011, Publisher, SPSS and inVivo
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RELEVANT WORK EXPERIENCE

Research Assistant <i>BC Centre For Disease Control, Vancouver, BC</i>	May 2011 – Aug 2011
Inclusion Facilitator <i>Recreation Integration Victoria, Greater Victoria, BC</i>	Jun 2010 – Sept 2010
Operations Crew <i>Parks Canada, Gulf Islands National Park Reserve, Sidney, BC</i>	May 2009 – Aug 2009
Research Assistant <i>BC School Fruit and Vegetable Nutrition Program, University of Victoria, Victoria, BC</i>	May 2009 – Aug 2009
Basketball Game Referee <i>Oak Bay High School, Victoria, BC</i>	Jan 2007 – Apr 2008
Teacher Aide, English <i>uVolunteer, Cloud Forest School, Monteverde, Costa Rica</i>	Sept 2008 – Dec 2008

ACADEMIC ACHIEVEMENTS AND AWARDS

- *Jamie Cassels, Undergraduate Research Award* 2011
 - Awarded to undergraduate students with a minimum GPA requirement of 7.0 who undertake a research investigation
 - *Thouvenelle Co-operative Education Scholarship* 2010
 - Awarded to UVic students who engage in work terms related to community development
 - *Academic All Canadian – distance running* 2009, 2008
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COMMUNITY INVOLVEMENT

- Volunteer Crew, Sail and Life Training Society (SALTS), Victoria, BC Jul 2002 – Present
 - Family Friend, Queen Alexandra Centre For Children's Health, Victoria BC Aug 2007 – Apr 2008
 - Brain and Cognition Lab Research Assistant, University of Victoria Oct 2006 – Apr 2007
 - Human Anatomy Lab Assistant, University of Victoria, Sept 2006 – Present
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ADDITIONAL INTERESTS

- Accomplished pianist (won numerous awards, have performed with Victoria symphony)
 - Competitive badminton player (won city championships in high school and local tournaments)
 - Member of Bays United Division 2 Men's Soccer Team
 - 5 Year member at Victoria Golf Club, 14 handicap
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REFERENCES

Nancy Reed, Cooperative Education Coordinator and Course Instructor
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University of Victoria, Victoria, BC
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