

JORDAN



WELLNESS PROGRAM FACILITATOR (Bachelor Sports Studies)

CONTACT

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ABOUT ME

Jordan has been extensively involved in sports from a young age, from football to track and field up to the age of 17, before he moved onto strength and conditioning over the past decade.

Jordan kicked off his studies at the University of the Sunshine Coast in 2018 where he completed a Diploma in Sport and Fitness. It was here that Jordan's passion for the science behind the sport and interest in nutrition were ignited and where Jordan went on to complete a Bachelor of Sport Studies (with a major in Sport and Exercise Nutrition).

Jordan has been fortunate to work and collaborate with several clients in providing exercise programs and nutritional support, both in a gym and in the home setting. Additionally, Jordan has had the pleasure of working with youth heavily involved in sport and has tailored training to maximize their performance outcomes.

GOALS

Jordan looks forward to sharing his knowledge and expertise regarding exercise and nutritional strategies to enhance individual's wellbeing and to meet personal goals.

QUALIFICATIONS

- Diploma Sports & Fitness

CLEARANCES

- Working with Children Check
- NDIS Worker Screening
- Covid Vaccination
- First Aid and CPR

