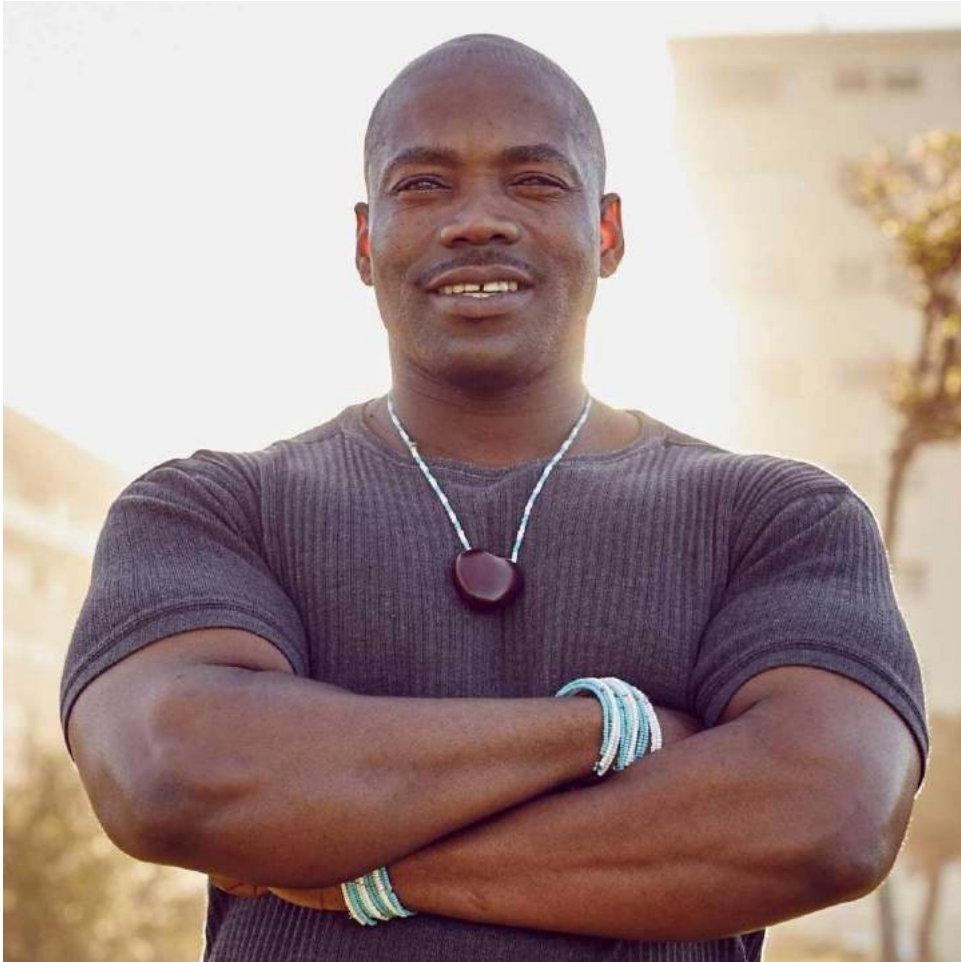


Zamile Patrick Mapolisa



Curriculum Vitae

Name : Zamile Patrick Mapolisa

Address : 15 Nltangano Street, Miller's Camp, Nyanga East, 7755

Telephone : 078 333 5064

ID Number : 760320 5402 088

Email Address : zamile6000@yahoo.com

Gender : Male

Date of birth : 20 March 1976

Nationality : South African

Languages : Xhosa, English and Zulu

Driver's Licence : Yes (since 2013)

Objectives : I have a passion for fitness and exercise. I have completed my Trifocus Personal Training certification and I enjoy motivating and training people in achieving their fitness and physical wellness goals.

I would like to secure an employment opportunity to build a career and a future.

Experience :

2016 – 2019	Personal Training
2012 - 2016	Provantage media promotions and marketing different products.
2012 – 2013	Zone fitness gym instructor – Body Mass Index, Blood Pressure and skin fold tests for clients, assisting clients with gym techniques and training programmes.
2010 – 2011	Provantage Media – Promotions, Driver, Team Leader
2003 - 2011	Pro Access Control Cape Town, South Africa Bouncer responsible for access control, welcoming patrons, body searching for illegal objects; drugs, weapons etc.
2006 – 2007	Bridge Recruitment Services (United Kingdom) Warehouse Operative for Polstar, a UK magazine warehousing and distribution centre.
2000 - 2002	Truworthis, Cape Town, South Africa Sales Assistant – Sales, merchandising and customer service
1999 - 2002	Legacy International, United States of America Counselor – Led groups, taught sports, instructed action teams

Disc Jockey – for workshops and events
 2002 Gold's Gym, New York, United States of America
 Personal trainer – Weights and cardio-vascular training, preparing training programmes for clients, evaluating clients
 1999 - 2000 Aca Joe Clothing, Cape Town, South Africa
 Sales Assistant - Sales, merchandising and customer service
 1998 - 1999 SA Weightlifting Federation
 Coach at club level - Recruiting youths aged 13 – 21 and teaching them weightlifting
Education : 1997 Matriculated at Luhlaza High School

Achievements : Personal Training Certificate (Trifocus Academy, South Africa)
 Participated in the Responsible Action Leadership Initiative (RALI) programme (SA)
 Voluntary work for the Special Arts Festival – assisting disabled participants (SA)
 Certificate in Aids Information and Prevention (SA)
 Provincial Champion (1997) and SA Body-building champion (1997)
 Security Courses - D and E Grades obtained (SA)
 Certificate in Firearm use and handling (SA)
 CPR / First Aid Certificate – Camp Counsellors USA
 High ropes training in Caledon (SA)
 Principle Care Certificate (UK)
 Emergency First Aid Certificate (UK)
 Manual Handling Certificate (UK)
 Infection Control Certificate (UK)
 Health and Safety Certificate (UK)
 Protection of Vulnerable Adult Certificate (UK)
 Fire Safety Certificate (UK)

Facebook : <https://www.facebook.com/ZamileFitness/>

References

Patrick Lavis, Provantage – Telephone : 083 751 6917
 Divine Volunteer, Fitness Mentor – Telephone : 072 287 5099
 Lindi Tyalana, Vuyiseka Community Gym – Telephone : 073 090 0164
 Brian Benatar (Personal) – Telephone : 083 702 6306



UNIQUE NUMBER
21964

CERTIFICATE OF ACHIEVEMENT

PRESENTED TO

Zamile Mapolisa (8305)

WHO HAS SUCCESSFULLY COMPLETED THE

Personal Training Certificate

CATHSSETA 613/P/000193/2012 CYQ TRI913 SAQA 23377

SUBJECTS

Anatomy | Physiology | Biomechanics | Concepts of Fitness | Nutrition | Fitness testing | Principles of wellness | operate professionally | conduct a screening procedure | Motivate and encourage physical activity | Lead and instruct individuals and groups | Design exercise Programmes | Provide safety and risk management | Maintain a sports and fitness environment and equipment | Include persons with disabilities | Apply entrepreneurship to a fitness business | Examine social features in the workplace | Plan and conduct a research project | Operate a personal computer | Function as a team | Apply workplace communication skills | Demonstrate professional values and ethics

DIRECTOR
SIGNATURE

DATE

19th July 2016