CURRICULUM VITAE



Alex Rings

**20 Peter Hall Drive**

**Kelvin Grove**

**Palmerston North  
 New Zealand**

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| **Alex**  **Rings**  20 Peter Hall Drive  Kelvin Grove  Palmerston North  0220440049  alexringstkd@gmail.com  **Alex**  **Rings**  20 Peter Hall Drive  Kelvin Grove  Palmerston North  0220440049  alexringstkd@gmail.com | |  |  | | --- | --- | | **Personal Profile** | | | I have a Bachelor of Exercise and Sports Science and I love the health/fitness industry and also have big sports aspirations of my own. I’m a New Zealand Taekwondo Team member. I continually want to widen my knowledge and keep up to date with the sport industry as well as developing myself to become the best I can be in all aspects of my life. | | | **Key Skills** | | | *Team work*  * Represented Manawatu at school grade rugby under 13 grade, Also played for PNBHS 2nd XV rugby. | | | *Time management*  * As I train, study and also work part time; time management is a critical factor in balancing everything I need to get done. | | | *Academic achievement*  * I have attained a bachelors degree in Exercise and Sports Science * I am currently studying a post graduate diploma in Secondary school teaching. * I have successfully attained the National Certificate in Educational Achievement (NCEA) Level 1, 2, 3, U.E (university entrance). * I have attained level 1 ISAK qualification. | | | *Focused and willing to learn*  * I continually want to learn and develop myself to become the best I can in all aspects of life so I can make a contribution to society. * I am willing to learn new skills from other team members and use them to the best of my ability | | | *Reliable*  * I turn up to work on time, motivated to get the job done. I work hard and can be counted on.  **Teaching experience**  * I have worked in a secondary school part time while on placement. This involved teaching students, managing behaviour and planning for effective back to back lessons. The age group I worked with was 12-17 years.  I also have an extensive background teaching Taekwondo in New Zealand. I have been instructing and co-instructing since 2007. I have taught a wide range of ages Taekwondo from 5+ years | | | **Academic Achievements** | | 2009 – 2011: UCOL Bachelor of Exercise and Sports Science 2004-2008: PNBHS NCEA level 1,2,3 and U.E ISAK level 1 | | **Employment History** | | 2006-Present: Progressive Enterprises (Countdown & Gull). **Extra Curricular** My passion is Taekwondo and I love the sport and martial art. I have been practicing Taekwondo since the age of 5 and attained my 1st Dan black belt by 10. The sport is what I want to excel in and I want to represent New Zealand at the 2016 Olympic Games. The highlight of my Taekwondo career so far was representing New Zealand at the 2011 Taekwondo World Championships in Gyeongju, South Korea. | |

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| **Alex**  **Rings**  20 Peter Hall Drive  Kelvin Grove  Palmerston North  0220440049  alexringstkd@gmail.com | |  | | --- | |  | |  | |  | | References | | Darryl June  Coach  20 Rosalie Drive  021565973  Sonja Dreyer  Lecturer  [s.dreyer@ucol.ac.nz](mailto:s.dreyer@ucol.ac.nz)  Contact 06 952 7001 (ext 70667)   Pam Cresswell  Landlord/friend  20 Peter Hall Drive  +64 06 3545698  0210436594 | |  | |  | |