

Joshua Freedman

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Career Objective

An enthusiastic and passionate individual committed to working with a variety of people, with the intention of increasing one's overall fitness, improving quality of life and optimizing one's physical capacity. Currently, future aspirations exist to develop a career working with youth and adults, using fitness and movement to encourage a healthy lifestyle and lifelong exercise habits in the sport and fitness realm.

Education

2016	Bachelor of Exercise and Sports Science Australian Catholic University (ACU)
2008	Bachelor Health Science - Health Promotion/Psychology Deakin University <i>Achievements:</i> <ul style="list-style-type: none">• Recipient of the 'Colleagues Award' for demonstrating a passion in developing leadership skills.
2012	Diploma of Professional Pilates Instructions National Pilates Training (NPT)
2016	Intermediate Women's Gymnastics Coach Accreditation (WAG) Technical Membership ID: 1958624
2017	Teaching Swimming and Water Safety AUSTSWIM Number: 2320949 Exp: 30/01/2020
2018	Acro Yoga International – Solar Immersion (30hrs) CERTIFICATE OF PARTICIPATION Acro Yoga Solar Immersion November 2018.pdf Presenters: John Karvelis & Millette Nunez

Relevant skills

- Experience in working in a variety of jobs in the sport and leisure industry including children/adolescent fitness, Pilates, personal training and management.
- Passion for prescribing effecting exercises to improve area of performance for a given skill set.
- Ability to work with management, incorporating their advice to add value to service delivery.
- Thrives on the energy of working with a diverse range of clients and age groups.
- Working with children is at the forefront of employment, through to working with aged individuals.
- Strive for continual professional development to personally improve self-knowledge in the health and wellbeing of children.
- NDIS Provider (4050044689)

Relevant Industry Experience

2015 **Rowville Sports Academy (RSA) (150 hours)** Exercise Scientist Intern

- Training and assessing physical capabilities in school age athletes in a variety of sports.
- Working alongside Allied Health personnel, in encouraging junior athletes to challenge their personal best, while enjoying the sporting experience.
- Working towards advancing student-athletes skills, while providing a challenging environment that encourages them to reach their full potential.
- Conducting Athletic Development and Strength and Conditioning sessions for the student-athletes.

Relevant Employment

2018 – Current **Yodgee's For Kids (Own business)**

- Coaching and teaching young children how to move safely in a fun and controlled environment.
- Utilising principles of Gymnastics and The Pilates Method to teach the fundamentals of physical movement.
- Recently an NDIS provider teaching children with special needs.

2017 – Current **WAG Gymnastics Coach**
Brentwood Gymnastics Club

- Conducting recreation gymnastics classes
- Writing appropriate lesson plans for Gymnasts
- Creating apparatus circuits appropriate to age/ability of Gymnasts.

2017 – Current **Learn to Swim Teacher**
Active Monash MARC

- Conducting group LTS classes
- Out/In water classes
- In Water Active abilities mentor
- Special needs swim teacher

2017 – Current **Learn to Swim Teacher**
Swimable, St. Kilda East

- Conducting group children's Learn To Swim classes
- Conducting squad development programs and communicating correct water mechanics.
- Teaching special needs children in 1:1 environment
- Conducting 45 minute LTS classes for school groups during school term.

2019 – 2020 **Casual Relief Teacher (CRT) with ANZUK**
Southern Autistic School

- Teaching NDIS participants/students with severe learning difficulties within an aquatic environment.
- Working with both verbal and non-verbal students
- Conduct Autism Swim (AS) therapy sessions

2018-2019 **Studio Pilates teacher**
Pilates on Bourke

- Conducting studio Pilates sessions 1:4
- Conducted private studio sessions 1:1
- Able to design movement programs for varying pathologies.

2016 - 2017 **Exercise Scientist/Personal Trainer**
Functional Fitness Solutions (FFS)

- Create tailored exercise programs taking into consideration the individual's pathology.

- Experience working with clients of all ages in particular those undergoing rehabilitation.
- Facilitate body weight and resistance training as well as incorporating The Pilates Method.
- Encourage efficient breathing technique to eliminate chance of future injury.

2016 – 2016

Kindergarten Movement Coach

Glen Eira Kindergarten Association (GEKA)

- Child group Pilates/Gymnastics sessions with the objective of increasing individual participation.
- Create fun and inclusive environment using Kindergym and Gymnastics skills.
- Playing to music with facilitated functional movement under the structure and guidance of the Early Years Learning Framework (EYLF).
- Developed programs to GEKA Kindergartens such as, Carnegie, Bentleigh and Bentleigh East.
- Deliver 20 minute sessions to 5 x groups of children (depending on requirements).

Professional Development and Certifications

Current (2020) **Allied Health Insurance Policy number - LPS013239631**

Aon

Current (2022) **Working With Children Check (WWCC)** – Card No: 0911334A-01

Current **Police Check**

Reference number: 02288074 – JC0225

Current (2021) **Level II - Senior First Aid certificate**

Hero HQ

Current **Emergency First Aid**

Perform CPR

Professional Memberships

2009 - Current

Level 1 Coach

Gymnastics Victoria

References

Mr. Greg Paterson

Director of Complete Wellness,

Elsternwick

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Sanda Fitzgerald

Principal – Deloitte

Private Pilates Client (Yodgee’s Pilates)

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