

BURT KING

9174 DAMON CREEK, LOS ANGELES, CA

PHONE

+1 (555) 676 1040

EXPERIENCE

SANFORD-QUITZON

01/2018 – present

New York, NY // *Health Fitness Specialist*

- ACE, AFAA, ACSM, NASM, or NSCA certification
- Current First Aid/CPR/AED (American Red Cross or American Heart Association)
- Current First Aid and CPR/AED or BLS certification from the American Heart Association, American Red Cross, or American Safety & Health Institute
- ACE, AFAA, ACSM, NASM, or NSCA certification
- Proficiency in fitness assessment and exercise prescription
- Group exercise experience
- Group exercise experience (Yoga, Zumba)
- Group Exercise Instruction Experience

SCHMELER AND SONS

07/2011 – 12/2017

New York, NY // *Health Fitness Specialist*

- Active Cardiovascular Pulmonary Resuscitation (CPR) and Automated External Defibrillators (AED) certifications
- Strong interpersonal skills necessary to work collaboratively with various enterprise customers, stakeholders, and corporate headquarters managers
- Knowledge of principles of exercise physiology
- Thorough knowledge of functionality of relevant fitness equipment
- Thorough knowledge of current industry trends and standards in exercise protocols, fitness programming, equipment standards
- Experience to work with customers at all fitness skill levels

EDUCATION

MASSACHUSETTS COLLEGE OF ART

Bachelor's in Exercise Science

SKILLS

- Active personal training certification from American College of Sports Medicine (ACSM), National Academy of Sports Medicine (NASM), or Certified Strength and Conditioning Specialist (e.g., National Strength and Conditioning Association (NSCA))
- Sharp attention to detail and strong organizational skills
- Holiday Time Off
- Term Life & AD&D
- Free Company Training and Milestone Awards!
- Assist members with reaching their personal training goals
- Develop safe and effective exercise programs; provide general supervision