



# ELISE BURT

Senior Exercise Physiologist

## AREAS OF INTEREST:



PAEDIATRICS



QUALITY  
OF LIFE



NEUROLOGICAL



FUNCTIONAL  
TRAINING

## ABOUT ME

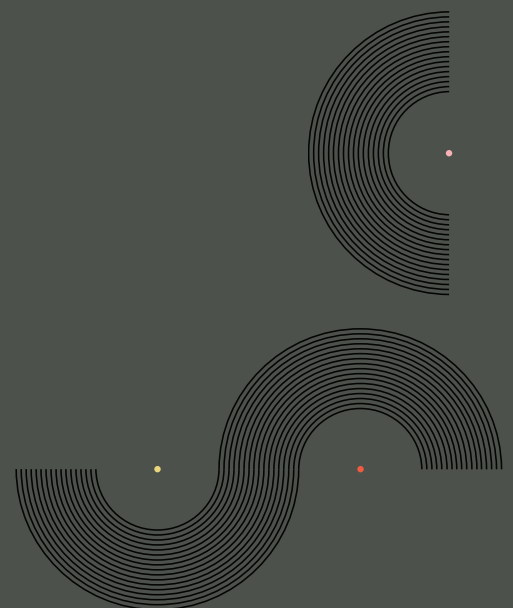
Hi! My name is Elise and I am an Accredited Exercise Physiologist having completed my Master of Clinical Exercise Physiology and Bachelor of Exercise and Sport Science from Deakin University. I also have experience working as a qualified personal trainer.

Through both degrees and work as a personal trainer I have been exposed to a wide range of people and environments which has helped develop my skills as an Exercise Physiologist. I have worked with high performance athletes and people of all ages with varying diseases, disabilities and injuries. I have a passion for improving an individual's quality of life, through improving physical, mental and social health, as well as improving individual's performance in their given sports.

Outside of Exercise Physiology I enjoy staying active and have had personal experience competing as an international athlete in Sport Aerobics. I also enjoy travelling and experiencing other cultures, the beach and reading books.

## QUALIFICATIONS

- Bachelor of Exercise & Sport Science (ESSA Accredited Exercise & Sport Scientist)
- Master of Clinical Exercise Physiologist (ESSA Accredited Exercise Physiologist)



**YAWA.**  
AQUATIC CENTRE