

JOVAN TOMY

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Professional Summary

A dedicated Sport and Exercise Science student at Ulster University with a strong interest in community sport, health promotion, and leisure development. Experienced in coaching and delivering engaging physical activity sessions to groups, with a focus on increasing participation and supporting wellbeing. Developed strong communication, teamwork, and organisational skills through coaching, volunteering, and customer-facing roles. Keen to contribute to the planning and delivery of sport and leisure programmes within a community setting.

Education

Ulster University, Belfast 2024 - 2028

BSc Sport and Exercise Science

- Relevant modules (to date):
- Physiology – understanding how human body responds to exercise and training.
- Sports Psychology – exploring motivation and behaviour in sporting performance.
- Biomechanics – utilising movement analysis techniques to improve performance and reduce injury risk.

Rathmore Grammar School Belfast, Belfast 2022 - 2024

A-Levels - AAB

- Maths.
- Chemistry.
- Biology.

Work Experience

Performance Analyst Intern - Performa Sports, Belfast January 2026 - February 2026

- Analysed 20+ hours of match footage to identify trends and support structured feedback for coaches and participants
- Compiled clear and organised reports from data and video analysis, strengthening reporting and record-keeping skills
- Developed the ability to interpret data and communicate insights effectively in a practical sporting environment

Pick and Packer - Next - Bondelivery, Belfast May 2025 - Present

- Accurately pick, pack, and prepare customer orders in a busy warehouse environment, developing strong attention to detail and efficiency.
- Executed with colleagues to meet daily deadlines, building teamwork and collaboration skills.
- Learned to manage time and maintain productivity under pressure, strengthening organisation and adaptability.

Crew Member - Mcdonalds, Belfast October 2023 - December 2024

- Delivered customer service in a high-pressure environment, enhancing communication and interpersonal skills.
- Handled multiple roles including order preparation, cashier duties, and maintaining hygiene standards, improving multitasking and flexibility.
- Gained resilience and problem-solving skills by adapting quickly to changing tasks and peak periods.
- Delivered high-quality customer service, responding to queries and ensuring a positive customer experience

Projects

- **Hackathon Project – Brewstige (Hack Belfast Runner-Up)** – Placed 2nd overall in a 24-hour hackathon as part of a 5-person team, developing a gamified café discovery app; contributed to UI, reporting, and product development, securing early client interest and 4 business meetings within 24 hours
- **World Cup Predictor (Data Science Series)** – Built a Python data science project series analysing 49,000+ international football matches to predict the 2026 World Cup, applying sports science performance analysis principles across variables including host advantage, form, and Elo ratings.
- **NetWorth (Personal Finance App)** – Built a finance app to track all my money in one place by linking bank and investment accounts; used it to monitor net worth, track spending, detect subscriptions, manage savings goals, and calculate safe-to-spend money for a clear real-time view of my finances.

- **Life Quest – Educational Technology App (Presented Project)** – Designed and presented a gamified life-skills platform for ages 16-25, focused on personal finance, career readiness, communication, wellbeing, and independent living through interactive learning experiences.
- **Co-Founder – Lumideck (AI EdTech Startup)** – Developed a platform to support learning and studying through interactive flashcard tools, improving user engagement through feedback and testing.
- **Biomechanics Project** – Conducted movement analysis on 10+ subjects, identifying inefficiencies and suggesting performance improvements of up to 10–20%
- **Performance Analysis Project** – Analysed athlete performance data and match footage, improving tactical decision-making accuracy by 15% in simulated scenarios

Certifications

- **Badminton Coaching Qualification** (Shuttle Time)
- **Basketball Coaching Qualification** (Basketball NI)

Extra Curricular Activities

- **Sports Coach (Basketball & Badminton)** – Planned and delivered structured coaching sessions for groups of 15–20 participants, promoting engagement and enjoyment in sport, while supporting skill development, teamwork, and confidence in young people through inclusive session delivery. Adapted sessions to suit different abilities, encouraging increased participation in physical activity, and contributed to a positive and safe learning environment that promotes health, wellbeing, and active lifestyles.
- **Student Ambassador – Ulster University** – Delivered campus tours and presentations to 200+ prospective students and families, contributing to increased engagement and positive applicant experience. Provided a high standard of customer service by engaging with visitors, answering queries, and creating a welcoming environment
- **Social Media Manager – South Asian Society** – Managed and created content that increased event engagement by 30%+ and improved social media reach.
- **Freelance Graphic Designer & Video Editor** – Completed 20+ client projects, consistently meeting deadlines and increasing client engagement through high-quality digital content while strengthening skills in client communication, negotiation, sales, branding, and marketing strategy
- **UGC Content Creator** – Produced branded content for 5+ companies, generating 100K+ total views and improving audience engagement rates by 20%+ while developing skills in digital marketing, sales communication, audience targeting, and brand-focused content strategy
- **Adobe Student Ambassador** – Selected as a student representative for Adobe, joining a global network of ambassadors to promote creativity, digital skills, and student engagement through events, content creation, and peer learning opportunities.
- **Technology & Engineering Virtual Internship Experience UK (Bright Network)** – Completed a 4-day virtual internship programme connecting with 30+ leading employers including Google and Lloyds Banking Group, participating in industry workshops, networking sessions, and a sector skills project designed to mirror graduate-level work. Received completion certificate.
- **Technical & Digital Skills:** Proficient in Python, JavaScript and SQL for data handling, analysis, and application development. Strong working knowledge of Microsoft Excel, Word, Outlook, and PowerPoint for data organisation, reporting, and presentations. Experienced with Adobe Photoshop, Premiere Pro, Canva, and CapCut. Working knowledge of Figma and Framer.

Achievements

- **Ulster University Dean's List (2024/25)** – Achieved 70%+ average (certificate awarded)
- **Ulster EDGE Award** – Completed a structured employability programme developing professional skills (certificate awarded at graduation)
- **Students as Leaders Programme** – Completed leadership programme focused on teamwork, communication, and problem-solving, delivering group-based projects (certificate awarded)
- **Elevate Programme – Ulster University** – Selected as 1 of 8 students from a cohort of 180+ for a competitive development programme focused on advancing public speaking, networking, and personal and professional growth (certificate awarded)