

PETER MASON

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LinkedIn URL

PROFILE:

- Sport, Health & Exercise Science final year student with strength and conditioning experience at Guildford Football Club.
- Strong communication and organisational skills from placement and summer work.
- Level 2 certificate in coaching football and coach local football to under 10's.
- Fluent in French with conversational Arabic.

EDUCATION2014-2018 Brunel University London **BSc Sport, Health and Exercise Sciences**

Key modules: Coaching and Teaching Effectiveness, Physiology of the High Performance Athlete, Biomechanics of Human Movement and Issues in Physical Activity, Health and Wellbeing.

2012-2014 Richmond Tertiary College

A-levels: Physical Education (A), Sociology (B), English (B)

2007-2012 Grove Park Secondary School

GCSEs 8 at grade A to B including English (A), Physical Education (A), Maths (B)**RELEVANT EMPLOYMENT (Placement)**2016-2017 Guildford Football Club **Assistant Strength & Conditioning Co-ordinator**

- Organised and implemented fitness plans for junior team and academy players
- Developed and maintained computer base of training data
- Maintained and supervised weight room and auxiliary areas
- Instructed players in proper lifting techniques, speed development, plyometrics, nutrition, injury rehabilitation, and recovery methods
- Tested and evaluated players periodically

OTHER EMPLOYMENT

Summer 2015 EF Language Travel

Activity Leader

- Supervised groups of 20-60 international students, and was responsible for all aspects of their well-being including safety, accommodation, transportation, finance etc.
- Dealt with queries and emergencies and used appropriate measures to ensure customer needs were fulfilled within health and safety guidelines.
- Planned, promoted, booked and co-ordinated activities, excursions and entertainment.

SPORTING SKILLS SUMMARY

Communication

- Recognise data protection issues surrounding players and follow policy on confidential data.
- Confident and precise instructions given to players throughout sessions.
- Promote new products to customers through clear and concise messages to attract customer attention.
- Making presentations in seminar groups at university.

Interpersonal and Teamwork

- Worked as part of a multidisciplinary support team for a professional football club which entailed daily meetings and delegating of tasks to ensure quality performance from players.
- Regular meetings with laboratory technicians ensuring detailed procedures were followed when testing players in a laboratory setting.

Computing and Technical

- Knowledge of computer software including Polar, Biodex and Mathematica.
- Use of equipment including an isokinetic dynamometer, EMG, force plates, video analysis, aerobic capacity, ECG and respiratory equipment.
- Extensive use of MS Word, Excel and PowerPoint for study and work.

CONTINUING PROFESSIONAL DEVELOPMENT

Jan 2016	Mediforce Paramedic Services (UK) Ltd - Advanced First Aid for Sports
Dec 2015	Emergency First Aid Course
Jan 2014	Child Protection training

MEMBERSHIP OF PROFESSIONAL BODIES:

- Associate member of the UK Strength and Conditioning Association
- Student member of the British Association of Sport and Exercise Sciences (BASES)

ACHIEVEMENTS:

2015-2016	Admission on the BASES supervised experience programme
2014-2015	UKSCA accreditation programme
2014-2015	Awarded Sports Person of the Year at college

INTERESTS AND ACTIVITIES

Sports: Play football and rugby for my local club and also enjoy hiking.

Travelling: Organisation and planning of trips for groups of friends in university.