

Isabelle Hansen

Penticton, British Columbia

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Education

Sports Science Diploma

Kinesiology Post Degree Diploma

Bachelor of Physical Education & Coaching

Douglas College, BC, 2027

Purpose

I am pursuing a post graduate diploma to become a BCAK Kinesiologist. I am working towards a Comprehensive Pilates Certification, and NSCA Strength & Conditioning. I am currently certified in FRSC, 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.

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

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

Instruction

Fitness & Yoga

Yoga Workshops, Big White, BC, 2015-17

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

Yoga, Strength, Step, Kickboxing, Cycling, 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

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

500hr RYT Teacher

Hot Yoga

Aerial

Yin & Restorative

Fitness

CSEP Personal Training

CFES Group Fitness

BCRPA: Chair Yoga

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