

Tina Mundelsee
Birthday: 18 May, 1977
Mobile: ++965 661 94 303 KUWAIT
++49 176 220 311 89 GERMANY
Email : tinamundelsee@yahoo.com
Web: www.fitnfab.com

CURRICULUM VITAE

WORK EXPERIENCE

2009 – Present
Catania, Italy

KINESIS Club
Personal Trainer & Group Exercise

2008
Kuwait

FIT & FABULOUS
Establishing Fit & Fabulous, Personal Training Services at home

2008
Kuwait

PRO – VISION SPORTSMANAGEMENT
Planning and organizing adventure and sports holidays abroad

2005-2008
Kuwait

AL CORNICHE CLUB
Group Exercise and Event Manager

- Personal Trainer
- Group Instructor
- Planning of Budget, yearly activities and events schedules
- Managing and Training International Gym, Squash, Tennis, Pool and Beach staff
- Organization of special events with local companies
- Employee of the Month, April 2006

2005
At Sea

STEINER Leisure, London/Miami
Fitness Directors @ Sea

- Personal Trainer
- Group Instructor
- Sales

2003-2005
Germany

Sels Training, Neuss

- Personal Trainer
- Group Instructor
- Front Desk
- Sales and Administration
- Assisting Management

2002
Switzerland

HOTEL WALDHAUS AM SEE, St. Moritz
Front Desk

- Check In , Check Out
- Reservation
- Accounting
- Customer Service

2000
Costa Rica

ARMOTOURS Touroperator, San Jose

International Sales Executive

- Developing international Business Relations
- Developing international and national Customer Contact
- Creating Itineraries
- Price Negotiations with international and national Business Partners
- Calculating Rates and creating Quotations

1999
Greece

TUI Travel Company

Hotel ATRIUM Resort, Chalkidiki

- Sport and Fitness Entertainment
- Kids Entertainment
- Nightly Entertainment

Additional Activities

Author of several articles about health and fitness in magazines in Kuwait

Guest as a Fitness Professional in Kuwait TV shows

EDUCATION

2008
USA/Kuwait

AFPA American Fitness Professionals and Associates

Correspondence Course, Certified Pre-Post Natal Training Specialist

2005
Germany

YOGA Vidya School, Bad Meinberg

- Certified Yoga Teacher / Shivananda Yoga

2003-2005
Germany

IST, Institute for Sport and Tourism, Düsseldorf

Physical Education Studies

2002-2003
Germany

WEBER SCHULE, Düsseldorf

Technical School for government certified Gymnastics Teacher

2001
USA

MINNEAPOLIS Community and Technical College

- International Business Management
- Marketing
- French
- English

2000
Costa Rica

ACADEMIA TICA, San Jose

Spanish Academy

- Advanced Course Work
- Assisted Staff with coordinating school activities

1999
Germany

FERNAKADEMIE TOURISTIK, Münster

Tourism Academy

- International Tourism Studies
- Economics and Tourism

1997-1999
Germany

DOLMETSCHERSCHULE, Würzburg Translator School

Government certified Bilingual Secretary

- English and Spanish
- Economics as special subject
- Extensive knowledge base of USA and GB

1995-1997
Germany

FACHOBERSCHULE, Marktheidenfeld

Abitur / Social Science

1992-1994
Germany

WIRTSCHAFTSSCHULE MÜLLER, Würzburg

Private School for Economics

VOLUNTEER

1996
Germany

KREISKRANKENHAUS, Marktheidenfeld

Hospital, Nurse Assistant

1996
Germany

KINDERGARTEN, Erlenbach

Internship

1994-1995
Germany

BLINDENINSTITUTSSTIFTUNG, Würzburg

Institution for the Blind, Deaf and Disabled Children

LANGUAGES

Fluent in German, English, Spanish

Additional Fitness CERTIFICATIONS

-Fitness Instructor, Personal Trainer, DSSV e.V

-HOT IRON Instructor, Elbesport Hamburg

-Own Zone Guide, POLAR

-Healthy Back Guide, FORUM Gesunder Rücken e.V.

-Aerobic & Step B-Licence, IFAA GmbH

-Indoor Cycling Instructor, CYCLING Concept

-Nutrition and Cardio Instructor, Anatomy, Exercise Science, Kinesiology,
Testmethods, Training with children, IST Institute for Sport, Leisure and Tourism

-Body Pump, LES MILLS Body Training Systems

-Yoga Teacher, YOGA VIDYA, European Federation of Yoga Teachers Associations

-Pilates and Fitball Training, STEINER Academy London

-AFPA, Certified Pre – Post Natal Specialist

-QPEC Fitness Solutions (Fitness Australia/National Registration)

- Aqua All Sports Circuit
- Boot Camp Training
- Box Fit Training
- Lengthen, Layer & Load
- Revive Indoor Cycling Certification