

Nikolas Knappen

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SUMMARY

Highly motivated aspiring software developer with over 10 years of experience as a strength and conditioning coach, honing skills in goal-setting, personalized program development, and performance analysis. Demonstrated strong problem-solving abilities, attention to detail, and a commitment to excellence through training hundreds of individuals. Adept at leveraging data-driven insights to optimize performance, seamlessly translating this skill into software development. Passionate about technology, analytical, and dedicated to continuous learning, eager to build innovative software solutions and contribute to a dynamic development team.

TECHNICAL SKILLS

Spring Boot | Java | Python | PostgreSQL | SQLite3 | HTML | CSS | JavaScript | E/R Diagrams | Table Design | Vue.js
Responsive Design | IntelliJ | Git | Unit Testing | JSON | Agile | JDBC

TECHNICAL EXPERIENCE

Online Payment Service

Developed a RESTful API server and command-line application for online payment service to transfer money between users. Features include user registration, authentication, balance management, sending and requesting transfers, and transaction logging. Skills used: Java, Spring Boot, RESTful API, PostgreSQL, and unit testing.

Smart Home

Created a Raspberry Pi application with a touch screen interface to display weather and time. Integrated a stepper motor to control window blinds, which can be set to operate based on specific times, temperature, and weather conditions. Skills used: Python, Tkinter, JSON

FitBuddy

Fitness web application that features a calendar of classes that a user can register for, an extensive list of guided exercises that the user can use to log their training, a detailed display of user analytics, as well as many other admin exclusive features. Skills used: Vue.js, Java, PostgreSQL

PROFESSIONAL EXPERIENCE

Head Strength and Conditioning Coach

Oct 2021 - Feb 2024

B-Fit Lifestyle | Baltimore, MD

- **Instituted and led fitness programs:** Designed and implemented personalized fitness plans tailored to individual client needs, resulting in improved performance and client satisfaction
- **Evaluated over 200 clients:** Conducted thorough assessments and evaluations for more than 200 clients, providing detailed feedback and adjustments to enhance their fitness outcomes
- **Maintained client records:** Efficiently managed and updated a comprehensive client database, ensuring accurate records and streamlined access to client information

Head Sports Performance Coach

Sep 2014 - Oct 2021

Athletic Performance Inc. | Odenton, MD

- **Instructed teams and individuals:** Led training sessions for both teams and individual clients, focusing on achieving specific fitness goals and enhancing performance
- **Supervised detailed records:** Kept comprehensive, up-to-date records for over 20 teams and programs, continuously tracking and measuring progress to ensure consistent improvement
- **Trained and developed coaches:** Oversaw the training and professional development of new coaches, ensuring a high standard of coaching and staff excellence

EDUCATION

Tech Elevator

May 2024 - Present

Full-stack bootcamp designing software systems and solutions with 800+ hours of education and application

Harvard's CS50 Introduction to Computer Science

Feb 2024 - Apr 2024

Verified Certificate

Salisbury University

Sep 2011 - Sep 2014

Credits toward a Exercise Science Degree

SUNY Maritime College

Sep 2010 - Jun 2011

Credits toward a Marine Transportation Degree