

## Christopher Roan

Location: Elon, North Carolina 27244 (Relocating to Winston-Salem 7/30)

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## About

My name is Christopher (Chris) Roan, and I am a Certified Personal Trainer and Strength and conditioning specialist. Fitness has been a major part of my life for over a decade, and I have gained a wealth of knowledge and experience that I wish to share with others. I have a Bachelor's Degree in Kinesiology with some graduate studies in physical therapy. Aside from training and coaching, I also work in data analytics and web development. My portfolio of projects can be found below. What I lack in experience or knowledge I make up for with optimism, determination, and a willingness to learn!

[LinkedIn](#)

[Data Analysis Portfolio on GitHub](#)

[Kaggle Profile Page](#)

[Tableau Profile Page](#)

## Technical Skills

- 1-on-1 and group training
- Exercise programming
- Documentation - medical/medical history, training session records
- Stakeholder Interaction/Client Interaction
- Data analytics - R, SQL, Python, Tableau
- Web Development - React, JavaScript, HTML, CSS, Python Flask
- MS Excel - Cleaning, data analysis/visualization, advanced features (VLOOKUP, Pivot Tables/Charts, dashboards)
- MS PowerPoint, Word, Project - Reporting and Presentation
- Concrete Forming and Finishing
- Heavy machinery operation (skid steers, mini excavators)

## Work Experience

### Current employment:

Top Dasher at DoorDash

- Time employed: August 2023 to Present
- Responsibilities:
  - Time and order management - organization of deliveries
  - Attention to detail - ensuring the proper delivery instructions are followed
  - Customer service

### Previous Employment:

Concrete Worker at O & S Concrete - Burlington, NC

- Time employed: July 2021 to July 2023
- Responsibilities:

- Setting up, pouring, and finishing residential concrete work
- Operating large machinery such as skid steers and miniature excavators
- Interacting with team members and clients to create envisioned product

#### Physical Therapy Technician O'Halloran Rehabilitation - Greensboro, NC

- Time Employed: March 2021 to June 2021
- Responsibilities:
  - Applying plans of care to patients in an outpatient orthopedic physical therapy clinic
  - Executing manual therapy and therapeutic exercise
  - Documenting treatment sessions

#### Certified Personal Trainer Fitness Together - Greensboro, NC

- Time employed: June 2019 to December 2019
- Responsibilities:
  - Meeting new clients and discussing their fitness goals
  - Providing exemplary 1-on-1/1-on-2 personal training services
  - Keeping clients motivated to meet their goals
  - Training package sales

## Education

- Graduate Studies in Physical Therapy - Elon, University - 2020-2021
- Bachelor's Degree in Kinesiology - University of North Carolina at Greensboro - 2019
- Associate Degree in Science - Alamance Community College - 2017

## Certifications and Licenses

- [Certified Strength and Conditioning Specialist](#) - March 2023
  - Able to program for and coach athletes through collegiate and professional levels
  - Advanced knowledge of anatomy and biomechanics
- [NSCA Certified Personal Trainer](#) - December 2021 to December 2023
  - 1-on-1 and small group personal training
  - Training package sales
- NCSF Certified Personal Trainer - 2019 to 2021
  - 1-on-1 and small group personal training
  - Training package sales
- [AHA BLS \(CPR/AED\) Certification](#) - December 2021 to December 2023
- [Google Data Analytics Certificate](#) - June 2022
- [Data Visualization with Tableau Specialization](#) - June 2023 to Present
- [Intermediate PostgreSQL](#) - April 2023
- [Database Design and Basic SQL in PostgreSQL](#) - April 2023

## **Awards/Additional Information**

- Graduated Magna Cum Laude at UNCG
- Phi Theta Kappa Inductee (2016)
  - Honor society for collegiate scholars
- Handled and helped coach athletes at several USA Weightlifting sanctioned meets