

# MARK RUBIN - SOFTWARE ENGINEER

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## SKILLS

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**Languages:** Ruby, JavaScript, HTML, CSS, SQL

**Frameworks:** Ruby on Rails, React.js, Bootstrap

**Databases/Libraries/Tools:** Postgres, APIs, Node/npm, Git, GitHub

## CODING PROJECTS

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**The Life Walk On Social - An event app that allows users to view and favorite local events** ([FE repo](#)) ([BE repo](#))

- Built using a Ruby on Rails back-end with a React front-end.
- Utilizes React Router to separate routes within the app
- Incorporated Bootstrap, Material UI, and CSS for styling and structure.

**Formula 1 2022 Season - A CLI application that looks up Formula One Motorsport data.** ([repo](#))

- Made using Ruby script, utilizing the Ergast API.
- Able to search and organize data for the 2022 Season.
- Incorporates TTY gems for organization of data and styling within the terminal.

[Work Journal](#) - My ongoing record of coding learning including new technologies and industry research

## EDUCATION

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**Actualize Coding Bootcamp | Certificate in Full-Stack Web Development** **Sep 2022 - Jan 2023**

A four-month full-stack web development bootcamp. Core technologies included Ruby, Rails, JavaScript, and React.js. Special emphasis on API-driven development, version control with Git, professional tooling, team collaboration, and continual learning.

**Arizona State University | Master of Science in Exercise and Wellness (Fitness and Conditioning)** **2014 - 2016**

**University of the Incarnate Word | Bachelor of Science in Biology** **2009 - 2013**

*Student-Athlete (Swimming and Diving)*

## EXPERIENCE

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**Owner/Trainer** **Mar 2020 - Present**

**Parallel Health and Performance**

- Founded a hybrid-remote personal training business in 2020 in response to Covid restrictions on in-person training, serving 25 clients in the first year of operating.
- Tested various training apps to ensure the most user-friendly experience for clients through streamlined communication and accountability.

**Strength and Conditioning Coach (Team and Private Sector)** **May 2015 - Jan 2021**

**Norwich City FC | San Antonio FC | EXOS | UIW Swimming & Diving | Explosive Sports Performance | Team 44**

- Managed all aspects of the functional rehabilitation process for injured players of the Premier, Championship, and United Soccer Leagues, restoring athlete strength and endurance performance to optimal levels within 4-12 weeks.
- Coordinated up to 4 group weightlifting sessions a week for 25 players, balancing constraints with schedules, Covid regulations, and daily workouts to ensure each player received optimal training.

- Collaborated cross functionally with performance, sport science, and medical departments on a daily basis to address the holistic needs of players and develop strategic plans for continued recovery.
- Tracked and analyzed player performance metrics across training and games using GPS software and muscle oxygen level software in order to predict individual longevity in the season and determine any necessary rehabilitation.
- Developed a new strength program for the swimming and diving team at UIW, organizing 60+ student-athletes' schedules around swimming and diving practice into 6-8 sessions a day with limited weight room size and equipment.
- Assessed over 250 individuals' goals and health history through a 1:1 intake session in order to develop and implement custom training and wellness plan.