LINDOKUHLE MOSES NKOSI

PE & SPORTS COACH | BIOKINETICS GRADUATE | SPORTS & YOUTH DEVELOPMENT

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PROFESSIONAL SUMMARY

Biokinetics graduate and sports, fitness and youth-development professional with practical experience in physical education, sports conditioning, exercise programming, group instruction and learner support. Combines a strong exercise-science foundation with hands-on experience supporting Grades 7–9 learners, tutoring school-age students, conditioning football players and delivering individual and group exercise sessions. Applies knowledge of human movement, exercise physiology, biomechanics, exercise prescription, injury prevention and safe activity delivery to create structured, engaging physical-development experiences. Holds a current First Aid Level 2 certification through Virgin Active, valid until April 2027. Motivated to use sport and physical education to develop confidence, discipline, teamwork, resilience and leadership in young people.

CORE SKILLS

- Physical Education and Sports Coaching
- Sports Programme Development and Coordination
- Sports Conditioning and Athletic Development
- Exercise Prescription and Training Programme Design
- Learner Development and Youth Engagement
- Lesson and Session Planning
- Individual and Group Instruction
- Sports Safety and Injury Prevention
- First Aid and Emergency Response Awareness
- Team Development and Athlete Motivation
- Sports Competitions and Event Support
- Fitness Assessment and Progress Monitoring
- Learner Behaviour and Participation Support
- Stakeholder Communication and Relationship Building
- Sports Equipment Safety and Management
- Record Keeping and Progress Reporting
- Problem Solving and Adaptability
- Leadership and Team Collaboration

PROFESSIONAL EXPERIENCE

Fitness Instructor | Virgin Active | March 2025 – Present

- Deliver structured individual and group exercise sessions that translate exercise-science principles into safe, engaging and accessible training experiences for participants with varied abilities and goals.
- Design and progress exercise programmes using exercise prescription, progressive overload, conditioning and movement-quality principles, supporting participants toward defined training and fitness objectives.
- Improve participant understanding and exercise execution through clear demonstrations, technical coaching and corrective feedback on movement, equipment use and safety.
- Strengthen participant engagement by creating positive group-training environments that encourage consistency, teamwork, confidence and active participation.
- Monitor attendance, participation and performance to identify needs, provide targeted feedback and support ongoing progression.
- Build trusted relationships with members and stakeholders through professional communication, responsive support and a member-centred approach.

- Promote safer participation by applying injury-prevention principles and current First Aid knowledge during exercise and physical-activity sessions.
- Contribute to operational and member-engagement initiatives, demonstrating adaptability, organisation and accountability in a high-volume fitness environment.

Conditioning Coach | Amateur Football |

Battalions FC, N0V 2023 - JULY 2024

- Develop and deliver football conditioning sessions targeting endurance, strength, speed, agility, mobility and overall athletic development, aligning training with the physical demands of the sport.
- Progress training activities according to player needs and performance demands, creating structured sessions that support readiness for competition.
- Improve player execution through individual and group coaching, technical demonstrations, movement correction and constructive performance feedback.
- Support match preparation by integrating conditioning, warm-up and readiness activities into the team's training approach.
- Promote safer athletic participation through appropriate warm-up, recovery and injury-prevention practices.
- Contribute to a disciplined and performance-focused team culture by motivating players, reinforcing accountability and encouraging consistent participation.

Educator Assistant – Grades 7–9 | School-Based Education Programme |

Ntababomvu Primary School, FEB 2023 - SEPT 2023

- Supported the learning and development of Grades 7–9 learners in Mathematics, Life Orientation and Natural Sciences, gaining direct experience working with teenagers in a structured school environment.
- Improved learner participation and understanding by providing individual and small-group support tailored to different abilities, learning needs and confidence levels.
- Reinforced classroom expectations and positive behaviour through consistent learner supervision, clear communication and constructive support.
- Contributed to a positive and organised learning environment by assisting educators with classroom activities, learner supervision and day-to-day school responsibilities.
- Strengthened collaboration with educators by supporting lesson activities and responding proactively to learner needs.
- Prepared lessons in accordance with the then academic year's ATP

Grade 12 Tutor – Physical Sciences , Life Sciences and Geography | Private Tutoring | 2022

- Provided individual and small-group instruction to school-age learners, adapting teaching approaches to different abilities and levels of understanding.
- Improved learner engagement by breaking complex concepts into accessible explanations and encouraging active participation.
- Supported learner progress through ongoing observation, feedback and adjustment of teaching approaches.
- Built productive learner relationships by combining clear expectations, encouragement, accountability and individualised support.

Corporate Wellness Intern | FNB Bank City |

Internship Experience, Mar 2020 - Nov 2020

- Supported workplace wellness and physical-activity initiatives, contributing to structured programmes designed to promote healthier and more active participation.
- Applied exercise and wellness knowledge to participant engagement, helping communicate the value of physical activity in a corporate setting.
- Built stakeholder and teamwork experience by contributing to organised wellness activities and working with diverse participants.

University of Johannesburg — Biokinetics Internship |
FEB 2020– NOV 2021

Orthopaedic & Sport Centre — Auckland Park Campus

- Supported Biokinetics interventions for athletes during sport rehabilitation, return-to-play and physical conditioning.
- Assisted with pre-season screening and fitness testing for soccer, netball, rugby and hockey athletes.
- Participated in sport-specific assessment and conditioning, considering the physical and movement demands of different sporting codes.
- Assisted with rehabilitation programmes targeting strength, mobility, stability, balance, coordination and functional movement following injury.
- Supported progressive return-to-sport programmes by monitoring movement quality, exercise tolerance and functional performance.
- Assisted with the design and delivery of sport-specific conditioning programmes aimed at improving strength, power, speed, agility, endurance and injury resilience.
- Gained practical exposure to the role of Biokinetics in athletic development, injury prevention, rehabilitation and performance enhancement.
- Worked under supervision while maintaining appropriate safety, exercise progression, documentation and professional communication standards.

Chronic Conditions Centre — Bunting Road Campus

- Supported exercise-based management of individuals living with chronic health conditions, applying appropriate exercise prescription principles under supervision.
- Assisted with programmes designed to improve functional capacity, mobility, strength, endurance and quality of life.
- Gained practical experience working with an ageing population, adapting exercises according to functional ability, mobility and individual needs.
- Assisted with hydrotherapy and aquatic exercise interventions, using the properties of water to facilitate safe movement and physical conditioning.
- Supported participants through structured exercise sessions while monitoring tolerance, technique, safety and progression.
- Developed practical understanding of how Biokinetics contributes to long-term physical function, healthy ageing and chronic-condition management.
- Strengthened communication skills through working with individuals requiring different levels of support, encouragement and exercise modification.

EDUCATION

Bachelor's Degree in Biokinetics | University of Johannesburg | Completed 2021

Relevant areas: Human Anatomy, Exercise Physiology, Biomechanics, Exercise Prescription, Sport Conditioning, Rehabilitation, Fitness Assessment and Kinesiology.

CERTIFICATIONS AND PROFESSIONAL DEVELOPMENT

- First Aid Level 2 — Virgin Active | April 2025
- High Intensity Interval Training (HIIT) Certificate - Virgin Active, 2025
- Level 1 Strength and Conditioning Certificate - IUSCA, 2025
- 120 Hour TEFL Certificate - Teacher Record, 2024

SPORTS KNOWLEDGE AND EXPOSURE

- Soccer / Football — playing experience with practical exposure to team sport, conditioning and athletic development.
- Rugby, Cricket and Netball — foundational knowledge of rules, gameplay, positions, equipment and physical demands.
- Additional physical activity areas — strength and conditioning, functional training, group fitness, fitness testing, general athletic development, exercise-based rehabilitation and physical activity/wellness.

RELEVANT PROFESSIONAL CAPABILITIES

- Translate exercise-science principles into structured, age-appropriate physical activity and sports sessions.
- Adapt instruction and activities to different abilities, confidence levels, learning needs and physical capacities.
- Develop progressive training sessions that combine fitness, movement quality, conditioning and sport-specific demands.
- Promote safe participation through equipment awareness, injury-prevention practices and current First Aid training.
- Monitor participation, performance and progress and communicate observations clearly to relevant stakeholders.
- Work collaboratively with educators, coaches, managers, learners, athletes and other stakeholders to support programme objectives.
- Approach challenges proactively and adapt to changing participant, learner and programme needs.

TECHNICAL AND ADMINISTRATIVE SKILLS

- Microsoft Office and digital documentation
- Training and exercise programme planning
- Fitness assessment and progress monitoring
- Attendance and participation tracking
- Professional written and verbal communication
- Record keeping and reporting
- Team collaboration and stakeholder engagement

REFERENCES

Prof L Lategan | Course Coordinator | +27 11 559 6966

Ms BE Nkosi | Former Line Manager | +254 715 972212

UNIVERSITY
OF
JOHANNESBURG

The Council and the Senate of the
UNIVERSITY OF JOHANNESBURG
hereby certify that the degree

Bachelor of Biokinetics

with field of study

Biokinetics

with all its associated rights and privileges
in accordance with the Statute of the University
has been conferred upon

LINDOKUHLE MOSES NKOSI

at a congregation of the University

Vice-Chancellor and Principal

Registrar

University of Johannesburg scan to verify SmartVerify+

11 May 2022
Johannesburg
ID/Passport No: 9802056072085

N00113302

27 February 2025

IQF Level 1 Certificate

Certificate of Achievement

This certificate is awarded to

Lindokuhle Nkosi

For completing the online program & assessments, resulting in a

Level 1 Certificate in Strength and Conditioning

This certificate is awarded in recognition of the successful completion of this program and the fulfillment of all its requirements. The recipient has demonstrated dedication, commitment, and foundational knowledge in the field of strength and conditioning. IQF Level 1 represents an introduction to foundational concepts in S&C, which does not qualify for unsupervised practical work in the field.

Andrew Langford
Director

IUSCA
International Universities Strength and Conditioning Association

Aden Flannagan
Director

VIRGIN ACTIVE
LEARNING & DEVELOPMENT

CERTIFICATE
OF COMPLETION

PRESENTED TO

LINDOKUHLE
NKOSI

FITNESS INSTRUCTOR

FOR
HIGH INTENSITY INTERVAL TRAINING (HIIT)

This certificate is awarded to acknowledge your knowledge of this **course material**.

3

You have been awarded **CPD Points** as a result of successfully passing the corresponding quiz.

Virgin active
SOUTH AFRICA

DATE OF COMPLETION
2025-08-06

SCAN TO VALIDATE

HURU Technologies (Proprietary) Ltd
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Vat:4130281522
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huru.co.za | support@huru.co.za

Request Information 814297492

Attention	Lindokuhle Moses Nkosi	Report date	2026-10-04 08:42
Verify report		Transaction Source	PostNet Groenkloof

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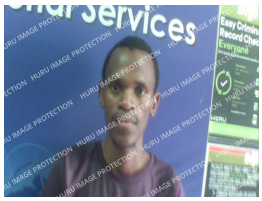
Results

Subject	Picture	Verifications	Results	Outcome
LM Nkosi 9802056072085 Born: Feb 1998 Consent: regular		Standard Criminal Record Check Reference: 22309894 Supplier reference: 2031146047 Name: LINDOKUHLE MOSES Surname: NKOSI ID: 9802056072085 Date of birth: 19980205 Started : 2026-10-03 12:00 Finished: 2026-10-04 08:42	No previous convictions identified	Clear

Definitions

SAPS	SAPS stands for the South African Police Service, the national police force of South Africa. They serve as the authoritative source and custodian of the data used in Criminal Record checks.
Dates & Times	All times and dates used in the system are reported as SAST.
Report	This report and all its contents and annexures
SAPS verification requested	Indicates you do have possible criminal record and/or a case awaiting trial. A hard copy is sent to SAPS to confirm or refute the hit result and to issue an appropriate previous conviction report by way of a SAPS69 report.
No previous convictions identified.	Indicates NO previous convictions and/or a case awaiting trial could be identified.

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Notice	This is not a Police Clearance Certificate A Police Clearance Certificate is also known as a Behaviour Certificate, Certificate of Good Conduct, Certificate of Character and a No Objection Certificate. In South Africa a Police Clearance Certificate is solely issued by the South African Police Service Criminal Record and Crime Scene Management.
SAPS Verification Process	The SAPS verification process can take anything from 2 to 6 weeks. In some cases it does take longer and we are unable to guarantee a turnaround time. You will automatically receive the result once this process is completed by SAPS.

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Extract from

South African Police Service
Criminal Database

TO DETECT AND PREVENT FRAUDULENT CERTIFICATES PLEASE AUTHENTICATE THE BELOW DATA AND RESULT ON WWW.AFISWITCH.CO.ZA UNDER RESULT AUTHENTICATION USING A COMBINATION OF THE HOST REQUEST REFERENCE AND SA ID / PASSPORT NUMBER

Host request reference:	2031146047
User reference:	82085
Search date / time:	**2026/10/03 12:00:18**
SA ID / Passport number:	9802056072085
First names:	LINDOKUHLE MOSES
Surname:	NKOSI
Population group:	BLACK
Gender:	MALE
Date of birth:	1998/02/05
Country of birth:	SOUTH AFRICA
Address:	136 JOHNSTON STREET SUNNYSIDE PRETORIA
Previous charges declared:	NO
Search Type:	**SACE**
Reason for enquiry:	SACE SCREENING
Fingerprints taken at:	PRETORIA GAUTENG
Barcode number:	
Receipt number:	
Result:	***NO PREVIOUS CONVICTIONS IDENTIFIED***

The result is a reflection of the previous conviction status and/ or case awaiting trial status of the applicant on the South African Police Service Database on the search date / time as shown above. No Previous Conviction Identified results and SAPS Verification Requested results can be authenticated on the www.afiswitch.co.za website.

Notice: ***THIS IS NOT A POLICE CLEARANCE CERTIFICATE***

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