

Isabelle Hansen

Penticton, British Columbia

778-214-1697

izzy.isabelle.hansen@gmail.com

isabellehansenportfolio.com

Education

Sports Science Diploma

Bachelor of Physical Education & Coaching

Kinesiology Post Degree Diploma Douglas

College, BC, 2026-2027

Purpose

I am pursuing graduate studies to become a clinical Exercise Physiologist and a Registered Kinesiologist. I am looking for a position working with a diverse population, allowing me to use my current skills and education.

Skills

Physical Assessments

Postural Assessment

Functional Movement Assessment

Functional Range Assessment

Athletic Injury Assessment

Interpersonal Skills

Emotional Maturity & Resilience

Trauma Informed Practice

Non-Violent Crisis Intervention

ASD and ADHD Intervention

Program Design

Sports Conditioning

Functional Strength & Conditioning

Mobility Training

Active Recovery

Business & Marketing

Sales & Management

Business Leadership

Website Design

Digital Marketing

Practicums

Recent

Kinesiology, Orthoquest, Kelowna, BC, 2026

Reformer Pilates, MoveWell Studio, Kelowna, BC, 2026

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

Athletic Therapy, POND Performance, Penticton, BC, 2025

Mat Pilates, 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

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 Programs, Surrey, British
Columbia 2007-09

Instructional Experience

Fitness

Yoga Workshops, Big White, BC, 2015-17

Restorative Yoga, 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

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

Certifications

Functional Anatomy

(FRC) Functional Range
Conditioning

(FA) Functional Assessment

Kinstretch ~ Mobility Class

(ISM) Internal Strength
Model

(FRSC) Functional Strength &
Conditioning

Coaching

NCCP - Olympic
Weightlifting, XC Skiing

CANSI XC Skiing

STOTT Pilates

Advanced Mat

Advanced Reformer

Postural Assessment

Injuries & Special
Populations

Yoga

300 hr Hatha & Vinyasa

500hr Yoga Therapy

Aerial

Yin & Restorative

Hosting Yoga Retreats

Fitness

CSEP Personal Training

BCRPA: Group Fitness,

Chair Yoga, Golden Age

Water Art: Aquafit,

Aquatherapy

MOSSA: Power, Step,

Centergy, Kick, Ride, Core