



## Professional Profile

### PERSONAL INFORMATION

Name	Matthew Youles	
Position	Physiotherapy Assistant	
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### PROFILE

I am a driven and motivated individual who is eager to learn new skills and apply them in a practical setting. I have achieved a first-class degree in Sports and Exercise Science before recently completing an MRes (Master of Research) degree in Human Sciences, focusing on Biomechanics. I have a wealth of experience working in sports performance environments with a variety of different athletes, however, I have turned my attention to working in clinical settings. I aspire to learn and develop my skills by working with the organisation, whilst striving to make a positive impact on clients I work with.

### KEY SKILLS

- Outstanding communication skills when engaging with both clients and co-workers to achieve goals.
- I am a quick learner who is always eager to apply myself and engage with the task at hand.
- Focused time management and professionalism to ensure client needs are met on time and in a professional manner.
- Great when working as part of a team, to reach targets as efficiently as possible.

### AREAS OF EXPERTISE / OTHER USEFUL INFORMATION

#### Expertise:

- Confident regarding many aspects of sports and exercise science but have specialised in performance analysis using technologies such as 3D kinematics, Force plate technology, Impact sensors and EMG.

#### Other Useful Information:

- Conducted a wealth of research regarding Combat sport strike analysis.
- Worked on validating multiple different analysis technologies for both Golf and Combat Sports.
- Performed a performance analysis role at a cricket club.
- Worked as a PhD research assistant focusing on student lifestyles and the prevalence of non-communicable diseases.
- Qualified Personal Trainer.

## EDUCATION

### **Newman University**

MRes Human Sciences; Biomechanics

BSc Sport and Exercise Science Single Honours; First Class Classification

### **Our Lady and St. Chad Catholic Sports College**

GCE A Level qualification in Physical Education (B), Psychology (C) and English Literature (C)

14 GCSE A\*- B grade qualifications including English, Maths, Science and Physical Education

## EMPLOYMENT HISTORY

### **Newman Sport Centre Assistant**

I have worked part time at Newman Sport Centre as an assistant, using my Personal Training qualification to provide a professional service to customers.

### **Embassy Summer Onsite Social Manager**

I previously worked for a large company called Embassy Summer who ran summer schools in London. I was a manager at one of the schools, tasked with setting an onsite plan for customers and staff to follow and enjoy.