

Michael Grice B.Ost, BA (Hons), Cert Ed, Pg Cert

Personal


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Education

2008-2013 Staffordshire University Bachelor of Osteopathy
 2010-2012 Keele University PG Cert Clinical Anatomy
 2006-2008 Birmingham University Certificate of Education
 1997-2001 Birmingham University BA (Hons) Hospitality and Leisure Management

Employment History

Nov 07- Birmingham Movement Therapy
 Present **Clinic Director/Osteopath/Biomechanics Coach**

- Lead clinician
-  IOC Lecturer for Injury Prevention

Oct 11 – University College Birmingham
 Present **Lecturer/Osteopath**

- Module Leader: Athletic Movement Analysis
- Lecturing on Health, Fitness, Movement Analysis and Manual Therapy modules of BSc and FdSc Sports Therapy and Clinic Tutor at operational sports therapy clinic within the University

May 03 – MG Training UK Ltd and Active Skills Ltd
 Present **Director**

- MG Training UK Ltd run First Aid and Defibrillator training for the Leisure industry
- Active Skills Ltd is an Active IQ registered centre and is able to deliver Register of Exercise Professionals (REP's) accredited Level 1, 2 and Level 3 courses
- Design and delivery of the Certificate in Remedial Therapy and Corrective Exercise course in association with Lifetime HF

Mar 08 – Intelligent Training Systems
 Aug 13 **Programme Director**

- Biomechanics Lecturing throughout UK, Europe and USA
- Guest Speaker - FitPro, British Association of Prothetists and Orthotists (BAPO), International Fitness Showcase, Good Health Show, UKBCA Conf, UKSEM Conf.
- Design and Delivery of the Level 4 Low Back Pain management course

Mar 06 – Birmingham Metropolitan College
 Dec 10 **Health and Fitness Lecturer**

- Teaching on the Level 4 Foundation Degree in Fitness and Community Health
- Health and Fitness course coordinator at Matthew Boulton Campus: includes teaching and organising the Active IQ Gym Instructor, Circuit Training, Personal Trainer, Exercise Referral and Sports Massage Awards
- Teaching on the BTEC Introductory, First and National Diplomas in Sport

Jan 06 – LivingWell Health Club – Birmingham Premier
 Oct 06 **Deputy General Manager**

- Day to day operations, Membership and additional spend targets, Health and Safety (Including training, implementation etc)
- April 05 – Number Ten Group
- Dec 05 **Group Training Manager**
 - Design and implementation of all management and team training courses
 - Develop, manage and ensure compliance with companies training strategy
 - Developed and implemented the companies Health and Safety Procedures.
- Sept 03 – LA Fitness Head Office, Commercial Road, London
- April 05 **National Trainer**
 - Developing an evolving training package to satisfy Health and Safety, Commercial and operational needs across the LA Fitness Group.
 - Main areas of expertise include: HSE First Aid Training, NARS lifeguard training, Studio Management training, FOH and Gym training, Duty Manager training, Member Service Training, Health and safety, LA Spin Group Master Trainer
- Feb 03 - LA Fitness – Kings Heath, Birmingham
- Sept 03 **General Manager**
- Aug 02 – Cannons Health and Fitness Ltd: Midlands Region
- Feb 03 **Health and Safety Regional Manager and Operations Manager**
- 1994 – Various Health Clubs – West Midlands and South Wales
- 2003 **Personal Trainer, Duty Manager, Pre-sales, Operations manager**

Professional Associations/Positions

- Member of British Osteopathic Association
- General Osteopathic Council
- Member of Sports Massage Association
- External Panel Member DeMontford University
- Technical Expert Group (TEG) – Skills Active

Short Course, CPD and Qualifications

Leisure, Health and Fitness: Level 3 Personal Trainer, Level 3 Exercise Referral, Level 4 Low Back Pain Management, BA (Hons) Hospitality and Leisure Management, GNVQ Advanced Leisure and Tourism, NVQ II Food Preparation, NPLQ Pool Lifeguard, De-fib operator, ISRM Pool Plant Operator, RIPHH food hygiene certificate, Wines and Spirits Trust Certificate, ISRM Lifeguard Trainer Assessor, NARS Pool Attendant, CIEH Foundation Health and Safety, Advanced Diploma in Optimum Nutrition, CIEH Advanced Health and Safety, CIEH Foundation Food Hygiene, Qualified Bodypump and BodyCombat instructor with BTS, Nike and Adidas personal speed training coach, Box-a-cise instructor, Concept II rowing instructor, NVQ level II Sport and Recreation, City and Guilds 7407 Stage 1 and 2, CIEH Professional Trainer, ILAM/STA Pool Plant Operator Tutor, Diploma in Biomechanics Coaching, Gravity Training – Personal Trainer, UKSCA Olympic Lifting

Teaching: Certificate of Education, City and Guilds 7407 Stage 1 and 2, CIEH Professional Trainer, First Aid/Defibrillator/Lifeguard Trainer/Assessor, RFU First Aid Instructor

Medical: Post Graduate Certificate in Clinical Anatomy, Osteopathy Degree, Kinetic Control – Function and Movement, Intelligent Training Systems – Master Biomechanics Coach, Quadrastep Orthotic Prescription, Anatomy Trains, Lower Limb Biomechanics, Level 3 GP Referral, C.H.E.K Institute Core conditioning and Back Specialist, BTEC Level 4 Professional Diploma in Sports and Remedial Massage, Postural Analysis certificate, Kinesio Taping Practitioner, Explain Pain – NOI Group, Instrument Assisted Massage Tools, Neurological Testing – Peak Performance, HVT – Peak Performance,