

Exercise / Professional Qualifications.

Y.M.C.A	Fitness Trainer	1995
Y.M.C.A	Ante and Post-Natal exercise	1995
Y.M.C.A	Nutrition and Weight Management	1996
I.L.A.M	G.P Exercise Referral certificate	2000
A. S. T	Sports Massage Certificate	2001
B.A.C.R	Cardiac Rehab Phase Four Instructor (REPS Level 4)	2002
LLT	Postural Stability Instructor (REPS Level 4)	2004
Edexcel	Certificate Management Studies (CMS). Level 5	2008
YMCA	Assessor Training	2008
Premier Fit.	Anatomy & Physiology Diploma	2009
BLF	Chronic Respiratory Disease Exercise Instructor	2009
OLF	Kettlebell Instructor	2010
BWLA	Olympic Weightlifting Asst' Club Coach	2010
UKSCA	Weight Lifting Workshops	2010
Chester	MSc Cardiovascular Rehabilitation	2010
Edexcel	Preparing to Teach in the Lifelong Sector (PTLLS) Level 4	2010
BASES	Certified Exercise Practitioner	2010
ACSM	Certified Clinical Exercise Specialist	2010
ARNi	Functional Exercise after Stroke	2011
4MAT	AED Trainer / Assessor	2011
Discovery	Circuit Training	2011
Discovery	Sports Nutrition	2011
Discovery	Obesity & Diabetes Management (REPS Level 4)	2011
Discovery	Lower Back Pain (REPS Level 4)	2011
Faster	Advanced Functional Trainer (Therapy)	2011
B.A.C.P. R	Cardiac Exercise Phase IV Revalidation (3 rd)	2011
TRX	Suspension Trainer	2012
Faster	Advanced Functional Trainer (Performance)	2012
MMU	BSc (Hons) Sports Science	2012
Faster	Specialist in Functional Performance / Therapy	2012
ACSM	Exercise Management for CV conditions	2012
Resus Ccil	Immediate Life Support	2013
YMCA	CYQ Internal Quality Assurance (IQA)	2013
YMCA	Certificate in Fitness Instructing – Gym	2013
YMCA	Certificate in Personal Training	2013
NSCA	Certified Strength and Conditioning Specialist	2013
ACSM	Registered Clinical Exercise Physiologist	2013

Children / Youth Qualifications.

BASES	Safeguarding Children	2010
I.Y.C.A	Youth Fitness Specialist (Level 1, 2 and 3)	2012
I.Y.C.A	Youth Nutrition Specialist	2012
I.Y.C.A	Youth Speed Training	2012
I.Y.C.A	Kinesiology	2012
I.Y.C.A	Complete Athlete Development	2012
I.Y.C.A	High School Strength Certification	2013
N.A.S.M	Youth Exercise Specialist	2012
B.H.F	Children with Medical Conditions	2012
Discovery	Health Related Exercise for Children	2012
S.C.U.K	Fundamentals of Movement	2012
S.C.U.K	Fundamentals of Agility	2012
S.C.U.K	Fundamentals of Balance	2012
S.C.U.K	Fundamentals of Coordination	2012
S.C.U.K	Coaching Children	2012
G.M.S.P	Lets Play Under 5's Physical Activity	2012
M.H.F.A	Youth Mental Health First Aid	2012
B.H.F	Under 5s live active and healthy lives	2013
B.H.F	Engaging primary aged children in physical activity	2013

Continuing Professional Development.

E.S.C	Cardiac Rehabilitation World Congress	2004
B.A.C.P.R	Annual Conference	2003, 2004, 2005, 2006
B.A.C.P.R	EPG Conference	2003, 2004, 2005, 2006 2007, 2008, 2009, 2012
B.A.C.P.R	EPG Conference Presenter	2013
B.A.C.P.R	Assessing Functional Capacity (Clinical Populations)	2007
B.A.C.P.R	Management of the Complex Patient	2007
B.A.C.P.R	Exercise for Heart Failure patients	2008
B.A.C.P.R	Psychological Management & Health Behaviour Change	2011
B.A.C.P.R	Advanced Application in Physical Activity & Exercise	2011
B.A.C.P.R	Standards & Core Components Study Day	2012
B.A.C.P.R	Risk of CVD & Managing Weight	2012
B.A.C.P.R	Exercise Professional Group Conference. Presenter.	2013

BASES	Biomechanics / Performance Analysis (S & C)	2009
BASES	Safeguarding / Protecting Children	2009
BASES	Programme Design and Periodisation	2010
BASES	Strength and Power Diagnostics	2010
M.H.C	Implantable Cardioverter - Defibrillator study day	2009
GM & CSN	Introduction to the Electrocardiogram (ECG)	2010
GM & CSN	Systematic Interpretation of the ECG (3+2+1)	2010

BSc / MSc Modules.

Cardiovascular Rehabilitation.

Chester	MSc (Cardiovascular Anatomy & Physiology)	2006
Chester	MSc (Health Promotion for Cardiovascular Rehabilitation)	2007
Chester	MSc (Risk Factors for Cardiovascular Disease)	2007
Chester	MSc (CVD Investigation & Treatment)	2007
Chester	MSc (Nutrition & CV Health)	2008
Chester	MSc (Clinical Exercise Testing & Prescription)	2008
Chester	MSc (Research Methods & Data Analysis)	2008
Chester	MSc (Research Project)	2009

BSc Sports Science.

MMU	BSc (Physiology)	2009
MMU	BSc (Psychology)	2009
MMU	BSc (Biomechanics)	2009
MMU	BSc (Performance Analysis)	2011
MMU	BSc (Training Theory)	2011
MMU	BSc (High Performance Athletes)	2011
MMU	BSc (Research Methods)	2012
MMU	BSc (Research Project)	2012

Other MSc Modules.

Oxford B	MSc (Exercise Prescription Neurological Conditions)	2013
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