

Summary

Personable exercise specialist team member well-versed in gathering vital statistics, completing tests and showing patients how to complete exercises as part of multi-dimensional recovery programs. Highly organized and adaptable with good communication, interpersonal and problem-solving abilities.

Skills

- Information Analysis
- Lecture Presentation
- Scientific Research
- Training & Development
- First Aid/CPR
- Good Work Ethic
- Friendly, Positive Attitude
- Customer Service
- Planning & Organizing
- Active Listening
- Computer Skills
- Punctual and Dependable
- Collaborative and Team-Oriented
- Experience with Diverse Populations
- Performing Exercise Tests
- Demonstrating Exercise Safety
- Documenting Vitals

Experience

Teacher (Physics and Biomedical Science), 06/XXX1 to Current

Bronson Battle Creek – Kalamazoo, MI

- Differentiated instruction according to student skill level.
- Engaged students and boosted understanding of material using focused instructional strategies and hands-on activities.
- Assisted fellow teachers with assignment development, special projects, tests, administrative updates and grading.
- Scheduled and held parent-teacher conferences to keep parents up-to-date on children's academic performance.
- Graded projects, exams and assignments to track student progression.
- Prepared and presented lesson plans in academic subjects using traditional and modern teaching techniques.

Exercise Specialist, 10/2017 to 10/2018

Exos – Seattle, WA

- Designed individualized exercise plans to improve physical fitness and strength.
- Demonstrated correct posture and form to patients and watched exercises for potential problems.
- Managed and maintained equipment used in physical therapy and exercise programs.
- Facilitated health and healing by cultivating caring relationships with patients.
- Educated patients and family members on importance of exercise and health via presentations/health lectures on common health concerns (Diabetes, Hypertension, and CVD)

Personal Trainer/Group Exercise Instructor, 02/2017 to 10/2017

University Club Of DC – City, STATE

- Recorded all the goals and progress of each patient.
- Assisted individuals with stress management, self-esteem and issues associated with emotional and mental health.
- Collaborated with physical therapist to develop modified treatment plans for clients undergoing therapy
- Developed and implemented treatment plans based on clinical experience and knowledge.

Health Fitness Coach, 09/2016 to 02/2017

Fitness Optimist Transformation Center – City, STATE

- Led, instructed and motivated individuals during cardiovascular exercise, strength training and stretching activities.
- Communicated with clients to determine goals and performed client assessments.
- Offered clients educational information and materials to help with preventive care, nutrition, body mechanics, fitness, stress management and ergonomics.
- Studied multiple programs to provide health education, wellness and fitness program development to clients.
- Demonstrated safe and proper exercise techniques to clients.

Cardiac Rehab Intern

Sentara Clinical Fitness – City, STATE

- Documented patient histories and collected vitals as part of intake process.
- Monitored patients' blood pressure and heart rates before, during and after procedures.
- Recorded observations and baseline measurements to maintain accurate medical records.
- Communicated test or assessment results to medical professionals.
- Identified contraindications and abnormal patient responses to exercise.
- Facilitated ADLs and assisted patients with functional mobility to increase comfort and quality of life.
- Assisted in exercise stress tests for patients of varying ages to identify arrhythmias.

Physical Therapy Intern

Atlantic Physical Therapy Rehab #2 – City, STATE

- Worked as part of team to execute proper care of body mechanics and safety of patient.
- Monitored and recorded patient progress in response to therapy.
- Assisted in teaching patients proper use of wheelchairs, braces, canes, crutches and prosthetic devices.
- Conducted precise assessments of patient condition and functional abilities.
- Cleaned and organized work area and disinfected equipment after treatment to maintain cleanliness and presentation of establishment.
- Facilitated ADLs and assisted patients with functional mobility to increase comfort and quality of life.

Education and Training

Bachelor of Science: Exercise Science (Kinesiology), 2015

Norfolk State University - Norfolk, VA

1200Hrs of Hands on Experience completed corresponding to coursework in the following: Neurology, Pediatrics, Geriatrics, Physical Therapy, Orthopedics, and Cardiac Rehab.

Volunteered at the Armed Forces Retirement Home in Washington, DC.(Geriatrics Experience)

Certifications

- Certified (Principles of Biomedical Science Instructor), Project Lead the Way - XXX2
- Certified CPR/First Aid/AED(Child,Infant,Adult - AHA XXX0
- ACE Certified Personal Trainer (CPT) since 2017
- ACE Certified Medical Exercise Specialist (CMES) since 2018

Specializing in:

Weight Management and Orthopedic Exercise