

ROBERT SMITH

Fitness Trainer III

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SUMMARY

To obtain a position where can help people return to their functional level. A very diverse and motivated individual who works well with others and will be a great asset to your esteemed company.

SKILLS

Microsoft office, Nvivo10, SPSS.

WORK EXPERIENCE

Fitness Trainer III

ABC Corporation - September 2002 – 2007

- Under general supervision, evaluate physical condition and treat student athletes to maintain maximum physical fitness for participation in athletic competition.
- Prescribe routine and corrective exercises to strengthen muscles, recommends special diets to increase/decrease weight.
- Treat chronic minor injuries and related disabilities to maintain student athlete performance.
- Design customized individual training programs.
- Wrap ankles, fingers, or wrists in synthetic skin, protective gauze, and adhesive tape to support muscles and ligaments.
- Supervise safety factors of athletic competition by ensuring elimination of undue hazards.
- Call physician for seriously injured athletes.

Fitness Trainer

ABC Corporation - 1998 – 2002

- Designed current gym exercise program.
- Conducted group training classes in English and Spanish for new clients as well as one on one.
- Developed new programs and routines for weight management as well as physique development and maintenance.
- Demonstrated the proper form of using equipment for maximal efficiency of exercises and avoid injuries.
- Followed up on timely manner to monitor results of programs prescribed.
- Trained over six hundred new clients.
- Always keeping up with new trends in the exercise and health industry..

SCHOLASTICS

- Associate of Science in Occupational Therapy Assistant - (Middle Georgia College - Cochran, GA)