



Paula Pacheco

B.Sc. Kinesiology and Health Science | Athletic Therapy | York University

Toronto, Ontario, Canada

Contact info

199 Connections

About

A future athletic therapist, and a lifelong learner! I am in my fourth year at York University with the ambition to pursue physiotherapy as my career. My love and appreciation for sports and anatomy were the things that attracted me to the athletic therapy program at York University. I am also a martial arts instructor and a first responder. My mission is to continue broadening my horizons in the sports medicine field, and promote health and fitness in my community!

Experiences



Physiotherapy Assistant Intern

Northern Health Rehabilitation Services • Part-time

Sept - Dec 2018 • 4 mos

Prince George, British Colombia, Canada

As an intern, I shadowed a team of 3 physiotherapists. I also calibrated, set up, and maintained therapy equipment weekly to ensure safe working order. The Head Physiotherapist commended me for "amazing attention to detail" in successfully identifying a calibration error that had gone unnoticed for nine months. I also to the initiative to prepare a comprehensive survey on client satisfaction levels post-treatment, which I then presented to the management team.



Martial Arts Instructor

Canadian Centre for Martial Arts • Part-time

Jun 2018 - Present • 4 yrs

Scarborough, Ontario, Canada

As an instructor, I taught a collection of martial arts and self-defence classes to diverse students, including preschool-aged children, seniors and security professionals. Being trained in external and internal martial arts since the age of 9, including all five major styles of Tai Chi Chuan, Northern and Southern Shaolin Kung Fu, and Muay Thai Kickboxing; I developed a reputation for being “particularly skilled at conveying complex technical forms and martial arts concepts to diverse audiences in a clear, concise manner that ensures retention.”

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Education



York University

B.Sc. Kinesiology and Health Science

2019-2024



York University

Athletic Therapy Certificate, Sport Medicine

2021-2024

Volunteer Experience



Discover You - Peer Coach

KAHSSO • Part-time

Aug 2021 - Present • 1 year

York University, Tornado, Canada

As a Discover YU peer coach, I mentored groups of students through online modules pertaining to Leadership & Professional Development, Online Interview & Presentation Skills, Professional Attire & Etiquette and many more. It was a wonderful opportunity to enhance my communication skills, build my network, and learn more about the resources available to students at the university. I have taken the initiative to assist the content creation of our modules and felicitated as “incredibly resourceful, and creative with acute attention to detail” by the club leadership.

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Licences and Certifications



Certified Personal Trainer

Canadian Society for Exercise Physiology

Issued Jul 2022



Peer Leader Training

York University

Issued Jul 2019



First Responder

Canadian Red Cross

Issued Apr 2021



Anti-Doping Education

Canadian Centre for Ethics in Sport

Issued Jul 2022

Skills

Teamwork, Coaching, Analytical Skills, Customer Service, Problem Solving, Active listening, Mentoring, Leadership...

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Recommendations



“Paula was my daughter’s instructor of martial arts for two years. She was terrific with my child and showed tremendous dedication to teaching and ensuring a safe space for all students.”

Laanguages

English

Native or bilingual proficiency

Portuguese

Native or bilingual proficiency