

CIRRICULUM VITAE of GEMMA ARUNDEL

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PERSONAL PROFILE

The study of Sports Therapy encompasses theoretical and evidence-based research, blended with practical application. The course is academically challenging allowing valuable knowledge and experience to be gained in functional anatomy, physiology for sport and rehabilitation, sport biomechanics, soft tissue therapy, sport science as well as strength and conditioning, all of which provide strong foundations so confidence and success can be enhanced. This has been optimised in the role as a trainee Sports Therapist.

EDUCATION

Plymouth Marjon University, Devon, UK **2018-2021**

- BSc Sports Therapy: First year: First (82%)
- BSc Sports Therapy: Second year: First (78%)

Tavistock College, Devon, UK (full time) **2011-2018**

- A Levels: Biology (B), Maths (B)
- BTEC Sport Level 3 Certificate (Distinction)
- GCSE's: 11 A-B (including Maths and English Literature).
- BTEC Level 1 and 2 Double Sports Award (Distinction/Distinction)

ADDITIONAL RELEVANT QUALIFICATIONS

Concussion Awareness for Coaches **November 2019**

FHT Level 4 Diploma in Soft Tissue Therapy **July 2019**

Safeguarding & Protecting Children **January 2019**

WORK EXPERIENCE

TRAINEE SPORTS THERAPIST, PLYMOUTH MARJON UNIVERSITY, DEVON **SEPTEMBER 2020-PRESENT**

- Correspondence with clients virtually during online consultations formed effective communication skills.
- Working face to face with a range of clients who require treatment, rehabilitation and management. This solidifies theoretical and practical skills learnt throughout the degree.
- Possess an ability to work in a multidisciplinary environment, ensuring confidentiality is maintained.

REHABILITATION ASSISTANT, PLYMOUTH MARJON UNIVERSITY, DEVON **SEPTEMBER 2020-PRESENT**

- Assisted a lower back pain clinic alongside clinical professionals providing patients with a variety of methods to control pain. This included demonstrating and explaining rehabilitation exercises that can be utilised.
- Shadowed a healthy lifestyle programme for people that were referred for living sedentary lifestyles, were overweight or diabetic. Chance to work with special population groups.

STUDENT AMBASSADOR, PLYMOUTH MARJON UNIVERSITY, DEVON **FEBRUARY 2019-PRESENT**

- Responsible for promoting the University to students across the South West and further afield.
- Transferable skills are utilised across a variety of events such as open days, taster days, marketing events and higher education fairs.

LIFEGUARD (SENIOR), MOUNT KELLY ENTERPRISES LIMITED, TAVISTOCK **JANUARY 2017-PRESENT**

- Work on poolside during a variety of programmed sessions. When incidents arise, organisational and leadership skills are required to deal with the situation quickly and calmly.
- Fully qualified first aider, skills of which are utilised when attending to injured swimmers.

- Within the senior role, lead customers and employees to ensure operations are run smoothly.

SWIM TEACHER, MOUNT KELLY ENTERPRISES LIMITED, TAVISTOCK **JANUARY 2017-PRESENT**

- Teach a range of ages, genders and abilities which requires effective communication skills and an ability to adapt language appropriately.
- Patience, imagination and motivation are necessary to encourage enthusiasm and learning within the lessons.

SPORTS MASSAGE ASSISTANT, PLYMPTON CHIROPRACTIC, DEVON **DECEMBER 2019-APRIL 2020**

- Observational practice which increased knowledge on injury assessment, treatment and rehabilitation.
- Practiced a variety of treatment techniques on a qualified sports therapist to cement previous learning.

FIRST AIDER, PLYMOUTH MARJON UNIVERSITY, DEVON **SEPTEMBER 2019- APRIL 2020**

- Possess an ability to work with a variety of university sports teams within a changing environment.
- Respond quickly and safely to scenarios that require first aid assistance.

ASSISTANT COACH, MOUNT KELLY ENTERPRISES LIMITED, TAVISTOCK **AUGUST 2017**

- A week-long swim school, run by Mount Kelly swim coaches. Completed the appropriate safeguarding training and was DBS checked.

ACHIEVEMENTS

NETBALL THIRD TEAM CAPTAIN, PLYMOUTH MARJON UNIVERSITY **2020-PRESENT**

- Maintain control in pressurised situations and be the model of excellence for teammates.
- Enthusiasm and motivation are essential to encourage all members of the team to get involved within training and competition as well as fundraising for local charities.

NETBALL FIRST TEAM CAPTAIN, TAVISTOCK COLLEGE **2016-2018**

- Lead and form good relationships with athletes from a range of backgrounds.
- Deal with situations sensitively and calmly.

REPRESENTED TAVISTOCK COLLEGE IN SPORT **2011-2018**

- Competed in cricket, athletics, rounder, football, volleyball, swimming and netball.
- Such a commitment led to receiving third place at Sports Personality of the Year.

COMPETITIVE SWIMMER **2008-2017**

- Gained several county times across the disciplines. To be a successful swimmer hard work and perseverance are essential to ensure setbacks can be controlled, therefore not inhibit performance.

TEN TORS, DEVON **2015**

- Trained through the winter to prepare for the event which needed a huge amount of dedication and self-motivation. Pushed physical and mental limits.

BRONZE DUKE OF EDINBURGH AWARD, TAVISTOCK COLLEGE **2014**

- Developed new skills, increased fitness levels, helped the community and completed an expedition.
- As well as having to interact effectively with a team, it was equally vital to work individually.

SKILLS AND INTERESTS

PROFESSIONAL INSTAGRAM, GMA THERAPY **PRESENT**

- Founded a sports therapy page, called GMA Therapy, which currently engages over 200 followers.
- Effective timekeeping is essential, so engaging posts can be produced, whilst studying a sports therapy degree.

IT SKILLS **PRESENT**

- Possess the ability to operate Microsoft Office (including Excel) proficiently.

