

Aric Thompson

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Objective: To secure an internship at Parksville Physiotherapy Clinic.

Professional Profile:

- Kinesiology Degree 4th year standing
- Strong interpersonal communication skills for client motivation and education
- Experience working with client assessments and exercise program planning
- Knowledge of human anatomy, physiology, and biomechanics
- Ability to take on a client-centered approach to serve diverse needs
- Confident working in collaborative team environments and a range of disciplines
- Comfortable using technology for data collection, SOAP notes and progress tracking

Academic Knowledge

- Applied knowledge of anatomy, physiology, and biomechanics to design safe and effective cardiovascular and musculoskeletal exercise plans to support client goals
- Created detailed SOAP notes in simulated client sessions to accurately track client information, outline intervention plans and track client progress
- Simplified nutritional concepts into practical explanations to support client understanding
- Examined pharmaceutical side effects to individualize client rehabilitation plans
- Identified barriers to healthy aging and implemented adaptive training principles for maintaining or improving health and fitness for older adults

Collaborative and Interpersonal Skills

- Utilized motivational interviewing to build rapport and help individuals find intrinsic motivation for engaging in positive behavior change
- Partnered with Indigenous community leaders to facilitate a mixed martial arts program to promote youth engagement in physical activities
- Provided great customer service that enhanced client experience and satisfaction
- Demonstrated empathy to help clients regulate stress and stay calm in challenging situations
- Proficiently led within team environments to foster collaboration, and achieve collective goals

Technical and Applied Kinesiology Skills

- Conducted research on youth coaching strategies and applied findings to create evidence-based lesson plans and a coaching philosophy
- Reviewed current practices regarding stroke rehabilitation to inform safe and effective exercise programming for individuals in recovery
- Demonstrated and instructed proper exercise techniques to ensure safe and effective exercise to help clients reach their goals
- Effectively adapted exercise programs to accommodate a variety of ability levels to promote inclusivity and accessibility within exercise environments
- Applied evidence-based assessments to evaluate physical fitness and physiological function in a practical lab setting tailoring observations to the individual's goals and challenges

Education and Training

Kinesiology Degree

4th Year Standing

Vancouver Island University

Nanaimo, BC

Coaching Certification Workshops

2022-2025

NCCP & Sport for Life Campus

Online

Work Experience

Nanaimo Curling Club

2024 – Present

Bartender

Nanaimo, BC

Lucky's Liquor Store

2023 – Present

Customer Service Representative

Nanaimo, BC

Wildplay Nanaimo

Summer 2023

Assisted Descent Guide

Nanaimo, BC

Accomplishment & Community Involvement

Dean's List

2023 -2025

Vancouver Island University

Nanaimo, BC

Volunteer Coach

Spring 2025

Snuneymuxw First Nation

Nanaimo, BC

Assistant Coach

2015-2020

Ascension Martial Arts

Coquitlam, BC