

Curriculum Vitae

Daniel Stuart

Personal Information:

Name: Daniel Jason Stuart
ID: 0006045075089
Address: 68 Oxford Street, Goodwood, Richmond Estate
Fluent Languages: English (home language)
Afrikaans (understand)
Email: danielstuart655@gmail.com
Telephone: 076 978 8216
Health: Excellent

Qualifications:

Qualification	Institution & Subjects	End Date
Senior Certificate	<u>Fairbairn College High School</u> English (First Language) Afrikaans (Second Language) Business Economics (HG) Mathematics (HG) Biology Consumer Studies	2018
3-Year Degree	<u>University of Western Cape (UWC)</u> BA Sport Recreation and Exercise Science Computer Literacy English for Education Development Primary Health Care <ul style="list-style-type: none">● Psychology<ul style="list-style-type: none">– Intro to Psychology– Brain and Behavior– Psychology of Child Development– Intro to Research Methods● Sport Recreation and Exercise Science<ul style="list-style-type: none">– Practical (Swimming)	2019

	<ul style="list-style-type: none"> – Practical (Dance) – Fundamentals of Physiology – Fundamentals of Exercise Physiology 	
	<ul style="list-style-type: none"> ● Psychology <ul style="list-style-type: none"> – Study of Human Development – Intro to Psychopathology – Intro to Psychological Intervention – Quality Research Methods and Health ● Sport Recreation and Exercise Science <ul style="list-style-type: none"> – Sport Management – Evaluation and Measurement – Exercise Physiology – Sport in Society – Sport Recreation Exercise – Motor Control and Development – Recreation – Sport Psychology 	2020
	<ul style="list-style-type: none"> ● Psychology <ul style="list-style-type: none"> – Psychopathology – Intro to Personality Theory – Quality Research Method and Health – Psychology Society Identity and Society Oppression ● Sport Recreation and Exercise Science <ul style="list-style-type: none"> – Impaired Motor Control – Management of Sport – Sport Safety – Sport and Community 	2021

	<ul style="list-style-type: none">– Sport Recreation Exercise (Practical)– Sport Recreation Exercise (Practical)– Sport Recreation Exercise (Practical)– Sport Recreation Exercise (Practical)	
	Achieved my degree for BA Sport Recreation and Exercise Science	April 2022
Current	<u>University of Western Cape (UWC)</u> HONOURS: Sport Recreation and Exercise Science Society of Sport Community Health Chronic Disability and Disabilities Sports Nutrition Sport Psychology Kinanthropometry Hybrid Anatomy Statistics Recreation and Leisure Exercise Prescription and Testing	2022
	Achieved my honours BA Sport Recreation and Exercise Science	December 2023

Current Occupation

- ✓ Personal trainer at Virgin Active Tygervally
- ✓ Cricket coach at Wynberg Junior Boys

Sporting Background

- ✓ I came from a sporting background where my father played soccer, my mother played netball and did athletics
- ✓ My other family participated in soccer, cricket and athletics were they were marathon runners

Playing Experience

- ✓ Played cricket at primary school at De Vrije Zee, Edgemoed Cricket Club for the juniors, high school played for Fairbairn College, made the first team from 2015-2018, made District North in 2017-2018 and club cricket at Tygerberg Cricket Club for the 3rd team
- ✓ Played tennis at primary school at De Vrije Zee
- ✓ Played rugby at De Vrije Zee primary school and high school at Fairbairn College for the 2nd team
- ✓ Played table tennis at Fairbairn College for the 2nd team
- ✓ Participated in athletics in primary school at De Vrije Zee in 100m, 200m, relay and hurdles and at Fairbairn College 100m, 200m, 400m and relay
- ✓ Played soccer at junior level at Vasco Da Gama and 3rd team at Edgemoed Soccer Club

Coaching Experience

- ✓ Brackenfell primary school coached rugby u8
- ✓ Brackenfell primary school coached cricket u12
- ✓ Wynberg Junior Boys coached cricket u12

Achievements, Awards, etc

- ✓ Primary school cricket best bowler, best batsman and best all rounder
- ✓ High school cricket best batsman for the most runs

Courses, levels obtained

- ✓ Cricket Umpiring course level 1
- ✓ First aid level 3
- ✓ 120 Hour Advanced TEFL/ TESOL Certificate

References

- ✓ Ms E Potgieter, Sports Secretary, Brackenfell primary school. Email: sport@brackies.co.za
- ✓ Mr KA Esau, Football Coach, Edgemoor Soccer Club. Phone: 083 281 4099. Email: keithesau24@gmail.com
- ✓ Mr Ridda Isaacs, Head of Cricket and Physical Education, Wynberg Boys' Junior School. Phone: 021 762 5707. Email: risaacs@wbjs.org.za

Personal and Career profile

- ✓ Excellent communication skills with a friendly and empathetic manner with people on all levels.
- ✓ Exceptional ability to adapt to various tasks and situations.
- ✓ The ability to perform and excel as part of a team or on my own.

- ✓ Good problem-solving skills.
- ✓ Pay attention to detail with very high standards.
- ✓ Proactive and self-starter.
- ✓ Exceptional time management skills with the ability to multitask and prioritize my responsibilities effectively.
- ✓ Hard working, loyal, committed and task orientated.
- ✓ Positive attitude towards work and co-workers.
- ✓ Grasp concepts and learn new systems quickly and able to apply them efficiently and effectively.

Other

I have volunteered at Panorama Veterinary Clinic and Specialist Centre and have job shadowed at Newlands Sports Science Institute of SA for 3 days respectively.

Last year (2021) I coached the 8-year-old rugby and 12-year-old cricket boys at Brackenfell Primary School twice a week.

This year I have achieved the Level 1 Umpires' Certificate from Cricket South Africa.

Will start coaching cricket at Wynberg Junior Boys School on the 12th September 2022.

Career Objectives

I am a keen learner and willing to take on any reasonable challenges. I am looking for the opportunity to apply my skills and see where I can fit in my field of study.

Interests

I am interested in all types of sports and played cricket for UWC before Covid and recently joined Edgemoor soccer club. I enjoy exercising and like to assist friends/family with designing healthy habits and exercising schedules.