

Zachary M. Cucinotta

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OBJECTIVE:

To obtain job in the field of kinesiology that will use my knowledge and experience with the human body.

CURRENT ADDRESS:

340 North Burrows
State College
16801

PERMANENT ADDRESS:

410 Drexel Ave
Drexel Hill
19026

EDUCATION:

The Pennsylvania State University

B.S. in Kinesiology

- Movement Science Option
- Honor Society Member

Relevant Course Work

- Principles and Ethics of Coaching, Exercise Physiology, Program Planning
- Ergogenic Aids, Nutrition for Sport and performance, Biomechanics

Certified Strength and Conditioning Specialist

- Passed CSCS exam by the National Strength and Conditioning Association

University Park, PA

Cumulative GPA: 2.8

Class of Fall 2014

WORK EXPERIENCE:

Fitness 19

Secane, PA

2010-2012

Orientation Trainer

- Recruited new members
- Recorded daily gym revenues
- Managed front desk
- Maintained sanitation in gym and bathrooms

Victory Sports Performance

State College, PA

Summer 2014

Company Intern

- Completed over five hundred hours
- Identified and research practical training protocols for clients
- Assisted certified trainers with groups exercise of athletes
- Studied The Essentials of Strength Training and Conditioning for the CSCS

RELEVANT EXPERIENCE:

National Physique Committee

USA

2012-2013

Competitive Physique Athlete

- Placed third in the NPC Delaware State Open Men's Physique
- Placed fourth in the NPC Pennsylvania State Men's Physique
- Placed second in the NPC Pennsylvania State Bodybuilding Juniors and Novice
- Researched and evaluated training, diet, and supplementation

American Aerobic Association International/

USA

International Sports Medicine Association:

2009-2011

Certified member

- Qualified to instruct and train clients in physical activity
- Developed specialized fitness programs

The Delta Delta Chapter of Sigma Nu Fraternity

Sentinel

- Delegated private parking lot
- Implemented and maintained house security

Philanthropy

- Raised money for THON to fight pediatric cancer
- Operated additional philanthropy events for St. Jude's

Risk Management Chair

- Implemented chapter house safety program

- Administered national risk policy