

ELIZABETH THEEMES-GOLDING, BKin

EDUCATION

- Bachelor of Kinesiology with a Minor in Psychology, **University of British Columbia**, 2018

PROFESSIONAL MEMBERSHIPS

- BC Association of Kinesiologists

PROFESSIONAL DEVELOPMENT/TRAINING

- SureHire Occupational Testing, 2019
- Physiotherapist Mentorship in Exercise Prescription

RELEVANT WORK EXPERIENCE

Re:Function Health Group Inc.: 2019 to present

Registered Kinesiologist

- Cardiopulmonary Rehabilitation Certificate, 2019
- SureHire Occupational Testing – Pre-Employment Screening
- Community Rehabilitation Services
- Kinesiology Services for Physiotherapy clients

Pacific Adventure Learning: 2014 to Present

Senior Challenge Course Facilitator

- Worked with people of varying physical, psychological, behavioural, and developmental capabilities
- Created safe and challenging programs designed for each group involving team-building exercises and high ropes challenge course activities
- Used team-building techniques to form cohesive group dynamics tailored to each group's specific needs

RockDoc Consulting: 2015 to 2018

Emergency Medical Responder

- Provided medical emergency services and life-saving care at various community events
- throughout British Columbia working with a diverse team of first responders, registered
- nurses, paramedics and doctors
- Part of medical teams ranging from 2-300 medical practitioners
- Involved with events including the Pemberton Music Festival with 45,000 people in attendance, BMO Marathon with 16,500 participants, HSBC Rugby Sevens with 70,000 people in attendance, and other such events

MedTech EMS: 2015 to 2017

Emergency Medical Responder

- Provided emergency medical services and medical care with a team of paramedics at events throughout British Columbia
- Part of the on-site event medical team for athletic events including; trail runs, rugby games, soccer tournaments, marathons, and obstacle courses
- Part of the on-site event medical team for concerts, community fairs, and festivals
- Donated time providing medical services to not for profit organizations such as Union Gospel Mission and Khatsahlano Street Festival

DEMONSTRATED COMPETENCIES

Community Rehabilitation

- Certified Emergency Medical Responder
- Proficient in guiding clients with chronic pain to return to function through exercise programs
- Proven ability to modify tasks and exercises to prevent clients from further injury

Return to Work Support Services

- Mentorship training and shadowing

SureHire Occupational Testing:

- Proven capability of assessing an individual for fitness-to-work testing
- Assess an individual and determining whether biomechanical movements are safely executed