

Nathanael Beh

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Objective

I am hoping to apply psychological knowledge in the context of health and fitness promotion. Specifically, I am interested in researching psychosocial facilitators to exercise adherence and the development of health habits.

Education

Jul 2022 – Jun 2026 Bachelor of Social Sciences
Singapore Management University
Cumulative Grade Point Average (cGPA): 3.70
Dean's list AY2023-2024

Work Experience

Sep 2024 – Present	National Under-24 Strength and Conditioning Coach, Singapore Flying Disc Association
Responsibilities:	The role filled a critical gap in the current national team infrastructure, ensuring athletes were adequately conditioned for the demands of high-performance training and competition. - Collaborated with other fitness professionals to craft injury prevention programs - Worked with national team coaches to periodize strength and conditioning programs for various phases of training - Provided feedback, follow-up and modifications to athletes - Maintained a low injury and attrition rate among athletes throughout training
Jan 2024 - Present	Fitness Coach, Body Fit Training International (Dairy Farm)
Responsibilities:	The role involved regular delivery of BFT International programs to general population members. - Delivered exercise programs to BFT international coaching standards - Managed up to 36 members concurrently per class, conducting up to 7 classes per day

- Modified exercises to meet specific needs and limitations of members
- Adopted various strategies to motivate members to meet their goals
- Studio was listed among the top 20 and among the top 10 first-year studios globally

Research Experience

May 2024 – Jul 2024	Intern, Dairy Farm Fitness Pte. Ltd.
Responsibilities	The role involved supporting the administration and operations of a fitness studio, including managing membership billings and suspensions. - Drafted and refined a human resources handbook to standardize operations across three studios - Created an automated spreadsheet-based membership tracker using data imported from a third-party application
Sep 2023 – Dec 2023	Research Assistant, Office of Business Improvement
Responsibilities	The role aided during data collection and analysis phases of an Office of Business Improvement (OBI) funded project titled 'Improve the Course Registration (BOSS) for UG'. This project aimed to analyse course registration and bidding behaviours among undergraduate students, as well as explore modifications to alter target behaviours and reduce overall stress. - Delivered a bidding simulation model to study students' bidding patterns and behaviors for course registration - Conducted data collection from students - Organized, extracted and processed data to propose and support recommendations to the Office of Business Improvement

Memberships

National Registry of Coaches (NROC)

Membership ID	I0096636
Commencement Date	Mar 2024
Status	Member (Provisional Coach)

National Registry of Exercise Professionals (NREP) – Strength and Conditioning

Membership ID	I0096636
Commencement Date	Apr 2023
Status	Member (Coach)

Skills and Competencies

- R for statistics
- SPSS and JASP for statistics
- Spreadsheet modelling
- Fitness training and coaching
- Academic writing
- Team leadership and management