

ROBERT SMITH

Health & Fitness specialist

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SUMMARY

An open-minded, friendly and resourceful leader with a sound and optimistic outlook on all things in life. Posses an excellent ability to motivate others, coupled with the ability to communicate comfortably at all levels, therefore ensuring an excellent working environment for all members of the team to perform at their bests.

CORE COMPETENCIES

Microsoft Office.

PROFESSIONAL EXPERIENCE

Health & Fitness specialist

ABC Corporation - August 2014 – October 2015

Key Deliverables:

- Plan, organize, and conduct a physical fitness program that provides conditioning programs for authorized patrons.
- Instruct individuals and groups in the proper implementation and maintenance of conditioning and training programs for aerobic fitness, muscular fitness, body composition, and flexibility training.
- Conducts Polar-fit testing, which includes measuring individuals aerobic capacities, their body fat percentage, recommended height/weight ratios, strength, flexibility, muscular endurance and blood pressure.
- Work with various command representatives in developing and implementing physical fitness programs for military personnel.
- Instruct patrons in the proper use of all equipment for training and self-monitored progress by preparing written instruction and procedures for the performance of work, use of equipment, safety and wellbeing of all involved.
- Train/lead other employees in various recreation/physical fitness-related positions.
- Register patrons, collect fees, maintain attendance and appropriate accounting records.

Fitness Specialist

ABC Corporation - 2013 – 2014

Key Deliverables:

- Execute equipment orientations, body composition screenings, blood pressure checks, and fitness assessments.
- Enforce fitness center policies and procedures.
- Adhere and execute the departments risk management plan.
- Maintain participation records.
- Educate members on proper and safe exercise form.
- Participate in all fitness-related special events.