

# GRADUATE RESUMES

## Exercise Physiology / Sport and Exercise Science



Your success in gaining an interview for a graduate position or progressing further in the application process, hinges upon the quality of the written application you provide to an employer.

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This is your opportunity to demonstrate that you possess the necessary knowledge, skills and abilities for the position.

### Tailor your resume

Your resume is a marketing tool. It is essential that you tailor your resume for every job application to increase the fit between you, the job and the employer.

Thoroughly research the organisation and the position to determine what the employer is looking for.

A role in the public sector may have a different focus from a private company. Your resume layout/style may vary according to the sector you are applying to.

Emphasise your )



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## COURSE PLACEMENTS/EXPERIENCE

- 2022                      Steady Steps Community Program, Cairns,      October - November (50 hours)
- x Visited two Aged Care Homes in Cairns for twice weekly sessions over eight week period
  - x Measured baseline fitness levels of participants in the program
  - x Planned and delivered a variety of exercises to suit fitness levels
  - x Recorded results throughout the sessions and evaluated at the conclusion of the program
  - x Presented results to program organisers with proposals and recommendations to continue and expand the program
- 2022                      Trinity Bay State High School, Cairns,      April - May (50 hours)
- x Planned and developed a physical exercise program for Year 10 basketball team (students aged 15-16)
  - x Undertook pre-screening monitoring and fitness assessments to determine appropriate plan for the team members
  - x Program included 5 one hour sessions (1 per week) covering healthy eating and personal wellbeing and 15 two hour fitness sessions
  - x Reassessed participants at the end of the program to monitor changes in fitness levels
- 2022                      James Cook University Staff Fitness Program,      August – September (40 hours)
- x Completed individual client training experience for two James Cook University Staff members
  - x Experience included motivational interview, pre-screen session (measurement of BMI, cardio, waist to hip ratio and physical activity evaluation) for clients (45 year old male, 33 year old female)
  - x Planned and delivered appropriate exercise program for individual fitness level and client goals
  - x Conducted a post-program review and fitness evaluation. Both participants met their goals and rated the experience highly
- 2021                      James Cook University Exercise Physiology Clinic (Townsville),      March – May (30 hours)
- x Developed customised exercise programs for patients with a range of conditions such as stroke, diabetes, multiple sclerosis, hypertension and peripheral vascular disease
  - x Performed gym-based activities such as: cardio, pilates, strength training and yoga in groups and one on one
  - x Maintained accurate records for all patient interventions, including assessments, treatment and evaluation

Tip – Your relevant experience is a major selling point. How did you contribute to the organisation? What skills did you use/improve/gain? Did you receive positive feedback?

## EMPLOYMENT HISTORY

- 2020 – Present              Fitness instructor (casual)  
Club One Fitness, Townsville
- x Lead gym and group sessions – 4 classes per week
  - x Customer service and membership sales
  - x Supervise customers in equipment and weights room
  - x Ensure equipment is being used in a safe manner
  - x General cleaning and maintenance

2019 – 2020

Retail Assistant (casual )  
Amart Sports

- x Extensive sales experience providing advice on equipment and correct fitting of shoes
- x Customer relations and register operation
- x Stocktake and inventory control
- x Created visual displays and merchandising

## MEMBERSHIPS

2020 – Present      Exercise and Sports Science Australia  
2020 – Present      Pilates Institute of Queensland

## CERTIFICATES/LICENCES

Current              CPR Refresher, First Aid Academy  
Current              Blue Card , Queensland Working with Children Check  
Current              HLTAID003 Provide First Aid Course, First Aid Academy

## COMMUNITY INVOLVEMENT

2022                  Team Member and Social Committee Member   - JCU Netball Team  
2021                  Netball Sports Trainer and Coach   – Townsville Netball Association

## INTERESTS

- x Coach for the 'Under 12s' Tiger hockew:1 (T)-39.9.7 (e o)24a(l)-24.1 .9.7 (e o)24a(l)-24J ( )7 (b3 (CE)221)]TJ 0 Tc 0 Tw 7