

Matthew A. Frinzi
853 Parkside Avenue, West Chester, PA 19382
(610) 703-8832
maf5110@rcn.com

Education

- **West Chester University of Pennsylvania, West Chester, PA** *(December 2012)*
B.S. in Health & Physical Education (K-12) with a Minor in Health Sciences
 - GPA – 3.84 • Summa Cum Laude • Dean's List
- **The Pennsylvania State University, University Park, PA** *(May 2010)*
B.S. in Recreation, Parks, & Tourism Management – Commercial & Community Recreation Management

Certification

Pennsylvania Instructional I Health and Physical Education K-12 *(February 2013)*

Teaching Experience

- **Health & Physical Education Teacher, Downingtown S.D., Downingtown, PA** *(August 2013 – Present)*
 - Educate sixth through twelfth grade classes in both health and physical education
 - Differentiate instruction based on the individualized specific needs and skill levels of each student
 - Apply multiple instructional styles and integrated multi-sensory strategies to facilitate learning for diverse students
 - Integrate technology into the classroom in order to enrich student engagement
 - Collaborate and communicate with other department teachers in order to unify curriculum
- **Substitute Teacher, Greater Philadelphia Area** *(January 2013 – June 2013)*
 - Substitute teacher in various subject areas grades K-12
- **Owen J. Roberts High School Long-Term Substitute, Pottstown, PA** *(February – March 2013)*
 - Educated ninth through twelfth grade classes in both health and physical education
 - Responsible for maintaining curricular goals and grading of all assignments
 - Maintained consistently high quality of classroom management
- **Student Teaching Experience, Downingtown S.D., Downingtown, PA** *(August – December 2013)*
Bradford Heights Elementary School & Downingtown Middle School
 - Designed, created, and instructed health and physical education lesson plans for grades K-8
 - Instructed and assisted with after school intramural program
- **Practicum Experience, Marple Newtown S.D., Newtown Square, PA** *(January – April 2012)*
Culbertson Elementary School
 - Planned, created, and instructed physical education lessons plans for Grades K-5
 - Lead and instructed adapted physical education classes
 - Assisted in set-up and preparation for field day activities

Related Experience

- **Assistant Varsity Girl's Lacrosse Coach, Penncrest High School, Media, PA** *(February 2013 – Present)*
 - Responsible for writing weekly news bulletin and morning announcements
 - Communicate and record game scores to local newspaper
 - Created off-season conditioning program and individualized player programs
- **Lionville Community YMCA, Exton, PA** *(March – August 2012 & Summer 2013)*
Sports Supervisor – planned, coordinated, and instructed individualized sports programs
- **Easter Seals of Southeastern Pennsylvania, Exton, PA** *(Summer 2011)*
Head Camp Counselor – supervised and instructed children ages 8-14
 - Created, planned, coordinated, and instructed group activities and lessons for campers
- **WCU Adapted Physical Education Program, West Chester, PA** *(January – April 2011)*
One-on-one instructor – planned units, supervised, instructed and mentored young students

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- **Velocity Sports Performance, Allentown, PA** *(January – April 2010)*
Sports Performance Coach & Marketing Internship
 - Instructed and prescribed sport specific exercise programs to athletes ages 5-22
 - Planned, coordinated, and instructed an off-season youth wrestling program
- **South Whitehall Township, Allentown, PA** *(Summer 2008 & 2009)*
Summer camp counselor – supervised children ages 5-12
 - Assisted with all counselors in developing and scheduling activities for camp participants
- **Penn State Special Olympics Summer Games, University Park, PA** *(June 2009)*
 - *Volunteer* – Setup, preparation, and assisted athletes through fitness exams
- **Penn State Wheelchair Basketball, University Park, PA** *(October 2008)*
 - *Volunteer* – Assisted athletes in developing their skills and preparing them for competition

Memberships & Certifications

- Pi Lambda Theta International Honor Society
- Pennsylvania State Association for Health, Physical Education, Recreation and Dance (PSAHPERD)
- American Alliance for Health, Physical Education, Recreation and Dance (AAHPERD)
- CPR, AED, and Basic First Aid certification