

Jeremy Butler

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Education

Towson University, Towson, MD

B.S. Exercise Science

December 2022

- Minor: Health Science

Certifications

- HTML
- CSS
- JavaScript

Experience

Columbia Association

- *Personal Trainer* *January 2023 – June 2024*
 - Perform physical fitness assessments to all incoming clients and provide them with an exercise program best suited to their needs
 - Communicate with clients through various means to maintain a proper schedule
 - Provide help to all patrons in need of equipment assistance and/or exercise form assistance

Towson University Campus Recreation

- *Personal Trainer* *October 2022 – December 2022*
 - Design optimal exercise programs for clients based on intensive physical fitness assessment
 - Maintain accurate and detailed records of client progress
 - Encourage fitness patrons to buy personal training packages
- *Facility Manager* *January 2022 – December 2022*
 - Oversee all six facility departments and operations
 - Enforce gym policy
 - Supervise campus events including the Special Olympics of Maryland, the World Lacrosse Tournament, intramural & club sports, and Greek life events

Towson University Sports Dietetics Internship

- *Student Intern* *August 2021 – May 2022*
 - Reviewed and analyzed various research articles related to nutrition and athletic performance
 - Analyzed at least four case studies relating to student athletes and provide specific dietary instruction

Towson University Campus Recreation

- *Facility Assistant* *October 2021 – December 2021*

- Performed clerical work for facility such as answering phone calls and answering any questions patrons may have. Provided event supervision and assistive work for the manager
- Fitness Floor Attendant *January 2020 – October 2021*
 - Enforced the rules and regulations of the gym while maintaining the safety and overall health of each patron through equipment upkeep and maintenance

Skills

- Microsoft Office
 - Trained in Microsoft Word, PowerPoint, Excel, and Access
- Communication; written, verbal, active listening, motivation
- Organization; attention to detail, time management
- Customer Service; professionalism, outgoing

Volunteer Work

- Tiger Fuel Zone *(2021)*
 - Working under the sports dietitian for Towson University athletics, we provided snacks and drinks to athletes
- Coat Drive *(2018)*
 - Volunteered through the Alpha Achievers Foundation to help less fortunate families find winter clothing
- Concession Stand *(2017 – 2018)*
 - Volunteered at multiple high school events serving food to customers