

Michael Dean Smith

DOB: 08th February 1983

Marital Status: Single, No Dependants

Nationality: British/English

Contact Details:

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Profile

A professional and highly motivated Physical Education Teacher, Sports Science Lecturer, qualified Personal Trainer & Fitness Instructor with proven experience of working in the highly demanding environments of the British Army as well as with secondary & tertiary level academic students. Excellent organisational, communication, motivational and relationship skills combine to provide a confidant, friendly individual who can work equally comfortably either by himself or in a team environment.

Key Skills & Experience

* Experience of working in the Middle-East and is sensitive to cultures & traditions.
* Adaptable, able to learn quickly and teach others.
* A genuinely enthusiastic and driven teacher who is committed to the subject of Physical Education as well as the field of teaching itself.
* Excellent communicator with both staff and students.
* Approachable and affable manner with the ability to build relationships quickly and effectively.
* First class organisational and administrative skills.
* Experience in organising and conducting physical education and related training.
* Experienced coach of a number of sporting disciplines including football, volleyball and fitness training.
* Effective motivator who is responsive to disparate needs of students.
* Adept at first aid and well versed in health and safety requirements.
* Computer & media literate.

Education

September 2010 – July 2011

Postgraduate Certificate in Education, the University of Sunderland, UK,

*Secondary & Tertiary (14-19), Full time, Physical Education Specialist*

September 2007 – June 2010

Bachelor of Science, the University of Sunderland, UK,

*Sport & Exercise Development* Hons.(2:1)

Teaching Experience

August 2010 – June 2011

Physical Education Teacher & Lecturer of Sport, New College Durham, Durham.

* Working with the current class teacher to develop my teaching skills
* Working on effective behaviour management strategies
* Planning & preparing lessons (practical and theory), coaching sessions and seminars.
* Setting and marking assignments, tests and exams.
* Developing new modules and teaching materials such as course and lesson content, schemes of work, lesson plans, risk assessments and training aids.
* Monitoring and assessing students’ progress.
* Acting as a personal tutor, supporting students and helping with problems.
* Supervising & implementing practical work.
* Helping with extra-curricular activities such as clubs and coaching.

September 2008 – June 2010

Sport Ambassador & Academic Mentor, the University of Sunderland, Sunderland.

* Representative of the University of Sunderland, helping arrange and effect sports related lessons for the student body as well as outside agencies such as local Secondary Schools & Colleges.
* Developed strong relationships and mutual trust between participants and sports ambassador co-ordinators.
* Trained in relative fields including child protection, first aid and working with disabled performers.
* Worked within local schools (most notably Castle View Enterprise Academy, Sunderland), delivering one to one tutoring sessions for year 9 & 10 students.
* Effected fun and informative sessions covering a wide range of subjects such as Maths, English, Science & Foreign Languages.

Other Experience

September 20010 – Current

Gym Instructor/Personal Trainer

* Assess the needs and capabilities of individuals through fitness assessment procedures.
* Advise individuals on the correct method and use of exercise machines and devices including weights.
* Develop individual exercise programs for individuals based on age and fitness levels.
* Provide instruction in a variety of fitness activities including non-gym related activities.
* Run fitness classes for a variety of age groups.

August 2000 – February 2007

British Army Soldier, H.M. Forces, U.K.

Various, UK, Germany & the Middle-East

* Conducted physical training and education activities for groups of up to 30 people implementing both Aerobic & Anaerobic training as well as sporting activities.
* Motivated and encouraged students to enhance their current fitness level usually set out in a pre-defined programme which was developed after one to one sessions with the individual.
* Detachment commander, supervising multiple teams.
* Worked with airborne and marine-trained personnel.
* Completed 2 tours of the Middle-East, including Kuwait, Iraq, Oman, Qatar & Afghanistan.

Courses and Training

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| * Working with Disabled Performers * Certificate in Child Protection * Certificate in First Aid * Certificate in Personal Training (NVQ Level 3) * Fitness trainer award (FTA) nutritional advice for physical activity (Level 3) * Certificate in fitness instruction (NVQ Level 2) |  |

Interests

I’m an extremely keen gym goer but also enjoy participating in team sports such as football,

volleyball and cricket. I also enjoy skiing, squash and outdoor activities. I am one of those

lucky few whose hobbies enjoy a healthy relationship with their professional life. My main

passions outside of sport are socialising, reading, movies and music including playing the

guitar. I also enjoy travelling and have visited numerous countries across multiple

continents. I also believe that a society is based around a strong community, to that end I

enjoy volunteering when the time allows.