

# Name

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Address | Phone | email@hotmail.com

## Education

### **BACHELOR OF SCIENCE | MAY 2016 | MY UNIVERSITY**

- Major: Exercise Science
- Related coursework: Kinesiology, Anatomy and Physiology, Fitness Assessment, Periodization and Programming, Methods of Resistance Training, and Clinical Exercise Physiology.

### **ACCOLADES**

- Dean's List: Fall '14, Spring '15, Summer '15, President's List: Fall '15, Spring '16
- Member of the Biology Honor Society at university

## Experience

### **PERFORMANCE COACH | JOB SITE | MAY 2016 – PRESENT**

- Design exercise programs for individuals with a variety of personal goals and across all age groups
- Responsible for the physical development of athletes of various sport disciplines
- Improve physical attributes: strength, power, speed, agility, mobility, and mental preparedness

### **STRENGTH AND CONDITIONING INTERN | PRO BASEBALL TEAM | JANUARY 2016 – APRIL 2016**

- Responsible for coaching professional baseball players through programmed work-outs to improve athletic ability
- Guided the athletes through corrective stretches, dynamic warm-ups, and cardiovascular conditioning to prepare them for sport activities
- Assessed the athletes for physical impairments and asymmetries in range of motion utilizing the Functional Movement Screen and correcting them with prescribed exercises to improve movement patterns

### **STRENGTH AND CONDITIONING INTERN | ATHLETE TRAINING FACILITY | AUGUST 2015 -DECEMBER 2015**

- Educated athletes proper exercise execution, lead dynamic warm-ups, and assisted with static stretches in order to yield optimal physical performances
- Developed daily work-outs for individuals in order to enhance their athletic abilities in their respective sports disciplines
- Coached athletes in agility, speed, power, strength, acceleration, and deceleration to improve athletic performance

## Skills & Abilities

### **CERTIFICATIONS**

- Certified Strength and Conditioning Specialist (CSCS) through National Strength and Conditioning Association (NSCA)
- CPR/AED and First Aid Certified through the American Red Cross- Valid through February 2017

### **SPECIAL SKILLS & EXPERIENCE**

- Fluent in Spanish (written and verbal)
- Experience in prescribing exercise programs for the childhood, adolescent, adult, and special populations
- Functional Movement Screen (FMS) experience
- Ability to instruct a large group of individuals
- Participated in a 2-month rehabilitation program for a NCAA Division 1 athlete utilizing the Alter-G treadmill
- Experience with administering fitness assessments
- Conducted fitness assessments for members of a S.W.A.T. team to measure physical strength

### **MANAGEMENT SKILLS**

- Assistant Operations Manager for Sports Club: Responsible for overall operations of the sports club. Oversaw front-desk staff of up to three personnel while simultaneously supervising the maintenance staff
- Facility Manager for University Campus Recreation Facility Operations: Supervised student staff and enforced fitness center policies