

Matthew Adebona

An aspiring student currently pursuing a Bachelor of Science in Sport and Exercise Science at St Mary's University.

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Languages

Mandarin

English

About

(BSc) Sport and Exercise Science Student at St Mary's University Passionate About Improving Athletic Performance through Data-Driven Research

BRANDS WORKED WITH

LEON Restaurants

Experience



● Team Leader

LEON Restaurants | Oct 2021 - Now

Matthew Alusine Adebona

42 Cambays Road

London, RM10 8YD

matthewadebona@gmail.com

+447507268793

https://www.linkedin.com/in/matthew-adebona-2703a7226?lipi=urn%3Ali%3Apage%3Ad_flagship3_profile_view_base_contact_details%3BKzETjsd%2BRQ6C9PCu8Xa15g%3D%3D

Objective:

My aspirations are to excel in the field of sports biomechanics, helping to develop a higher level of understanding when looking at several different sports.

Education:

Bachelor of Science in Sport and Exercise Science

St Mary's University

Waldegrave Road, Twickenham

Currently still studying.

Relevant Course:

Sport and Exercise science

A-levels:

OCR level 3 Physical Education :B

AQA level3 Psychology and Sociology: B and C

GCSE's:

EDEXL Combined Science option H, Chinese, Mathematics option H,

Physical education: 6, 4, 4, and 6

AQA Media studies, English language, English literature, and Religious studies: 6, 6, 5, and 6

Work Experience:

Team Member

Newham Riding School

2 Claps Gate, London

18/06/18-29/06/18

- Working with other team member to deal with horses and other animals

- Completing important paperwork

Team Leader

Leon

Liverpool Street Station, London

06/10/21- currently employed.

- Taking customers' orders, showing great customer service

- Completing important paperwork surrounding different shifts I would lead

Skills:

- Communication

- Marketing

- Management

- Retail sales

- Restaurant experience

Achievements and Awards:

- Completed the more than mentors training with community links

- 100% attendance and punctuality across 3 years of secondary education from 2015-2018

- Completed both secondary education and A-level education without failing

Extracurricular Activities:

- Playing recreational football with friends
- Playing table tennis with friends
- Cycling across London and trying new food recipes
- Enjoy badminton and science, specifically how the body works and interacts with different chemicals

Languages:

- English - Fluent
- Mandarin - Intermediate

References:

Available upon request.

Education & Training

- 2021 - 2025 ● **St Mary's University, Twickenham**
Bachelor of Science, Sport and exercise science
- 2019 - 2021 ● **Eastbury Sixth Form**
A-Level or equivalent in Physical education, sociology and psychology,
- 2014 - 2019 ● **Kingsford Community School**
GCSE or equivalent in Mandarin, physical education and media studies.,