

## Profile: Simon Penn BSc (Hons) GSR

Simon completed a BSc (Hons) Sport Rehabilitation, at St Mary's University College in 2009.

He completed his degree part-time whilst serving in the Royal Air Force. Serving seven years as a Physical Training Instructor, Simon was involved in the training and rehabilitation of service personnel to full fitness.

In September 2009, Simon joined the Professional Short Course Team as a part-time Lecturer in Health Related Fitness. With over ten years of experience in the fitness industry, Simon organises the fitness based courses of the Professional Short Course Unit. In addition to his lecturing role, Simon is currently completing an MSc in Applied Sport and Exercise Physiology with St Mary's University College.