# Lea Leopard

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Cell: (909) 555-1235 lea.leopard@laverne.edu

#### **Education**

# **Bachelor of Science, Kinesiology**

May 2015

University of La Verne, La Verne, CA

Associate of Arts May 2013

Mt. San Antonio Community College, Walnut, CA

### **Relevant Experience**

# **Student Athletic Training Intern**

**August 2014 - Present** 

# San Dimas High School - San Dimas, CA

- Provide support and travel with football, wrestling, basketball, soccer, and volleyball teams
- Develop rehabilitation programs for a variety of ankle and knee injuries from the acute stage until return to play

#### **Personal Fitness Trainer**

**November 2012 - Present** 

#### 24 Hour Fitness-Glendora, CA

- Design workouts and diet plans to assist clients reach their nutrition goals
- Conduct weekly check-ins to monitor client's progress which resulted in an increased weight loss percentage
- Create individual training sessions to focus on specific problems (i.e. injuries, obesity, etc.) for gym members.

## **Other Work Experience**

# Starbucks – La Verne, CA

**June 2009 – November 2012** 

- Served customers quickly while maintaining a cheerful attitude in a high-stress workplace.
- Awarded employee of the month July 2012

### **Certifications**

Barista

Adult CPR and First Aid – Red Cross Certified Personal Trainer - Ace Fitness September 2013

October 2012

### **Special Skills**

- Fluent in Spanish
- Proficient in Microsoft Word, PowerPoint, and Outlook