

CIRRICULUM VITAE of GEMMA ARUNDEL

8 Hessay View, Tavistock, Devon, PL19 0EZ

E-Mail: gemmaearundel@hotmail.co.uk

Tel: Mobile 07443609231

LinkedIn: <https://www.linkedin.com/in/gemma-arundel-a01a33205/>

Instagram: https://www.instagram.com/gma_therapy/

Website: <https://sites.marjon.ac.uk/garundel/>

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 QUALIFICATIONS

Concussion Awareness for Coaches	November 2019
FHT Level 4 Diploma in Soft Tissue Therapy	July 2019
Safeguarding & Protecting Children	January 2019
ASA Level 2 Teacher Swimming	August 2018
ASA Level 1 Swimming Assistant (Teaching)	March 2017
Level 2 award in Pool Lifeguarding, intervention and rescue	July 2016
Young Aquatic Volunteer	November 2015
Young Club Manager Course	April 2015
First Aid	January 2015
Devon Youth Workforce Academy	November 2014
Youth Sport Young Ambassador	September 2014

WORK EXPERIENCE

VIDEO EDITOR, PLYMOUTH MARJON UNIVERSITY, DEVON **JANUARY 2021-PRESENT**

- Create and edit exercise prescription videos using iMovie.
- Discuss coaching points with other students to help rationalise the choice of information, so it can effectively guide clients through the exercises.

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.

RECEPTIONIST, MOUNT KELLY ENTERPRISES LIMITED, TAVISTOCK **JANUARY 2017-PRESENT**

- Enhancement of customer services skills, given the importance of customer satisfaction and ensuring Mount Kelly Swim Centre was represented in a friendly and approachable state.
- Deal with stressful situations during an influx of customers in a calm and professional manner.

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.

SCHOOL CLEANER, TAVISTOCK COMMUNITY PRIMARY AND NURSERY SCHOOL, TAVISTOCK
SEPTEMBER 2016-AUGUST 2018

- Managed time effectively so tasks were completed in an orderly manner.
- Awareness of health and safety procedures as well as the school safeguarding policy.

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.
- Guide swimmers through skills, drill and practices in order to optimise their performance.

WORK EXPERIENCE STUDENT, PLYMOUTH MARJON UNIVERSITY, DEVON. **FEBRAURY 2017**

- Shadowing a qualified Sports Therapist provided an insight into the professional environment that they work within.
- Understood how they treat and rehabilitate clients regardless of age, ability and performance level.

PEER TUTOR, TAVISTOCK COLLEGE, DEVON **2014-2016**

- A mentor for a national level diver. Provided advice and support on balancing homework, lessons, training and competitions.

- Organise and stimulate discussion with the student. This is rewarding as it can help them to optimise their success.

WORK EXPERIENCE STUDENT, TAVISTOCK COMMUNITY PRIMARY AND NURSERY SCHOOL, TAVISTOCK

JUNE 2015

- Spending a working week at a primary school involved helping children to understand and complete lessons to an appropriate standard by using initiative.
- Experienced long working hours which allowed interpersonal skills to be developed.

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.

PREFECT AND HEAD OF HOUSE, TAVISTOCK COLLEGE

2016-2018

- Represented and led fellow students from a range of backgrounds, while making important decisions regarding the running of the school.
- Improved public speaking skills through active participants at open evenings, assemblies and events.

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.
- Interact effectively with the team, even when under pressure.

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 fitness and 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.
- Knowledge and skills learnt on the degree can be showcased to an array of followers allowing others to learn.

IT SKILLS

PRESENT

- Possess the ability to operate Microsoft Office (including Excel) proficiently.
- This skill has been developed throughout secondary and university education. Excel was specifically refined whilst completing an undergraduate dissertation; the software was utilised to record data.

REFERENCES

Mr Tristan Forster

Tavistock College
Crowndale Road
Tavistock
Devon
PL19 8DD

TEL No: - 01822 614231

Email: - t.forster@tavistockcollege.org

Occupation/Relationship: - Assistant Principal

Mrs Susan Gawman

Tavistock Community Primary and Nursery School
Crowndale Road
Tavistock
Devon
PL19 8BX

TEL No: - 01822 616044

Email: - admin@tavistock-pri.devon.sch.uk

Occupation/Relationship: - School Business Manager