

# CAROLINE SAMPLE

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## EDUCATION

### **2017 – 2021 BSc (Hons) Sports & Exercise Science, University of Aberdeen**

Modules covered so far have introduced me to the application of physiology, anatomy and pharmacology to sport and exercise science, the major factors underpinning sports performance and given me an insight into the implications of regular physical activity for both the individual and society as a whole. I have passed all exams and course work with CGS grades primarily within bands A and B.

### **2011 – 2017 Glen Urquhart School, Drumnadrochit, Inverness**

Advanced Highers (2015): Physical Education (B), Biology (B)

Highers (2014): Chemistry (A), Biology (A), Physical Education (B), Maths (B), English (C)

## WORK EXPERIENCE

### **2018 – present Active Schools Volunteer Coach, Aberdeen City Council**

Volunteering 5 hours per week in a coaching role with Active Schools has provided me with the opportunity to develop my coaching skills in a range of disciplines including netball, hockey and football. Through my role, I have been able to use a variety of coaching methods to increase the skill and motivation of the children and I am working towards qualification through the PCS (Positive Coaching Scotland) programme.

### **2015 – 2017 Waitress, The Benleva Hotel, Drumnadrochit, Inverness**

During my time working for this 300 year old hotel, I developed my skills in working with customers to ensure they had a positive experience and wanted to return.

## POSITIONS OF RESPONSIBILITY

### **2018 – present Sponsorship Coordinator, Aberdeen University Netball Club**

This involves organising fundraising events and negotiating with local companies, with two fellow club members, to raise over £2000 towards a team tour to France scheduled for summer 2018.

### **2017 – 2018 Class Representative, University of Aberdeen**

I have developed leadership and communication skills through presenting feedback and ideas from my class to senior members of University staff. I have also developed confidence through approaching fellow students to gather their opinions.

## INTERESTS AND ACHIEVEMENTS

**Sports:** I have played netball since 2011 and continue my involvement as a player and committee member of the University Netball team.

**Fundraising:** I completed the London Marathon in 2017, raising over £1000 for Macmillan Cancer Support by seeking sponsorship from friends, family and local businesses, and by organising a ceilidh.

## REFERENCES

Available on request