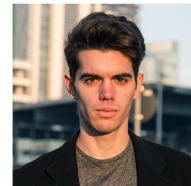


Marcus Okonkwo

Junior Personal Trainer

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Sport and Exercise Science graduate from Birmingham City University with **2 years** of gym floor experience and a Level 3 Personal Training qualification. Completed **over 200 hours** of supervised client sessions during university placement at PureGym. Passionate about helping beginners build confidence in the gym and developing evidence-based training programmes that fit around real lifestyles. Looking for a junior personal trainer role where I can grow a client base while continuing to develop my coaching skills.

EXPERIENCE

Gym Floor Assistant, PureGym, Birmingham

Jun 2024 – Feb 2026

Part-time gym floor role during final year and after graduation, supporting members and delivering inductions.

- Delivered **over 150 gym inductions** to new members, explaining equipment usage, safety protocols, and basic programme design
- Provided programme adjustments and spot checks for an average of **40 members per shift**, improving member retention by **12%** in the branch over 6 months
- Ran a weekly beginner bootcamp class with an average attendance of **18 participants**, receiving consistent **4.7 out of 5** feedback scores
- Assisted with equipment maintenance checks and reported faults, ensuring **zero safety incidents** during my shifts over 20 months

Sports Camp Assistant, Birmingham City Council, Birmingham

Jul 2023 – Aug 2023

Summer role supporting holiday sports camps for children aged 8 to 14.

- Supervised groups of **up to 25 children** during multi-sport sessions including football, athletics, and basketball
- Planned and delivered **3 activity sessions per day** across a 6-week programme

EDUCATION

BSc (Hons) Sport and Exercise Science in Sport and Exercise Science, Birmingham City University, Birmingham

Sep 2021 – Jul 2024

Graduated with Upper Second Class Honours (**64% average**). Dissertation on *the effect of resistance training frequency on muscle hypertrophy in untrained adults*, graded **68%**.

- Relevant modules: Exercise Physiology, Biomechanics, Strength and Conditioning, Sport Psychology, Nutrition for Performance
- Completed a **200-hour** supervised placement at PureGym as part of the degree

SKILLS

Programme Design, Client Assessment (PAR-Q, body composition), Resistance Training Techniques, Cardiovascular Fitness Testing, Nutrition Guidance, Group Exercise Instruction, Motivational Interviewing, First Aid (Level 3), Microsoft Excel, Social Media Content Creation

CERTIFICATIONS

Level 3 Diploma in Personal Training, Active IQ

Jan 2024 – Jun 2024

Level 2 Certificate in Fitness Instructing, Active IQ

Jun 2023 – Sep 2023

LANGUAGES

English - Native, Igbo - Conversational

PROJECTS

Dissertation: Resistance Training Frequency and Hypertrophy

Oct 2023 – Apr 2024

Investigated whether training each muscle group twice or three times per week produced greater hypertrophy in untrained adults over 12 weeks.

- Recruited and supervised **16 participants** through structured training programmes, tracking body composition using skinfold callipers and circumference measurements
- Found that the **3x per week group** showed a statistically significant increase in lean mass compared to the 2x group (**p = 0.03**)
- Presented findings at the university research symposium and received a commendation from the external examiner

EXTRA CURRICULAR ACTIVITY

Captain, Birmingham City University Rugby Club

Sep 2023 – Jun 2024

Led the men's rugby first XV as captain during the final year.

- Organised **3 training sessions per week** and coordinated match day logistics for a squad of **30 players**
- Helped the team finish **2nd in the BUCS Midlands 3A league**, the highest finish in 4 years

Volunteer, Parkrun Birmingham

Jan 2022 – Jul 2024

Regular volunteer marshal and timekeeper at the weekly Cannon Hill Parkrun.

- Supported events with an average of **350 runners per week**