

# JAKE SCHNEIDER

EMAIL: JASCHNEIDER24@GMAIL.COM

CELL: (813) 992-4245

3703 W. HORATIO ST.

TAMPA, FL 33609

## Education

### *University of Tampa*

Bachelors of Science (Expected May '18)

Human Performance with Concentration in Exercise Physiology

- Course work includes Exercise Training, Anatomy and Physiology, Kinesiology, Biomechanics, Exercise Testing and Prescription, Mathematics, Communications, Psychology, Biology, and Chemistry
- American Heart Association - CPR/AED Certification (May 2017 - May 2019)
- Certified Strength and Conditioning Specialist (CSCS) by the National Strength and Conditioning Association (Expected Jan '18)

Tampa, FL

Jan 2017 - Current

### *Hillsborough Community College*

Transfer Track

- 3.9 GPA, Dean's List (Spring, Summer, and Fall '16)

Tampa, FL

Jan 2016 - Dec 2016

### *National Personal Training Institute*

Advance Certified Personal Training

- Course work combined National Strength and Conditioning Association (NSCA) and National Academy of Sports Medicine (NASM) personal training philosophies
- Personal Trainer Certificate, 4.0 GPA

Tampa, FL

Apr 2012 - Oct 2012

## Experience

### *University of Tampa*

Strength and Conditioning Internship

- Performed consistent athlete testing according to NCAA Division II standards
- Strength and Conditioning coaching of Sunshine State Conference Volleyball and Softball athletes, both #2 in conference
- Executed testing for Power Output and Average Velocity During Exercise in Collegiate Female Volleyball Athletes Project that directly resulted in an average gain of 7% per athlete
- Motivated athletes to accomplish in-season/off-season workouts
- Prepared and organized equipment used in training athletes

Tampa, FL

Feb 2017 - May 2017

### *Ironman Foundation*

Ironman University Internship

- Ironman University (IMU) direct electronic customer service point of contact using Microsoft Office Suite
- IMU Coaches Association program maintainer
- IMU webinar meeting administrator and moderator via Adobe Connect

Tampa, FL

Nov 2016 - Feb 2017

### *Tesla Motors Inc.*

Service Detailer

- Performed logistics operations to include receipt/preparation of new/used vehicles and incoming/outgoing parts
- Assisted technicians with quality assurance testing

Brandon, FL

Oct 2013 - Mar 2016

### *Crunch Fitness*

Personal Trainer

- Communicated on client goals to set realistic, achievable, and targeted results within given timeframes
- Designed specific exercises tailored to the needs and abilities of clients through macro, meso and micro cycle programming
- Applied proper training techniques backed by scientific results from the NSCA and NASM
- Forged positive environment to maximize clients results through challenging long-term programs

Tampa, FL

Jan 2013 - Oct 2013

### *US Navy*

Finance Manager

- OPTAR Financial Management School, Oceana, Virginia (*Interim Confidential Clearance Issued*)
- Director of squadron's Operating Target Budget (OPTAR), created Excel spreadsheets monitoring incoming/outgoing funds
- Trusted government purchase card authority advising chain of command on procurements and restrictions
- *Flag Letter of Commendation (May '08)*

Virginia Beach, VA

Jun 2006 - Jul 2010

Training/Program Manager

- Provided guidance on military training for junior personnel to optimize mission readiness
- Developed junior personnel for advancement testing, certification board reviews, and awards presentations
- Qualified junior personnel on all specialties within aviation logistics
- Evaluated/enhanced command personnel on bi-annual fitness testing
- *Enlisted Aviation Warfare Specialist (Jul '09), Navy and Marine Corps Achievement Medal (Jul '09)*

Aviation Logistics

- Naval Logistics School, Meridian, Mississippi, Storekeeper Apprentice (May '06)
- Maintained inventory control, parts requisitions, and receipt processing
- Prepared daily, weekly, and monthly needs analysis reports and updated chain of command
- Customer service point of contact for all squadrons
- *Navy Good Conduct Award (Jun '09), Navy Battle Efficiency Award (Jun '09), Global War on Terrorism Service Medal (Jul '10)*