

Long You
5184 Sapphire Pl
Richmond, BC
Longfitness@gmail.com
Tel: 604-644-2210
[linkedin.com/in/youlong/](https://www.linkedin.com/in/youlong/)

Objective The Application for the Master of Kinesiology Program

Education

2021 – 2023 *The University of British Columbia*
Bachelor of Kinesiology, GPA:3 of a possible 4

2018 – 2021 *Langara College*
Diploma in Kinesiology, GPA:3.37 of a possible 4

Employment

2016 – 2023 *Richmond/Vancouver Community Centers*
Fitness Attendant/Personal Trainer
Started as a Fitness Attendant and progressed to become a top-ranked Personal Trainer with expertise in athletic strength and conditioning training, rehabilitation, and older adult fitness. Recognized for delivering effective training sessions and achieving high customer satisfaction. Committed to professional development and volunteer service in fitness conferences. Skilled in minimizing injury risks and providing emergency medical support to patrons.

Leadership

Awards
Ike Barber Transfer Scholarship for academic achievement (UBC)
Dr. Sandra Hartley Award for good academic standing while managing increased responsibilities as a parent (UBC)
Dean's Honor Roll Student (Langara)
Faculty of Kinesiology Leadership Award for Outstanding Leadership and Community Involvement (Langara)

Languages

Fluent in English, Chinese, and Russian

Activities

Engaged in recreational soccer as a player in Richmond Soccer League, including participation in the Provincial Nation's Cup held in Richmond, BC. Also actively contributed to the fitness community through blogging, providing valuable insights on fitness training and exercise research to help individuals identify correct and safe workout routines.

References

Available on request