

MARIE MURPHY

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Professional Summary

Accomplished and energetic exercise and nutrition specialist, with a solid history of achievement in the health and fitness industry. Motivated leader with strong organisational and prioritisation abilities. Extensive experience in developing, delivering and evaluating training for general health, individuals with disabilities, athlete training, and the prevention of disease.

Skills

- Health education and training
- Health promotion
- Public speaking
- Customer and personal service
- Organiser/coordinator
- Communication
- Computer
- Time management

Experiences

Health and Fitness Consultant

Jan 2002-Present

Marie Murphy Health & Fitness - Dublin

- Develop and present health-education and promotion programmes.
- Provide guidance to agencies and organizations on assessment of health education needs and on development and delivery of health education programmes.
- Provided over 50 health-education and promotion programmes 2010-present.
- Designed, developed and implemented 'The Murphy METs Programme' (programme acknowledged by *American Institute of Cancer Research 2012*).
- Provide on-going 'Train the Trainer' workshops for the Irish Cancer Society.
- Use computer for various applications.
- Write, design and edit web-page content mariemurphyhealthfitness.com.
- Contract proposal writer.
- Founded MBS Fitness in 2002.

Health Assessor

RediCare Ltd. - Ballincollig, Co. Cork

Feb 2017-Present

- Provide on-site health screenings to identify and target individuals within a company who have a chronic health condition or are at the highest risk of developing a chronic health condition such as obesity, high blood pressure, high cholesterol, prediabetes, diabetes.
- Health monitoring tests: BMI, blood pressure, lung function, cholesterol profile, blood sugar.
- Discuss test results with each individual to ensure understanding of numbers.
- Educate individuals on effective ways to improve their health and wellbeing.
- Create, maintain and enter information into databases.

Physical Trainer

Siel Bleu Ireland - Eustace St, Dublin 2

Feb 2017-Present

- Provide life enhancing exercise programmes to older adults and adults living with chronic disease in the community, nursing homes or day care centres.
- Working with Irish Heart Foundation, Irish Stroke Foundation, Parkinson's Ireland, Alzheimer Society of Ireland, Enable Ireland, C.O.P.D. Ireland.
- Conduct, health needs assessments and other public health surveys.
- Assess participant's progress throughout training sessions.
- Build strong rapport with participants before, during and after training seasons.
- Create, maintain and enter information into databases.

Tutor

Liberties Training Centre – Oliver Bond St., Dublin 8

Aug 2017-Present

- Teach QQI certified Sport and Fitness course - health related fitness, food and nutrition (Level 4).
- Work with young people from Dublin's inner city - early school leavers
- Prepare lesson plans, learning modules according to students' needs and goals.
- Develop teaching or training materials, such as hand-outs, study materials, or quizzes.
- Teach students study skills, note-taking skills, and test-taking strategies.
- Assess students' progress throughout tutoring sessions.
- Provide feedback to students using positive reinforcement techniques to encourage, motivate and build confidence in students.
- Maintain records of students' assessment results, progress, feedback, performance, ensuring confidentiality of all records.

Tutor

Portobello Institute - Dominick Street, Dublin 1

Jul 2014-Jul 2016

- Tutor diet and nutrition for complementary therapists (diploma), nutritional advisor (certificate), fitness instructing gym-based exercise (certificate), personal training (certificate).
- Prepare lesson plans/modules for tutoring sessions according to students' needs and goals.
- Develop teaching or training materials, such as hand-outs, study materials, or quizzes.
- Assess students' progress throughout tutoring sessions.
- Provide feedback to students using positive reinforcement techniques to encourage, motivate, or build confidence in students.
- Maintain records of students' assessment results, progress, feedback, or school performance, ensuring confidentiality of all records.

Consultant Exercise & Nutrition Specialist

Irish Osteoporosis Society

Aug 2013-May 2014

- Design fitness programmes for clients diagnosed with osteopenia or osteoporosis.
- Public speaking in the community, colleges, universities and medical field.
- Evaluate client's nutrition/design personalised food plans.
- Develop/design educational material (leaflets, hand-outs, brochures etc.).
- Research (Effects of the Murphy METs Programme on Quality of Life in Osteoporotic Postmenopausal Women).
- Use computers for various applications, such as database management or word processing.
- Design/develop online training programmes.

Consultant Exercise & Nutrition Specialist

Irish Cancer Society- Northumberland Road, Dublin 4

Aug 2010-Jul 2014

- Led 5 studies on breast, colorectal and prostate cancer survivors.
- Designed, developed and implemented 'The Murphy METs Programme', a low to moderate intensity physical activity programme.
- Programme acknowledged by *American Institute of Cancer Research* 2012.
- Built strong rapport with participants before, during and after training seasons.
- Educated participants about the relationship between nutrition and fitness.
- Empowered participants in their health and well-being.
- Use computers for various applications, such as database management or word processing.
- Set up and manage paper or electronic filing systems, recording information, updating paperwork or maintaining documents, such as attendance records, correspondence or other material.
- Completed all studies within scheduled time frame and budget.
- Completed study and final report within time frame.
- Public speaking.
- Liaised with management, Health Promotion Officer, ARC Cancer Centre.

Marathon Coach

Irish Cancer Society- Northumberland Road, Dublin 4

Jan 2011-Jan 2012

- Head Coach for the 'Run4Life' Marathon Training Programme.
- Provided a comprehensive training programme to prepare athletes for the challenge in running a marathon.
- Measured participants' overall fitness by completing comprehensive evaluations.
- Educated team members about the relationship between nutrition and fitness.
- Use computers for various applications, such as database management or word processing.
- Provided educational talks/workshops.

CIF Athletic Coach

Crespi Carmelite High School - Encino, CA

Jul 2003- Nov 2009

- California Interscholastic Federation (CIF) track & field and cross country.
- Male students age 14-18 years.
- Supervised practices and contests, prioritising safety at all times.
- Built strong rapport with athletes and assistants before, during and after coaching seasons.
- Educated students about the relationship between nutrition and fitness.
- Developed positive relationships with parents, schools and the community.
- Organizer and coordinator of summer training camps, Mammoth, California.
- Addressed drug misuse, alcohol abuse, smoking, eating disorders and disordered eating.
- Thought students coping skills in stress, expressing their emotions and handling conflict.
- Acted as a positive role model for team participants and in the community.
- Worked closely with the athletics director in scheduling interscholastic contests.

Personal Trainer/Consultant

Susan Love MD Research Foundation - Encino, CA

Aug 1998-Nov 2009

- Personal fitness trainer and consultant to Dr Susan Love; world renowned breast cancer researcher and NY Times bestselling Author.
- Worked with client to improve overall endurance, strength, flexibility and balance.
- Developed challenging and effective workouts to meet clients' specific needs.
- Maintained detailed personal training records and updated progress after each session.
- Educated client on effective ways to exercise while on business travel, at home and on vacation.
- Co-founded the Susan Love MD Marathon Training Programme in 2002.

CIF Athletic Coach

Louisville High School-Woodland Hills, CA

Feb 1990-Nov 2009

- California Interscholastic Federation (CIF) track & field and cross country.
- Female students age 14-18 years.
- Built a strong athletic programme winning many State Championships.
- Awarded the Coach of the Year title.
- Supervised practices and contests, prioritising safety at all times.
- Built strong rapport with athletes and assistants before, during and after coaching seasons.
- Educated students about the relationship between nutrition and fitness.
- Developed positive relationships with parents, schools and the community.
- Organizer and coordinator of summer training camps, Mammoth, California.
- Addressed drug misuse, alcohol abuse, smoking, eating disorders and disordered eating.
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Cardiovascular and Strength Consultant

David Geffen School of Medicine at UCLA-Los Angeles, CA

Jan 2006-May 2008

- Designed cardiovascular and resistance training programmes for clinically obese breast cancer survivors.

- Assistant to Professor Catherine Carpenter.
- Breast cancer research.
- Represented Institution at Seminars/Conferences.
- Use computers for various applications, such as database management or word processing.

Marathon Coach

Leukaemia and Lymphoma Society- Los Angeles, CA

Jan 1991-Dec 1998

- Head Coach for the Greater Los Angeles area 'Team in Training'.
- Provided a comprehensive training programme to prepare athletes for the challenge in running a marathon.
- Educated team members about the relationship between nutrition and fitness.
- Use computers for various applications, such as database management or word processing.
- Supervised team in domestic and international marathons.

Personal Trainer

Great Shape Gym - Santa Monica, CA

Jan 1989-Aug 1991

- Provided exercise prescription and instruction for members.
- Motivated clients by setting goals and providing feedback and accountability.
- Measured client's strengths and weaknesses with fitness assessments.
- Educated clients in other aspects of wellness besides exercise, including general health and nutrition guidelines.
- Use computers for various applications, such as database management or word processing.

Education

IOC Diploma in Sports Nutrition

Apr 2008

- *Medical Commission of the International Olympic Committee - Lausanne, Switzerland*
- *Sportsoracle - Distance learning*

Fitness Instructor Certificate

Jun 2000

- *University of California Los Angeles (UCLA) - Los Angeles, CA*

Physical Education Diploma

Sep 1987

- *California State Los Angeles (CSLA) - Los Angeles, CA*

Interior Design Certificate

May 1984

- *Brigham Young University-Idaho – Rexburg, ID*
- *Awarded track & field scholarship*

Interest

My research interests include health behaviour change in all types of disease, and I am particularly interested in the role of diet and exercise in the adolescent population. I am passionate about health and fitness and the vital part it plays in our everyday lives. As a professional athlete I have been lucky throughout my career to be able to design and develop health and fitness programmes that can make a real difference in the quality of people's lives.

To maintain my own level of fitness I run, cycle and lift weights. I enjoy travelling, eating out, gardening, reading and most important, time with my family.

References

Name: Micheál Ó Cróinín

Position: Operations Director

Address: RediCare Ltd.

1 Island House, Great Island Enterprise Park,
Ballincollig, Co. Cork

Tel No: 0868122599

Name: Joe Gallagher

Position: Manager

Address: Liberties Training Centre

Oliver Bond Street,
Merchants Quay, Dublin 8

Tel No: 0879824239