

Kendra Samsom

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OBJECTIVE

To obtain a position as an athletic therapist for a teen basketball team, where I can apply my knowledge, experience, and interpersonal skills

EDUCATION

Bachelor of Science, Athletic Therapy Specialization Expected May 2012
Concordia University, Montreal, Quebec

Diploma of Collegial Studies, Health Sciences 2009
Vanier College, St. Laurent, Quebec

LANGUAGES

Fluent in English and French

COMPUTER SKILLS

Windows 98/XP/7, MS Office, Photoshop, Illustrator, Internet

PROFESSIONAL MEMBERSHIPS AND ASSOCIATIONS

Canadian Athletic Therapists Association
Quebec Corporation of Athletic Therapists

CAREER RELATED EXPERIENCE

Personal Trainer 2011-Present
YMCA, Hampton, Quebec

- Assist clients in establishing goals and objectives
- Develop athletic programmes for adults with diabetes, obesity and physical disabilities to increase physical health and functional mobility
- Strengthen interpersonal communication skills through one on one interventions as well as sensitivity towards working with people with illness and/or disabilities
- Monitor and document client progress, evaluate and make appropriate changes to personal programmes

Nurse's Aid

2011

St. Mary's Hospital, Montreal, Quebec

- Provided support to nurses dealing with violent patients
- Helped nurses feed, move, and care for geriatric patients
- Prioritized tasks and worked efficiently in a fast paced environment
- Refined skills in teamwork and interpersonal communications by working with teams of nurses, doctors, and other hospital departments

VOLUNTEER EXPERIENCE**Senior Camp Counsellor**

2002-Present

Camp Soleil, St. Laurent, Quebec

- Research, plan and organize team building exercises
- Develop and implement soccer programmes for girls age 13-16
- Coach daily practices and motivate players
- Train junior counsellors on standards and procedures
- Refine skills in leadership and group facilitation

Exercise Consultant

2002

Manoir Dorval Senior Residence, Montreal, Quebec

- Planned and organized daily exercise programmes for seniors with visual and physical disabilities to increase large motor skills and physical health
- Lectured to groups of five residents on the benefits of exercise
- Consulted recreation staff to develop appropriate daily exercise programmes
- Strengthened skills in working with unmotivated participants

EXTRA-CURRICULAR ACTIVITIES**Secretary / Class Representative**

2002

Exercise Student Association – Concordia University

- Assisted in coordination and fundraising for special events
- Spoke to classes to announce and promote events
- Practised public speaking skills

TRAVEL EXPERIENCE

- Travelled throughout England, France, Hong Kong and Thailand in 1996

INTERESTS

Short stories, sports medicine, outdoor recreation, frisbee, soccer and volleyball