

MICHELLE PERERA

michelle.perera8@bmail.com // Bayside, Melbourne

Experience

Family caregiver, Melbourne

February 2023—Present

- Shares caregiving responsibilities for grandfather, assisting with daily tasks, providing companionship, and ensuring safety at home.
- Works collaboratively with siblings to coordinate schedules, ensuring consistent care and support.

Rehabilitation assistant (part-time) – GHT Sports Clinic, Elwood

May 2023—Present

- Assist physiotherapists in implementing exercise programs for clients recovering from sports injuries and surgeries.
- Support clients with exercises and mobility techniques, focusing on safe and effective movement.
- Observe client progress, record feedback, and report to supervising physiotherapists to ensure treatment effectiveness.

Exercise physiology intern – Buderim Community Health Centre, Buderim QLD

July 2022—October 2022

- Conducted fitness assessments and developed personalised exercise plans for clients with chronic health conditions under the guidance of senior staff.
- Worked one-on-one with clients to teach exercises and monitor safety, encouraging active participation and self-care.
- Gained experience in adapting exercise programs for clients with varying levels of physical ability, building skills in personalised support.



Gym administrator – Ultimate Fitness, Caloundra QLD

February 2019—January 2023

- Managed scheduling, member inquiries, and administrative tasks, ensuring smooth daily operations for both staff and members.
- Provided information on fitness classes and personal training options, assisting members with selecting suitable programs.

Swim coach – Moorabbin Baths, Moorabbin

December 2017—January 2019

- Coached swimming techniques for children, including individuals with physical limitations or special needs.
- Developed strong communication and motivational skills, fostering a positive and inclusive environment for all participants.

Education**Master of Physiotherapy (part-time) – Swinburne University**

July 2025—2028 (expected)

Bachelor of Exercise and Sport Science – University of the Sunshine Coast

2019—2022

References

Available on request.