

## **CIRRICULUM VITAE of GEMMA ARUNDEL**

**Date of birth: 12<sup>th</sup> July 2000**

**8 Hessary View, Tavistock, Devon, PL19 0EZ**

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### **Education:**

Plymouth Marjon University (BSc Sports Therapy) 2018-present day

Tavistock College 2011-2018 (full time)

### **Employment history:**

February 2019-present day: - Student Ambassador, Plymouth Marjon University

January 2017-present day: - Lifeguard, Receptionist, level 1 and level 2 Swim Teacher, Mount Kelly Swimming Pool

September 2016-August 2018: - School Cleaner, Tavistock Community Primary and Nursery School

27th August 2017- 1st September 2017- Assistant coach, Mount Kelly Summer Swim School

### **Qualifications:**

June 2018: A Level Biology B  
A Level Maths B  
BTEC Sport Level 3 Certificate Distinction

June 2016: GCSE Maths A  
GCSE English Literature A  
GCSE Chemistry A  
GCSE Physics A  
GCSE Physical Education A  
GCSE History A  
GCSE Spanish A  
GCSE Biology B  
GCSE English Language B  
GCSE Further Maths B  
GCSE Religious Studies B  
GCSE Astronomy C  
BTEC Level 1 and 2 Double Sports Award Distinction/Distinction

### **Other training courses attended:**

January 2019 Safeguarding & Protecting Children

August 2018 ASA Level 2 Teacher Swimming

March 2017 ASA Level 1 Swimming Assistant (Teaching)

July 2016 Level 2 award in Pool Lifeguarding, intervention and rescue

November 2015 Young Aquatic Volunteer

April 2015 Young Club Manager Course  
January 2015 First Aid  
November 2014 Devon Youth Workforce Academy  
September 2014 Youth Sport Young Ambassador

**Skills, qualities, achievements and experience:**

I have the skill set, experience and confidence in my own ability to be successful in the position.

I work as a part-time NPLQ qualified lifeguard. Within this role I am required to work well under pressure; therefore, if an incident arises, I can use my organisational and leadership skills to deal with the situation quickly and calmly. I am a fully qualified first aider and able to apply the appropriate knowledge when called on as the first responder to injuries. I am also a qualified ASA Level 1 and 2 swim teacher. In this role I teach a range of ages, genders and abilities, requiring effective communication skills and an ability to adapt my language appropriately. Furthermore, I need to be patient, imaginative and motivational to encourage enthusiasm and learning within the lessons. Due to my excellent swim teaching, I was selected to be an assistant coach at the Mount Kelly swim school. Here an international coaching team guide swimmers through skills, drills and practices that have helped to produce international swimmers. To enable me to do these jobs I have carried out the appropriate safeguarding training as well as being DBS checked.

My biggest personal achievement is the completion of my Bronze and working towards completing my Silver Duke of Edinburgh Awards. I also took part and completed the 35 mile Ten Tors Challenge which needed a huge amount of dedication and self-motivation. We trained through the Winter to be fully prepared for the event, this pushed me to both my physical and mental limits. I enjoyed working as part of a team and consider myself an excellent team player; however, I am equally effective working on my own. This shows that I have the psychological strength to achieve my goals even when under pressure.

I have swum competitively since the age of 8. I trained five times a week and have gained several County times across the disciplines. I am hard working and can persevere even when setbacks occur.

I have represented my school in cricket, athletics, rounders, football, volleyball, swimming and netball. Last season I was the captain of the netball first team and we compete in the local Plymouth and Distract (P&D) league. Due to my commitment to sport within the college I was awarded 3rd place as Sports Personality of the Year.

As one of the school's House Captains, I represented my fellow students in the student leadership team. We were selected because we were seen as excellent role models and made important decisions in the running of the school. This included speaking at open evenings and primary schools. In addition, I mentored a National level diver, advising him on balancing homework, school and training-all of which are factors I have had to deal with.

I have also completed a week's work experience at Marjon University Sports Therapy and Rehabilitation Clinic. This gave me real insight and understanding into how to avoid sport injuries and the rehabilitation of clients to help them to reach optimum performance, regardless of age and ability. I am now in my first year at Plymouth Marjon University studying BSc Sports Therapy.

**Hobbies and interests:**

I like to stay fit so I try and go to the gym at least 3 times a week as well as playing netball for Plymouth Marjon University 3<sup>rd</sup> team.

I enjoy spending time with family and friends, entertaining and socialising. I also love watching any kind of sports and participating in a variety of activities in the outdoors, especially in the summer months.

**References:**

Mr Tristan Forster

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Email: - t.forster@tavistockcollege.org

Occupation/Relationship: - Assistant Principal/Teacher

Mrs Susan Gawman

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PL19 8BX

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Occupation/Relationship: - School Business Manager/Previous Manager