

Andrew Richardson

I am a fully qualified and insured Exercise Specialist here at Teesside University Gym. I have worked for the department for over 5.5 years and been involved within the sport and fitness industry for nearly 11 years. What I can bring to training you is a wide range of experiences and in-depth scientific education to ensure you get the results you want!

Myself being a former international athlete for the Irish Powerlifting team (and one of the Irish National Coaches) I understand the need for a personalised and structured programme to achieve consistent goals. Supporting this I have coached athletes from grass roots all the way to international level across many sports. These include; Rugby, Athletics Cycling, Rowing, Golf, Swimming, Archery and Powerlifting. I have vast amounts of experience working with clients who just want to lose weight, recover from an injury, or gain some lean muscle.

I also have relevant experience in working with individuals who have had history of, or who are currently dealing with obesity, diabetes, lifestyle related illnesses, mental health issues, dual diagnosis, substance abuse, alcoholism and/or criminal offences.

Certification and Qualifications

- BSc Applied Sport Science (1st Class Honours)
- MSc Sport and Exercise Science (Merit)
- Level 2 International Powerlifting Federation Strength Coach
- British Weightlifting Level 1 Award in Coaching Weightlifting
- Diploma in Sports Nutrition
- Level 3 Exercise Referral
- Level 3 Personal Training
- Level 2 Gym Instructor
- Kettlebell Instructor

Professional Bodies

- Chartered Institute for the Management of Sport and Physical Activity (CIMSPA). Profile: <https://cimspa.tahdah.me/Profile/Index/464241>

Happy to personalise and accommodate all my clients to their needs and various fitness goals. I look forward to meeting you and helping you achieve your goals! If you want to book a session (or just have a chat), contact me either on **Mobile:** 07747303084 or **Email:**

A.S.Richardson@tees.ac.uk

Alec Ward

My name is Alec Ward and I am currently a MSc Physiotherapy (Pre-registration) student. I have studied at Teesside University for the past four years now after completing a previous BSc (Hons) in Sports Science whereby I achieved a 1st class honours.

Whilst at Teesside University I have sought out various experiences working with a wide range of athletes including Teesside RTC, Grangetown Netball, Future Champions and most recently Middlesbrough Football Club.

All of this experience has been fun, and I have gained a whole breadth of knowledge from many great individuals. However, my main passion in health and fitness lies in the ability to educate people on the benefits that living a healthier lifestyle can lead to. My aim for every client is to take a holistic approach with graded exposure to exercise and to implement a variety of different training methods to achieve individual goals whether this may be fat loss, getting stronger or just generally wanting to get fitter and feel confident in the gym.

I can be contacted on a.t.ward@tees.ac.uk if you would like to book a personal training session with me. I look forward to meeting you and working with you!

Alec