

Mohammed Malek

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Education

- Sept. 2008 - Apr. 2012 **Bachelor of Science (Honours), Kinesiology**
McMaster University, Hamilton, ON

Employment Experience

- Nov. 2012 – Present
Kinesiologist
Bodiworks Centre, Mississauga, ON
 - Performed physical assessments and stress testing on new and existing clients
 - Assessed muscular and neurological functionality and health on clients
 - Skillfully designed exercise programs for patients with neurological, muscular, and orthopedic disabilities including Parkinson's, automobile collisions and muscular atrophy due to old age and injuries
 - Key holder
- Sept. 2011 – Apr. 2012
Trainer and Volunteer Coordinator
MacWheeler's, Centre for Health Promotion and Rehabilitation, McMaster University, Hamilton, ON
 - Trained and assisted spinal cord injury and multiple sclerosis patients with exercise programs aimed at rehabilitation and increasing quality of life
 - Directed and supervised the Body Weight Supported Treadmill Training
 - Integrated new members into the MacWheeler's program
 - Designed and adapted exercise programs for new members based on specific injury and personal needs
 - Coordinated the presentation and promotion of the program at the Rick Hansen 25th annual relay
 - Recruited new members to MacWheeler's
- Jan. 2002 – Dec. 2010
Warehouse Manager
Four Season Air Control, Mississauga, ON
 - Assessed and prepared packages for contractors daily
 - Skillfully addressed customer concerns
 - Organized seminars and lectures with supply companies in order to train contractors in the use of new machines and devices
 - Demonstrated initiative and organization skills in creating monthly action plans between both branches of Four Seasons

Lab Experience

- Completed lab work using aseptic techniques, phase contrast microscopy, and micropipettes
- Conducted molecular techniques such as restriction enzyme digest, and Western Immunoblotting
- Skillfully assessed anaerobic capacity using Windgate testing
- Conducted organic chemistry lab work including polymerization, compound isolation and IR spectroscopy

Volunteering

- Dec. 2013 – Present
Clinical Support Volunteer
Princess Margaret Cancer Centre, Toronto, ON
 - Efficiently aided the physicians and nurses
 - Skillfully performed administrative duties
 - Promoted health awareness and educated patients
- Dec. 2013 – Present
Anatomy and Physiology Tutor
Students Offering Support (McMaster University chapter)
 - Pioneered the Anatomy and Physiology tutoring program at SOS McMaster
 - Tutoring Kinesiology and Life Sciences students in Anatomy and Physiology
 - Raising funds to create sustainable education projects in developing nations
- Mar. 2011 – Apr. 2012
Trainer
MacWheelers, Centre for Health Promotion and Rehabilitation, McMaster University
 - Proficiently trained and assisted spinal cord injury and MS patients with personalized exercise programs
 - Led the Body Weight Supported Treadmill Training team
- Jan. 2011 – Mar. 2011
Research Assistant and Treadmill operator
Multiple Sclerosis research study, Lara Pilutti Ph.D., McMaster University
 - Prepared study lab
 - Operated treadmill as part of a two-person team during research study
- Sept. 2010 – Apr. 2012
Médecins Sans Frontières (MSF), McMaster University
 - Promoted awareness of MSF mission among McMaster University students
 - Participated in fundraising events and social awareness campaigns
- Sept. 2010 – Apr. 2011
Peer Mentor
McMaster Science Society Science Peer Mentors, McMaster University
 - Integrated new students to the university environment
 - Skillfully addressed student concerns
 - Campus guide
- Jan. 2002 – Dec. 2010
Warehouse Manager
Four Season Air Control, Mississauga, ON
 - Assessed and prepared packages for contractors daily
 - Skillfully addressed customer concerns
 - Organized seminars and lectures with supply companies in order to train contractors in the use of new machines and devices
 - Demonstrated initiative and organization skills in creating monthly action plans between both branches of Four Seasons
- Feb. 1998 – Aug. 2008
Instructor
Beaches ITF Taekwon Do, Toronto, ON
 - Trained students aged 6-65
 - Served as Head Instructor at two training centres
 - Skillfully judged ITF Taekwon Do tournaments involving participants aged 6-65