



## Jack Branson

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### Professional Profile

Qualified and highly skilled **Fitness & Physical Education Trainer, Instructor, Coach & Teacher** with 20 years diverse experience across various environments. Committed to achieving positive outcomes, I am actively pursuing a challenging new career opportunity in the government sector where I would be involved in conducting physical fitness assessments, providing counselling and advice relating to health, nutrition and general fitness, assisting in the development and monitoring of health and fitness programs, providing exercise leadership, fitness training programs and ongoing support and advice, conducting and assisting in the development of educational lectures related to health and fitness, assisting in the development of preventive health programs and providing assistance in the defensive tactics programs to staff.

### Educational Qualifications

2008	<b>Certificate IV Fitness/Personal Trainer</b> Chisholm TAFE
2006	<b>Food Handling Certificates</b> Skills Plus RTO
2006	<b>Managing Challenging Behaviours</b> City of Casey
2003	<b>Certificate IV Workplace Assessment</b> Skills Plus RTO
1994	<b>Fitness Instructors Certificate HD</b> Chisholm TAFE
1992	<b>Graduate Diploma of Education</b> Deakin University
1986	<b>Diploma of Teaching</b> Melbourne University
1984	<b>Elite Sports Coaching Level 2</b> Sport & Recreation

### Memberships & Associations

- Current Member of Australian Physical Education & Health Education: ACHPER | [www.achper.org.au](http://www.achper.org.au)
- Current Member of The Victorian Institute of Teaching | [www.vit.vic.edu.au](http://www.vit.vic.edu.au)
- Current Member of Kinnect | [www.kinnect.com.au](http://www.kinnect.com.au)

## Employment History

**2003 - Current**

**FIT 4 LIFE**

232 Nepean Highway, Seaford VIC 3198

**Personal Trainer/Fitness Instructor/Business Owner**

*Key Duties & Achievements:*

- Set-up and manage outdoor personal training business, working with groups and individuals of various ages.
- Develop and monitor programs tailored to the initial and ongoing needs of clients.
- Assess the needs and capabilities of individuals through weighing, measuring and conducting fitness tests to check blood pressure, heart rate and lung capacity.
- Provide training and assistance to individuals and groups by preparing a routine of exercises.
- Devise personal exercise programs for individuals according to age and level of fitness.
- Provide instruction in a variety of fitness activities.
- Provide tailored fitness coaching and training for paramedic exams.

**2008 - Current**

**ST LEONARDS COLLEGE | [www.stleonards.vic.edu.au](http://www.stleonards.vic.edu.au)**

65 Riverend Road, Bangholme VIC 3175

**2008 - 2009**

**Physical Education Teacher (Part-time Contract)**

**2010 - Current**

**Junior, Middle & Senior School Teacher - Various Subject Areas (Casual)**

*Key Duties & Achievements:*

- Consistent provision of highly progressive, innovative, physical education programs based on IB/PYP guidelines.
- Teaching of physical education classes, middle school sports coaching, CRT, sports days, swimming program development, yard duty and Senior School Integration Aide.
- Prepare a yearly program of learning experiences that link physical activities with issues related to health and wellbeing.
- Teach a range of elective and senior courses depending on the needs and interests of their students.
- Teach the basic techniques and skills associated with team and individual sports.
- Plan and deliver activities that will assist in the skill progression of students.
- Teach students about community and personal health issues including nutrition, sexuality, drug use and HIV/AIDS.
- Instruct students in the safety practices associated with different environments including swimming pools, gymnasiums and playing fields.
- Coordinate special events such as inter-school sports programs, swimming and athletic carnivals and lifesaving programs.
- Present special days and seminars for senior students on various topics such as stress management, study skills and sexually transmitted diseases.
- Conduct compulsory health education programs which prepare the student for life.
- prepare daily lessons and long-term teaching programs in accordance with state or territory system guidelines
- Teach general subjects using a variety of methods including formal lessons, discussions, practical activities, experiments, projects, assignments and excursions, taking into account the differences in individual students.
- Utilise information technology to assist in lesson preparation, teaching and reporting.
- Set tests and exams, projects, assignments and homework, mark and correct assessments, and sort the results.
- Evaluate and report on the progress of their students, and discuss individual performance and problems with students and parents.
- Establish and maintain good working habits and discipline in classrooms and throughout the school
- Supervise extra classes when other teachers are absent.
- Supervise students in the yard during lunchtime and other breaks.
- Carry out relevant administrative duties.
- Attend staff meetings, educational conferences and other professional development activities.
- Coordinate work experience and school-industry programs.
- Participate in other activities in partnership with parents and the school community, including parent/teacher nights, school council and other committees.
- Assist in organising sporting events, camping trips and other excursions.
- Work with other staff to revise the school's policies and curriculum to reflect changing student needs and government initiatives.

## Employment History

**2004 - 2006**

**MONASH UNIVERSITY** | [www.monash.edu.au](http://www.monash.edu.au)  
Peninsula Campus: McMahons Road, Frankston VIC 3199

### **Health & Fitness Educator (Sessional)**

#### *Key Duties & Achievements:*

- Design and facilitate creative, innovative lessons including Physical Education, Health and Physical Development Course-of-study for Teachers together with VELS planning.
- Mentor and support Graduate Teachers.
- Train and induct Graduate Generalist Primary and School Teachers on how to facilitate relevant and challenging physical education programs.
- Program planning and delivery in health and fitness education approved by the Head of Teaching.

**2002 - 2004**

**ST JOSEPH'S SCHOOL** | [www.sjchelsea.catholic.edu.au](http://www.sjchelsea.catholic.edu.au)  
362 Station Street, Chelsea VIC 3196

### **Physical Education Teacher**

#### *Key Duties & Achievements:*

- Prepare programs of learning experiences that link physical activities with issues related to health and wellbeing.
- Teach the basic techniques and skills associated with team and individual sports, dance, gymnastics, track and field, aquatics and recreational activities such as canoeing and bushwalking.
- Plan and deliver activities that will assist in the skill progression of students.
- Teach students about community and personal health issues including nutrition.
- Instruct students in the safety practices associated with different environments including swimming pools, gymnasiums and playing fields.
- Coordinate special events such as inter-school sports programs, swimming and athletic carnivals.
- Conduct compulsory health education programs which prepare the student for life.
- Upgrade whole-school physical education, camp and fitness programs.
- Build and sustain a positive rapport with staff, students and parents.
- Develop and coordinate P-6 physical education, sports and camping program.

**1998 - 2001**

**HOLMESGLEN TAFE** | [www.holmesglen.edu.au](http://www.holmesglen.edu.au)  
Batesford Road, Holmesglen VIC 3148

### **Recreation & Fitness Teacher (Sessional)**

#### *Key Duties & Achievements:*

- Developed highly successful Personal Development and Recreation program.
- Sessional teaching including organising, planning, conducting professional development and recreation courses for CGEA students.
- Classroom teaching including physical education theory and sexual health.
- Fitness evaluation and student testing.
- Personal development and lifestyle education.
- Organise and participate in recreation excursions.

**1997 - 2001**

**CLAYTON FITNESS CENTRE**  
Cooke Street, Clayton VIC 3168

### **Fitness & Gym Instructor**

#### *Key Duties & Achievements:*

- Develop and facilitate innovative gym instruction and personal training programs for individuals according to age and level of fitness.
- Front desk reception including membership sales, customer service, handling of counter and telephone enquiries.
- Provide first aid leadership and training to gym staff.
- Design and manage fitness programs and camps for people of various
- Organise and facilitate workplace training, assessment and evaluation of Gym Instructors.
- Team leadership including motivation, supervision and performance appraisal.
- Computer database management and general clerical duties.
- Assess the needs and capabilities of individuals through conducting fitness tests.
- Provide fitness training and assistance to individuals and groups by preparing programs.
- Provide advice to individuals on the correct method of exercising with weightlifting equipment, exercise bikes, treadmills and other training and exercise machines.
- General maintenance of the centre and make sure that equipment is maintained and correctly set up.

## Employment History

**1990 - 1996**

**NETBALL VICTORIA | [www.netballvic.com.au](http://www.netballvic.com.au)**

487 King Street, West Melbourne VIC 3003

### **Coach Development Officer**

#### *Key Duties & Achievements:*

- Develop and provide an informative skills-based state wide coaching program including level 0 and 1 courses.
- Present skills and coaching courses to a wide variety of sportspeople.
- Travel throughout metro and regional Victoria whilst providing coaching to sportspeople and sport coaches.
- Visit all netball associations throughout Victoria.
- Provide mentoring, direction and specialist training to sports coaches including teaching techniques, skills and coaching strategies.
- Develop a rapport with management to facilitate national accreditation for members.
- Monitor Sports Coaches in their techniques and delivery of coaching to sportspeople.
- Develop and coordinate the delivery of sport and recreation programs, services and initiatives.
- Provide organisational support to schools and sporting clubs.
- Manage the finances of approved programs and projects.
- Advise teachers and coaches, conduct coaching clinics and training camps, providing information and materials from Netball Victoria.
- Develop training exercises to improve skills.
- Act as a coach for individuals and teams in competitions and as a talent scout for clubs.
- Schedule competitions, arrange and allocate venues.

## Sporting Achievements

- Sports Club President (1984 -1992)
- State Representative, Player & Coach (1994, 1995) & All Australian (1997 & 1999)
- Nominated for Junior Coach of the Year (1988)
- Published Articles in 'Netballer Magazine' (1988 -1994)
- 'Quit' Sponsored Sports Coach (1990 - 1996)

## Personal Interests

- Music & Computer Technology
- Sports Science & Sports Motivation

## Professional Referees

### **KERRY BOLGARY**

Principal

St Leonards College

M: 0417 098 765

### **NATALIE SMITH**

Personal Training Client

In-House Legal Counsel at Opteon

M: 0441 654 345

### **ELOISE JANSEN**

Principal

St Leonards College

T: 0417 098 765