

Arash Abdolazimi

As a nationally competitive paddler and experienced mountaineer, I specialise in high intensity, functional workouts, designed with cardiovascular and strength training to meet the needs of individuals looking for weight management and its general health benefits.

I also have experience with professionals and high performance athletes looking to get to the next level and explore their potentials.

Certification:

Active IQ Level 3 Certificate in Personal Training (QCF)
Active IQ Level 2 Certificate in Fitness Instruction (QCF)
Qualification in Nutrition and Supplementation for Sport

Email: A.Abdolazimi@tees.ac.uk

Mike Campbell



Fully qualified trainer with 3 years' experience in personal training and sports therapies, with experience working with the England international senior women Volleyball team as well as local Rugby clubs. In addition I also have over 10 years' experience training in Kickboxing, Boxing and Volleyball.

My skills include weight management, muscle building and toning as well as sports specific training. Whether you are someone who wants to train for general fitness and weight management or an athlete looking to improve their physical performance in your chosen sport, I can help.

Certification:

Foundation Degree – Sports & Exercise Therapies

Level 4 – Sports Injuries

Level 3 – Sports Massage

Level 3 – Personal Training

Level 2 – Fitness Instructing

Level 2 – Circuit Training

Level 2 – Kettlebell Instructing

Email: M.Campbell@tees.ac.uk

Alan Lofthouse

Fully qualified fitness coach with 4 years' experience in personal training and sports therapies. I have experience working with Leicester Tigers RFU (Academy), Harrogate RFU (1st), Cerebral palsy athletes and female football clubs. In addition I also have over 3 years' experience playing semi-professional Cricket.

My skills include nutrition and general fitness coaching.

Certification:

MSc - Sport rehabilitation (currently)

BSc (Hons) – Applied Sport & Exercise Science

Foundation Degree – Fitness Instruction & Exercise Therapies

Level 4 Sport and Exercise Nutrition advice

Level 4 Sport Massage

Level 3 Sport Massage

Level 3 Sport Therapy

Level 3 Personal Trainer



Email: A.Lofthouse@tees.ac.uk

Daniel Moore



With over 5 years' experience working within sport and exercise both in the UK and overseas I am a highly competent and well-trained exercise professional. An ability to instruct and train people in a wide variety of fitness specialisms including functional training (tyre flipping, rope battling, resistance sprinting etc.), weight training and cardiovascular training enables me to be well placed to help you achieve your fitness goals from fat loss to increased muscle mass.

I am able to offer fitness testing incorporated within the personal training with an abundance of prior experience including working with Premier League Academy football teams in conducting fitness tests.

Certification:

Current 3rd year Applied Sport Science student

Level 3 Certificate in Personal Training

Level 2 Certificate in Fitness Instructing- Gym Based Exercise

Email: Daniel.Moore@tees.ac.uk

Matt Naylor

I have been working in the fitness industry for 8 years now in a variety of roles from Personal Trainer to GP Referral Instructor.

This is why I'm currently studying a Masters in Sports Rehabilitation which is allowing me to further my knowledge and improve efficiency with client progress.

I've worked with many different clients, with injuries or conditions and with a variety of fitness goals. Whatever your goal is, I can help you achieve it.

Certification:

BSc (Hons) Applied Health & Exercise Science

MSc Sports Rehabilitation (current)

Level 3 Personal Trainer

Level 3 GP Referral Instructor

Level 2 Circuits

Level 2 Aquatic Circuits

Email: M.Naylor@tees.ac.uk



Andrew Richardson



I have been working in the fitness industry for 5 years now and competed in sports at national and international level for 13 years. I am currently a member of the Irish National Powerlifting Team as a coach and as an athlete. I specialize in sports performance, strength and conditioning, fat loss, hypertrophy and injury prevention. Through my degree I can apply various means of support to accelerate your progress through sports psychology, sports science and biomechanics. Whatever your goal I will ensure you can achieve it. I have worked with beginners, intermediate gym goers and elite level athletes. I always build the programme around you to ensure it is tailored to your targets and no one else's.

Certification:

BSc (Hons) First Class in Applied Sport Science (Teesside University)

MSc in Sport and Exercise Science (Teesside University)

Sports Nutrition Diploma (Shaw Academy)

Level 2 Certificate in Fitness Instructing and Gym Based Exercise (QCF)

Level 3 Diploma in Personal Trainer and Fitness Instructing (QCF)

International Powerlifting Coach Level 2 (IPF)

Great Britain Powerlifting Level 1 Course Tutor (REPS)

British Weightlifting Level 1 Coach (BWL)



Email: A.S.Richardson@tees.ac.uk

Chris Hattersley

I am a qualified exercise scientist, strength & conditioning coach and currently training as a physiotherapist. I specialise in exercise prescription to all demographics particularly in the areas of sports performance and health longevity. My background includes working with male and female athletes of all ages, as well as various populations within a health care setting. Due to this, I am able to work with people of a range of differing abilities in order to achieve effective results for functional performance and long term health

Certification:

MSc Physiotherapy (Currently studying)

MSc Strength & Conditioning Science

BSc Sport & Exercise Science

UKSCA Accredited Strength & Conditioning Coach

NASM Corrective Exercise Specialist



Email: C.Hattersley@tees.ac.uk