

Kaneisha COX - Resume

Enthusiastic Bachelor of Health Science student at Western Sydney University, known for a dynamic and outgoing personality, dedicated to maintaining an active lifestyle with daily gym routines, and motivated to apply my energy and commitment to support others in the healthcare field professionally.

PERSONAL DETAILS

Location: Sydney, New South Wales, Australia

Email: Kaneisha2004@gmail.com

Mobile: 0416 690 310

EDUCATION

Western Sydney University, Campbelltown — Health Science

(2023 - 2023)

Completed 1 year studying bachelor of health science

Magdalene Catholic College, Smeaton Grange — HSC

(2017 - 2022)

Year 12 Subjects:-

- Advanced English
- Ancient History
- CAFS (Community and Family Studies)
- Studies of Religion 2
- Visual Arts

SKILLS

Analytical Skills

Creativity Skills

Communication Skills

Empathy

Fitness

Outdoor Adventures

Problem Solving

Self-Confidence

AWARDS

Cultural Award: Received major award for contribution within the Arts (2016).

NSW Open Water Championships 2019 - State Time Achiever for 5km Swim

1st Place - Optus Swim Sydney Harbour 2018

1st Place in Ballet Solo - Ooh La La Dance Extravaganza Competition 2020

EXPERIENCE

Flip Out, Smeaton Grange — *team member*

(March 2023 - PRESENT)

Flip Out operates indoor trampoline parks and recreational activity centers in the entertainment and leisure industry, offering a range of active and fun recreational activities like trampolining and parkour.

Having served as a dedicated member of the Flip Out team, I bring experience in interacting with people, ensuring the safety of all individuals, and providing first aid when needed. In my role as a Ninja coach, I've taught kids body movement, exercises, and flip skills, all while prioritizing safety. Additionally, I've hosted kids' parties and contributed to operations by managing the front counter, handling bookkeeping, and enhancing the café experience with delightful coffees."

LEADERSHIP

Club Captain – State Swimmer

(2019 - 2019)

From 2013 to 2020, I was a competitive state swimmer. At my swimming club, Mount Annan Swimming, I was voted by the club's swimming committee to be Club Captain for 12 months in 2019. In this role I mentored younger swimmers, assisted with setting up and running club nights and swimming carnivals. As a club captain I was involved in volunteering at Macarthur Square to do Christmas wrapping for shoppers.

Competitive Dancer

(2006 - 2019)

I trained as a classical ballet and modern dancer at the Academy of Performing Arts Macarthur for 9 years. I competed regularly at dance competitions and eisteddfod's as a solo dancer and also in troupes. This gave me experience in being able to work alone and in a team environment.

HOBBIES

- Gym and fitness
- Adventuring and exploring
- Traveling and cultural immersion
- Sports and outdoor activities
- Art and creative expression
- Photography and capturing moments

SUMMARY

Energetic and dedicated student who completed the first year of the Bachelor of Health Science program at Western Sydney University. With a strong academic foundation in Health Science and a vibrant, adventurous spirit, I am passionate about health and wellness. As a former state swimmer and a daily gym enthusiast, I thrive on challenges and have a proven track record of discipline, commitment, and perseverance. My outgoing and bubbly personality, coupled with my commitment to a healthy lifestyle, allows me to approach tasks with enthusiasm and a can-do attitude. Eager to apply my knowledge and exuberance to practical settings and contribute to improving healthcare outcomes. Demonstrated commitment to learning and a collaborative approach to problem-solving. Seeking opportunities to gain hands-on experience and further develop my skills in the field of health and wellness.

REFEREES

Mr Gabriel (Ehab) Ghobreyal - Recreational Therapy
G.Ghobreyal@westernsydney.edu.au