

Isabelle Hansen

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Education

Sports Science Diploma, Douglas College, BC

Current Student, Bachelor of Physical Education & Coaching,

Kinesiology Concentration, Douglas College, BC, 2027

Technical Skills

Physical Assessments

Postural Assessment

Functional Movement Assessment

Functional Range Assessment

Athletic Injury Assessment & Taping

Program Design

Sports Conditioning

Functional Strength & Conditioning

Mobility Training

Active Recovery

Interpersonal Skills

Emotional Intelligence

Customer Service & Management

Trauma Informed Practice

Non-Violent Crisis Intervention

Business & Marketing

Salesmanship

Business Leadership

Website Design

Digital Marketing

Student Practicums

Recent

Kinesiology & Pilates, Orthoquest, Kelowna, BC, 2025

Athletic Therapy, Strength & Conditioning, POND Performance, Penticton, BC, 2025

Reformer Pilates & Postural Assessments, MoveWell Studio, Kelowna, BC, 2025

Pilates & Yoga, PURE Gym, Penticton, BC, 2025

Former

Olympic Weightlifting, Vancouver, BC, 2012

Guide for Blind Olympic Cross-country Skiers, Coastal Mountains, Vancouver, BC, Winter Olympics, 2010

Sports Conditioning, Badminton BC, Lower Mainland, BC, 2009

Physical Education, Elementary Schools, Lower Mainland, BC, 2007-08

Management Experience

Health & Fitness

GOLD'S GYM BC, Vancouver, BC 2009 - 2013
Instructor Education & Workshops, MOSSA
Fitness Programs & Events, Group Fitness &
Personal Training

Children & Youth Programs

Children's Recreation Programs, YMCA,
Kelowna, BC 2015-17
Youth Recreation Programs, Surrey, British
Columbia 2007-09

Instructional Experience

Fitness

Yoga Workshops, Princeton, BC, 2015-17
Children's Yoga, Yoga Therapy, Aqua Therapy,
City of Vernon, BC, 2014
Yoga, Strength, Step, Kickboxing, Cycling, Core
SHE'S FIT, Lower Mainland, BC 2005-09
Personal Training, Pilates, Cycling, Bally's
Fitness, Toronto, ON, 2000-02

Other Relevant Experience

Children's Therapy Assistant, Autism
Intervention, OSNS, Penticton, BC, 2018-22
Physical Therapy Assistant, Vernon, BC, 2014

Nordic Ski Coach

Nickel Plate Nordic Centre, Apex Mountain,
Penticton, BC, 2018-19, 2025-26
Big White Mountain Resort, Kelowna, BC
2015-17
Sovereign Lakes, SilverStar Mountain Resort,
Vernon, BC, 2014-15
Grouse Mountain, North Vancouver, BC,
2009-10
Norwood Nordic Club, Blue Mountain, ON,
1999-2000

Certifications

Functional Anatomy

Functional Range
Conditioning
Functional Range
Assessment
Kinstretch
Internal Strength Model
Functional Strength &
Conditioning

Canadian Coaching

NCCP - Olympic
Weightlifting, XC Skiing
CANSI XC Skiing

STOTT Pilates

Mat
Reformer
Postural Assessment
Injuries & Special
Populations

Yoga Alliance

Hatha & Vinyasa
Aerial
Yin & Restorative
Hosting Yoga Retreats
Yoga Therapy

Fitness

CSEP Personal Training
CanFitPro: Group Fitness,
Cycling, Pilates for Fitness
BCRPA: Fitness Theory,
Personal Training, Group
Fitness
BCRPA: Hatha Yoga, Chair
Yoga, Golden Age Fitness
Water Art: Aquatherapy
MOSSA: Power, Step,
Centergy, Kick, Ride, Core