

# Isabelle Hansen

Penticton, British Columbia

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[isabellehansenportfolio.com](http://isabellehansenportfolio.com)

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## Education

Sports Science Diploma

Kinesiology Post Degree Diploma

Bachelor of Physical Education & Coaching

Douglas College, BC, 2027

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## Purpose

I am pursuing a post graduate diploma to become a BCAA Registered Kinesiologist. I am working towards a Comprehensive Pilates Certification, and NSCA Strength & Conditioning. I am currently certified in FRSC, Kinstretch, CSEP-PT, Group Fitness, Yoga, Mat & Reformer Pilates. I am looking for a position allowing me to utilize my current skills and education. See the link above for my professional portfolio.

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## Skills

### Physical Assessments

Postural Assessment

Functional Range Assessment

Athletic Injury Assessment

### Interpersonal Skills

Emotional Maturity & Resilience

Non-Violent Crisis Intervention

ASD and ADHD Intervention

### Program Design

Sports Conditioning

Strength & Conditioning

Mobility Training

Active Recovery

### Business & Marketing

Leadership & Development

Website Design

Digital Marketing

Management

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## Practicums

### Recent

Kinesiology, Orthoquest, Kelowna, BC, 2026

Reformer Pilates, MoveWell, Kelowna, BC, 2026

Strength & Conditioning, Dynamo Athletics, Penticton, BC, 2026

Athletic Therapy, POND Performance, Penticton, BC, 2025

Mat Pilates, The Studio by PURE, Penticton, BC, 2025

### Former

Olympic Weightlifting, Vancouver, BC, 2012

Guide for Visually Impaired Olympic Cross-country Skiers, Vancouver, BC, 2010

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

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

## Management

Restaurant Management, Naramata Inn,  
Naramata, BC, 2024-25

Children's Recreation Programs, YMCA,  
Kelowna, BC, 2015-17

Fitness Management, GOLD'S GYM BC,  
Vancouver, BC, 2009-13

## Children & Youth

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

Physical Therapy Assistant, Vernon, BC, 2014

Youth Recreation, City of Surrey, BC, 2007-09

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## Instruction

### Fitness & Yoga

Yoga Workshops, Big White, BC, 2015-17

Restorative Yoga, Kids Yoga, City of  
Vernon, BC, 2014

Yoga, Strength, Step, Kick, Ride, Core, SHE'S FIT, Lower  
Mainland, BC 2005-09

Personal Training, Cycling, Bally's Fitness, Toronto,  
ON, 2000-02

### Nordic Ski Coach

Nickel Plate Nordic Centre, Apex Mountain,  
Penticton, BC, 2018-19

Big White Mountain Resort, Kelowna, BC  
2015-17

Sovereign Lakes, SilverStar Mountain Resort,  
Vernon, BC, 2014-15

Grouse Mountain, North Vancouver, BC,  
2009-10

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## Certifications

### Functional Anatomy

Functional Strength &  
Conditioning

Functional Assessment

Kinstretch

Functional Range  
Conditioning

### Coaching

NCCP - Olympic

Weightlifting, XC Skiing

CANSI XC Skiing

### STOTT Pilates

Advanced Mat

Advanced Reformer

Postural Assessment

### Yoga Alliance

500hr RYT

Hot Yoga

Aerial

Yin & Restorative

### Fitness

CSEP Personal Training

CFES Group Fitness

BCRPA: 200 hr Yoga, Chair

Yoga, Third Age

MOSSA: Power, Step, Kick,  
Centergy, Ride, Core