

Jessie Watanabe

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CAREER PROFILE

With my sound understanding of the theory and practice of exercise physiology and strong skills in the areas of injury prevention, management and rehabilitation, to utilise and expand on my current skills and further develop my career as an exercise physiologist.

TERTIARY EDUCATION

20XX – 20XX

Bachelor Exercise Science/Bachelor Business (Sports Management)

Griffith University

GPA: 5.12 (Scale: 1 – 7, 7 being the highest)

Key Subjects

- Clinical Exercise Testing
- Biomechanics I and II
- Principles of Rehabilitation
- Exercise Prescription and Practice
- Neuroscience I and II
- Sport Marketing
- Sport Economics

Key Projects

- Biomechanics I Research Project “Sprint Start Technique”
- Biomechanics II Research Project “Comparative Seating Positions Whilst Studying”
- Injury Prevention and Management Presentation “Meniscus Tears”
- Sport Economics Concept Paper “Government Funding of Community Level Sport”

PROFESSIONAL SKILLS

- Highly competent in the prevention and management of sporting and workplace injuries, through field experience as a sports trainer and return to work strategies developed in work experience.
- Proficient in performing exercise stress tests and functional capacity test and able to prescribe exercise based upon results through knowledge learnt and practised at university in clinical placement.

- Excellent teamwork skills, gained through team based employment roles, working in several university group projects and lifelong involvement in team sports.
- Highly-developed management skills exercised through match day management of TAC cup AFL games and Auskick centre co-ordinator roles, being responsible for coordinating up to 6 staff members and up to 120 primary school aged children.

PROFESSIONAL EXPERIENCE

July 20XX –
Current

Konekt Australia
Casual

- Pre-employment functional exercise testing
- Manual handling and ergonomic education and training
- Work-site health and safety appraisal and risk management
- Injury assessment, management and exercise prescription
- Delivery of rehabilitation program to clients
- Case management and report writing

Jan 20XX -
current

Stingrays AFC, Gold Coast
Head Sports Trainer

- Sports First Aid
- Preventative strapping and tapping
- Injury management and referral
- Inventory check and ordering

Jan to Feb 20xx

AFL Queensland, Gold Coast
Casual Promotions Officer

- Sports First Aid
- Preventative strapping and tapping
- Injury management and referral
- Inventory check and ordering

Dec 20XX – Feb
20XX

AFL Queensland, Gold Coast
Talent Development and Promotions Internship

- Research and development of performance benchmarks for testing
- Designing promotions request form
- Website entries and updates
- Attending talent identification and testing and analysis of development squad player reviews

Dec 20XX – Feb
20XX

Australian University Games
Sports Administration Officer

- Athlete and team accreditation
- Co-ordination of event volunteers
- Time keeping
- Event set-up and pull-down

ACCREDITATIONS AND CERTIFICATES

- Level 1 Sports Trainer
- CPR Certificate
- Sports First Aid (Senior First Aid Equivalent)
- Blue Card (Working with Children)
- Manual Drivers Licence
- Responsible Service of Alcohol Certificate

MEMBERSHIPS

20xx – present

- Student Member, Exercise and Sport Science Australia
- Student member, Sports management Association of Australia and New Zealand

EXTRACURRICULAR ACTIVITIES

20XX – present

Currently playing senior level football for the Coomera Australian Rules Football Club

REFEREES

Mr David Fredericks

Promotions Development Officer
AFL Queensland
Gold Coast
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