

Freya Thomas

Townsville QLD | 0413 579 821 | freya.thomas@my.jcu.edu.au | www.linkedin.com/in/freya-thomas

Profile

I'm an empathetic and results-driven Exercise Physiology graduate with a double degree in Exercise Science and Exercise Physiology from James Cook University. I have experience delivering safe, evidence-based exercise programs for clients with chronic conditions, injuries, and performance goals. I've completed over 500 hours of supervised clinical placement across hospital, community, and private practice settings. I prioritise open communication and genuine support to help clients stay engaged and committed to their long-term health goals.

✦ **TIP:** Tailor this section to each job. It should be 3-4 sentences and include your relevant skills, experience and career goals or interests that align with the position.

Education

Bachelor of Exercise Science – Bachelor of Exercise Physiology 2023 – Present

James Cook University, Townsville

- Expected completion date: September 2026
- GPA: 5.9 (scale 1-7, 7 being highest)

Certificate III in Personal Fitness 2022

TAFE, Townsville, QLD

Year 12 Senior Certificate, Cathedral School, Townsville, QLD 2022

- ATAR: 85
- College Captain (2022)
- Coach of Year 8 Basketball Team – Winners of NQ Inter-school Competition

✦ **TIP:** Include GPA only if it's a strength. Highschool is only listed if you are a recent school leaver and have relevant achievements.

Clinical Placements

North Queensland Sports Medicine Centre, Townsville, July – Nov (100 hours) 2025

- Assisted in assessment and rehabilitation of clients with musculoskeletal injuries and post-surgical recovery.
- Delivered supervised exercise sessions targeting strength, flexibility, and functional mobility.
- Monitored client response and adjusted programs under the guidance of senior exercise physiologists.
- Recorded session notes, outcomes, and progress in client management software.
- Participated in multidisciplinary meetings to optimise client recovery pathways.

Townsville University Hospital, Feb – May (40 hours) 2025

- Delivered supervised exercise interventions for patients referred through cardiac rehabilitation, pulmonary rehabilitation, and oncology support programs.
- Conducted pre-exercise screenings, risk stratification, and physical capacity assessments (6MWT, sit-to-stand, and submaximal treadmill tests).
- Collaborated with physiotherapists, nurses, and medical staff to develop and monitor safe, evidence-based exercise plans.
- Gained hands-on experience with ECG monitoring, vital sign recording, and patient education on long-term self-management.

✦ **Tip:** You can include your name and page number in the footer in a smaller font size, if you wish. Don't use the header for this.

JCU Health, Exercise Physiology Clinic, Townsville, July - Nov (40 hours) 2024

- Developed customised exercise programs for patients with a range of conditions such as stroke, diabetes, multiple sclerosis, hypertension and peripheral vascular disease.
- Conducted pre-exercise screenings, physical assessments (6MWT, sit-to-stand, grip strength, balance testing), and clinical outcome tracking.
- Performed gym-based activities such as: cardio, pilates, strength training and yoga in groups and one on one.
- Maintained accurate records for all patient interventions, including assessments, treatment and evaluation.

✦ **TIP:** Start your bullets with action verbs such as 'Developed', 'Organised', 'Delivered', and use key words mentioned in the job ad and adjust your bullet points to reflect the specific skills and experience required.

Employment History

Fitness Instructor (casual) 2024 – present

World Gym, Idalia

- Conduct fitness assessments and design safe, goal-focused training programs tailored to individual abilities and needs.
- Provide clear instruction and technique correction to support safe, effective exercise execution.
- Motivate and coach clients to build confidence, consistency, and long-term engagement in physical activity.
- Maintain a professional, welcoming training environment that promotes member wellbeing and inclusion.

Retail Assistant (casual) 2023-2024

Amart Sports, Townsville

- Provided friendly, professional customer service, assisting clients and building strong rapport.
- Maintained organized stock and displays, ensuring accuracy and accessibility of products.
- Collaborated effectively with team members to support smooth daily operations and achieve store goals.

Volunteering

Team Member and Social Committee Member - JCU Netball Team 2022-2023

Netball Sports Trainer and Coach – Townsville Netball Association 2022

Professional Development

Hydrotherapy for Chronic Disease course, Gateway Physiotherapy 2025

Level 1 Sports Trainer, Sports Medicine Australia 2024

Pilates Matwork Series (Level 1 & 2), Pilates Institute of Queensland 2024

Advanced Taping, Sports Medicine Australia 2023

✦ **TIP:** Include online courses, workshops, or certifications.

Memberships

Exercise and Sports Science Australia 2024 – Present

Pilates Institute of Queensland 2024 – Present

✦ **TIP:** If you're an active member, briefly mention your role or contributions.

✦ **Tip:** You can include your name and page number in the footer in a smaller font size, if you wish. Don't use the header for this.

Certifications

Blue Card, Queensland Working with Children Check
First Aid and CPR Accreditation

Referees

Dr Anne Smith

Associate Professor – Sport and Exercise Science

James Cook University

Phone: (07) 4700 5555

Email: Anne.Smith@jcu.edu.au

Mr Neil Wordsworth

Retail Manager

Amart Sports

Phone: (07) 4700 5555

Email: n.wordsworth@amart.com.au

✦ **TIP:** *Two referees are usually sufficient. Ideally use your current or most recent employer, or placement supervisor. List their name, title, organisation and phone, or write "Available on request." Always follow any specific instructions from the employer.*