

Lulu Lemons

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EDUCATION AND CERTIFICATIONS

Canadian Society for Exercise Physiology (CSEP – CEP)

May 2023

Bachelor of Kinesiology

September 2018 - April 2023

University of Manitoba

Minor: Psychology

Relevant Coursework: Human Anatomy, Exercise Physiology, Motor Control and Learning

WORK EXPERIENCE

Physiotherapy Aide

September 2022 – Present

D'Arcy Bain Physiotherapy, Winnipeg, MB

- Address patient questions prior to their appointments, often introducing what their treatment may include, and informing the physiotherapist prior of any anxieties
- Answer calls and front desk concerns, and book clients for reoccurring, or single appointments on track with their treatment plan
- Clean and sanitize all areas following the proper protocol

Mini U Leader

May 2022 – September 2022

University of Manitoba, Winnipeg, MB

- Planned and coordinated activities for youth aged six to eight for various programs on campus
- Demonstrated and instructed sports, and arts and crafts activities in a dynamic manner to the group, and adapted communication style as needed
- Monitored sports and recreational activities to ensure safety, and provided emergency or first-aid assistance when required

Sandwich Artist

June 2017 – August 2021

Subway, Winnipeg, MB

- Explained menu items to customers accurately, and used POS system to record the order
- Cleaned and maintained all areas of restaurant to meet quality and cleanliness standards
- Helped and greeted customers upon their arrival, and demonstrated a cheerful attitude during periods of high volume
- Restocked items and took inventory of those which would need to be refilled prior to the next rush

VOLUNTEER EXPERIENCE

Assistant Hockey Coach

September 2020 – Present

Twins AA Hockey, Winnipeg, MB

- Planned on-ice activities to enhance hockey skills and development for youth aged fourteen to sixteen on sports rules, game strategies, and performance principles, and how to achieve desired results
- Supervised and coordinated practice and games for the team

- Developed and delivered a one-hour coaching presentation for the team, and adjusted coaching techniques based on the athletes strengths and weaknesses
- Provided positive reinforcement to players and modeled sportsmanship

MEMBERSHIPS

Student Member

January 2021 - Present

Manitoba Kinesiology Association

EXTRACURRICULARS

Hockey, Ringette, Pottery