

ROBERT SMITH

Health Fitness Specialist III

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Exercise Science and to gain work skills related to exercise science. Improve knowledge and experience in the health and fitness field to acquire employment in personal training.

EXPERIENCE

Health Fitness Specialist III

ABC Corporation - APRIL 2003 - SEPTEMBER 2005

- Complete registration and enrollment on new members.
- Conduct fitness testing, health risk appraisals and lab screenings according to established policies and procedures.
- Interpret and explain assessment results and make appropriate recommendations for risk reductions and lifestyle improvements.
- Prescribe an appropriate exercise prescription based on each member needs and abilities.
- Instruct members of all ages on proper exercise techniques and concepts of fitness; supervise member workouts and conduct exercise classes for specific groups.
- Identify and correct unsafe conditions and practices related to exercise participation.
- Handle customer inquiries, billing issues and perform clerical duties tours and maintenance.

Health Fitness Specialist

ABC Corporation - 1999 - 2003

- Supervising and monitoring exercise participants.
- Performing fitness assessments, determining exercise prescriptions, and designing workout programs for a diverse population.
- Providing one-on-one consulting, training and motivation.
- Design and implementation of incentive and health promotion programs.
- Instruction of group exercise classes.
- Performing administrative tasks associated with facility operations.
- This is Dummy Description data, Replace with job description relevant to your current role.

EDUCATION

- B.S. in Athletic Training - August 1998(University of North Carolina of Pembroke - Pembroke, NC)