

Qualifications

- CHEK 1 (Corrective High Performance Exercise Kinesiology). Provides skills in biomechanical assessment, exercise rehabilitation and sports performance exercise techniques.
- CHEK Exercise Coach (Provides further skills as described in CHEK 1 above)
- HLC 1 (Holistic Lifestyle Coach). Provides skills in applied nutrition and lifestyle techniques to improve health and wellness
- CHEK Golf Biomechanic – Golf specific exercise to improve performance and prevent/improve injury by following the exercise progressions of posture, flexibility, stability, strength and power
- Dip. Physical Education
- Bachelor and P.G. Dip. Recreation Management (Exercise Science)

Professional Affiliations

- CHEK Institute - Leading education providers in the health and exercise industry. Go to links to review.
- REP's – (NZ Register of Exercise Professionals). Registered as an Advanced Personal Trainer. Go to links to review.
- SESNZ 2 – (Sport and Exercise Science New Zealand). Registered as a Physical Conditioner level 2. Provides the opportunity to work with elite, provincial and International level athletes.

Current Study

- Nutrition and Lifestyle Coaching
- CHEK Level 2 Prerequisites (Advanced programme design, women's exercise issues, a neurodevelopmental approach to conditioning, flatten your abs forever programme)