

Christine Pang
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Objective

Front desk Administrative position at Trolear Physiotherapy Kerrisdale

Education and Awards

University of British Columbia: Bachelor of Kinesiology – expected May 2020,
CGPA: 4.10/4.33

Trek Excellence Scholarship Award – November 2018

Experience

30 Minute Hit Burnaby – Fitness Trainer (2014–present)

- Prescribes and instructs kickboxing and conditioning exercises for individuals and groups according to their status and needs
- Conducts workouts of all levels for 4-8.5 hours per shift and instructed numerous new students of all backgrounds, including those who have previously been sedentary or are working with injuries and/or chronic diseases
- Manages all areas of legal documentation, administering student contracts and payments, sales of merchandise, and student cancellations.
- Works individually and oversees the studio to answer questions, accommodate concerns regarding specific exercise execution or injuries, and solve any membership and payment conflicts

UBC Bodyworks – Group Fitness Trainer (2018)

- Created and instructed lesson plans based on ACSM's exercise guidelines that are targeted towards functional movements for clients aged 50 and above
- Utilized limited equipment to immediately provide suitable modifications and fitness recommendations during the class, for students with pain, injuries, and disabilities
- Mentored class volunteers in developing appropriate exercises for an several age demographic and methods to deliver an engaging, yet adaptable class

UBC Bodyworks – Personal Trainer Supervisor (2018)

- Individually overlooked the facility while performing administrative tasks, addressing all questions and concerns of members, and ensuring all gym equipment is used properly
- Responsible for ensuring exercise is performed safely and correctly at all times by all gym members to decrease risks of injury
- Aided trainers during class sessions and assisted managers in data entry and organizational tasks, event planning, and the maintenance of the facility

Qualifications and Skills

ACSM Certified Personal Trainer. Emergency and First Aid CPR Level C.

English (Fluent). Cantonese (Fluent). Mandarin(Beginner). French (Beginner).

Leadership. Customer service. Fitness training. Personal training. Organizational.

***References available upon request.**

