|  |
| --- |
| **Steven J. Grohman\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_**  209 East 8th Avenue Conshohocken PA 19428  610-468-7066 stejgrohman@gmail.com  **Education:**  Bachelors of Science in Kinesiology, Cum Laude West Chester University of Pennsylvania  Major: Health and Physical Education  Minors: Athletic coaching and Health Sciences  Cumulative GPA: 3.35  Major GPA: 3.61  **Teaching Experience:**  *Student Teaching-*  West Vincent Elementary, Owen J. Roberts School District, Pottstown PA  January 2011-March 2011   * Developed and implemented engaging lessons in both the health classroom and in the gymnasium * Used Powerpoint presentations to incorporate differentiated instruction that included video clips and quizzes. * Organized and created a bulletin board for students to learn and remember both manipulative skills and locomotor movements. * Assessed the cognitive, affective, and psychomotor aspects of development in all age levels. * Integrated math and spelling into heart rate activities * Assumed other teacher responsibilities such as taking attendance, recess/lunch duty, supervising assemblies and enforcing classroom rules.   Owen J. Roberts Senior High School, Pottstown PA  March 2011-May 2011   * Developed and implemented engaging lessons in weight training curriculum. * Developed a variation to the weight training curriculum based on plyometric training and sport specific movements for athletes * Assessed the cognitive, affective, and psychomotor aspects of development * Had students track personal achievements and set developmental goals   \*WilsonSchool District Substitute 2011 and 2012  \*Conrad Weiser School District Substitute 2011 and 2012  \*Exeter Township School District Substitute 2012  \*Colonial School District Substitute 2013  **Professional Development:**  Attended PSAHPERD at Valley Forge Convention Center 2010, CPR Certified, First Aid Certified. Currently studying for ACSM Certified Personal Training Exam.  **Honors and Activities:**  4 Year Varsity Football and 3 Years Varsity Baseball at Exeter High School.  Graduated Cum Laude May 2011  Dean’s List (Fall 2008 and Spring 2011)  Member of the Health and Physical Education Club, Member of the Exercise Science Club, Intramural Softball and Flag Football  **Additional Experiences:**  -Personal Trainer/Fitness Monitor at Philadelphia Country Club (2013-Present)  \*One on one personal training members aged 13-65  \*Group fitness class instructor (Women on Weights program)  \*Monitored members during workouts  \*Provided assistance with machines and free weights  \*Implemented personalized workout regiments  \*\*Ran fitness component of Kids Club Camp ages 3-13  -Fitness Monitor at West Chester University Sykes Fitness Center (2009-2010)  \*Implemented personal workout plans  \*Monitored and organized student memberships  \*Provided safety assistance as a “spotter”  -Quarterback Coach, Exeter Youth Football (2007,2008)  -Runningback/Defensive Back’s Coach, Wilson High School Freshman Team (2010)  -Runningback Coach/Special Team’s Coordinator, Lancaster Lightning Semi-Professional Football Team (2011)  -Wide Receivers coach Exeter High School Freshman Team (2012)  -Defensive Coordinator/Offensive Line Assistant Colonial Middle School: Plymouth Whitemarsh (2013) |
|  |