



ELISE BURT

Exercise Physiologist

AREAS OF INTEREST:



PAEDIATRICS



QUALITY
OF LIFE



NEUROLOGICAL



FUNCTIONAL
TRAINING

ABOUT ME

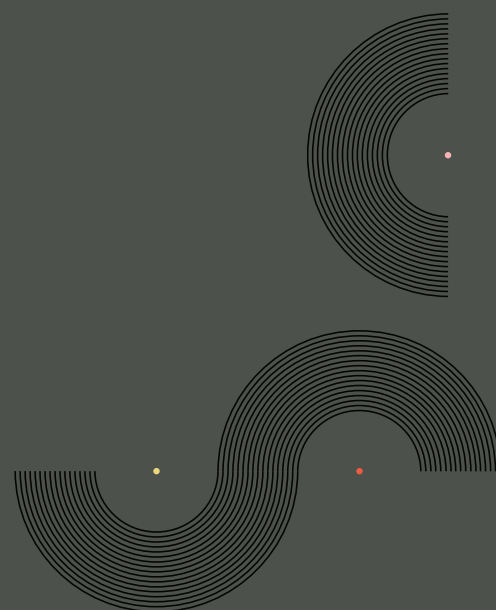
I am an Accredited Exercise Physiologist having completed my Master of Clinical Exercise Physiology and Bachelor of Exercise and Sport Science from Deakin University. I also have experience working as a qualified personal trainer and enjoy working in teams and dynamic environments.

Through clinical practicum and workplace experience I have the ability to communicate with a wide range of people and I am proficient in developing and administering individualised and group-based exercise interventions and strength and conditioning programs. I have experienced working with high performance athletes and people of all ages with varying diseases, disabilities and injuries. I have a passion for improving an individual's performance in their given sports and functionality to improve their quality of life.

In my personal life, I am former international Sports Aerobic athlete.

QUALIFICATIONS

- Bachelor of Exercise & Sport Science (ESSA Accredited Exercise & Sport Scientist)
- Master of Clinical Exercise Physiology (ESSA Accredited Exercise Physiologist)
- Level 1 Registered Fitness Professional (Personal Trainer & Gym Instructor)



YAWA.
AQUATIC CENTRE