

Klaus Figueiredo

SKILLS & CAPABILITIES

- Comprehensive knowledge of the concept of active living, healthy lifestyles, fitness, training principles to improve physical fitness and overall health in relation to cardiovascular health and other chronic diseases.
- Knowledge of the mechanical, anatomical, and physiological aspects of human movement and performance.
- Broad understanding of the scientific functions of nutrients and eating habits on maintaining good health for an active lifestyle.

OTHER TECHNICAL SKILLS

Proficient with Windows OS and Mac OS. Also proficient with software programs: Microsoft Office (Microsoft Word, Excel and Power Point), as well as AutoCAD.

PROFESSIONAL DEVELOPMENT

Bachelor of Kinesiology

University of the Fraser Valley

Sept. 2011 – Apr. 2017

- Pedagogical Focus
- Major Courses:
 - Anatomy and Physiology*
 - Theoretical Exercise Physiology*
 - Introduction to Athletic Injury*
 - Advanced Fitness Testing and Exercise Prescription*

WORK EXPERIENCE

Kinesiologist

Fusion Physio, Chilliwack BC

Oct. 2020 – Present

- Perform intake assessment
- Prescribe and administer physical rehabilitation exercise programs
- Patient charting and treatment team communications
- Professional interpersonal communications and documentation

Kinesiologist

CBI Health Centre, Abbotsford BC

Jan. 2019 – Oct. 2020

- Perform intake assessments
- Prescribe and administer physical rehabilitation exercise programs
- Patient charting and treatment team communications
- Occupation Rehabilitation Program (OR1, OR2, RTWSS, LTD, PMMP)
- OR Program exercise orientation, reporting, and communications
- Pool-based program exercise orientation and monitoring
- Professional interpersonal communication and documentation

Rehabilitation Assistant*Laurel Place, Surrey BC**Mar. 2018 – Present*

- Administer prescribed exercises from the facility physiotherapist
- GAIT practice with walker and wheel chair
- Patient management during session

Kinesiologist*JR Rehab Services (CBI), Vancouver BC**Feb. 2018 – Aug. 2019*

- Community Kinesiology service provider
- Administer physical rehabilitation exercise program
- Administer cognitive rehabilitation program
- Instructing patients in self care and activities of daily living
- Professional interpersonal communications and documentation
- Pool-based exercise prescription and monitoring

Research Assistant*University of the Fraser Valley**Jan. 2016 – May 2017*

- Administer physical exertion test
- Research Data Collection
- Administer Physiological Measurements
- Monitor Subjects

**VOLUNTEER
EXPERIENCE****Event First Aid***2019 Valley Royals Vaisakhi Track and Field Meet**April. 2019*

- On-field assessment and evaluation of injuries
- Acute care and emergency response
- Bandaging and taping

*2019 Canada West Wrestling Championships**Feb. 2019*

- On-field assessment and evaluation of injuries
- Acute care and emergency response
- Bandaging and taping

Physiotherapist Assistant*CBI Sport and Spine Health Centre**Sept. 2015 – Apr. 2016*

- Physiotherapy Observation
- Administer Exercise Program
- One-on-one session with clients

Activity Coordinator Assistant*Stroke Recovery Group of Abbotsford**Oct. 2014 – Jun. 2015*

- Interact and participate in cognitive activities with stroke patients
- Organize activity area

- Assist with rehabilitation exercises
- Educate patients in importance of physical activity for health

Assistant Coach

University of the Fraser Valley Men's Basketball

Sept. 2014 – Feb. 2017

- Student athlete mentor
- Run drills for skill development
- Help players understand game strategies

**ACTIVITIES &
ACHIEVEMENTS**

CIS Canada West Men's Basketball Final Four (2012, 2013 & 2014)
CIS Men's Basketball National Championships Appearance (2012)
CCAA Men's Basketball National Championships Appearance (2010)
Gold Medalist ACAC Men's Basketball Championships (2010)
Gold Medalist Men's Basketball Provincial Championship (2008)
Edmonton Athletic All Star Award (2008)
Paul Kane Male Athlete of the Year (2008)
Gold Medalist Men's Basketball National Championships (2007)
Enjoy Extracurricular Activities such like golf and snowboarding

**ACCREDITATION,
LICENCES
AND
MEMBERSHIPS**

BC Association of Kinesiologist Member
Standard First Aid & CPR/AED Level C
Class 5 Driver's Licence
cbiU Clinical Pain Skills Course
cbiU Manual Therapy and Exercise Course
WHMIS Training
University of the Fraser Valley Cascades Athletics Alumni (Basketball)