

Exercise Physiology Student

Permanent.emailhere@gmail.com | Phone | Linked In Profile

Skills and Capabilities

Communication

Fitness Assessment

Group Leadership

Self-Motivated

Microsoft Office

Ability to Multi-Task

Organized

Program Planning

Client Goal Setting

Education

East Carolina University, Greenville, NC

Bachelor of Science in Exercise Physiology

Minor: Alcohol and Drug Studies

May 2022

Related Coursework: Structural Kinesiology, Physiology of Exercise, Exercise Adherence, Introduction to Biomechanics, Exercise Evaluation and Prescription, Independent Research in Exercise Physiology

Relevant Experience

J.H. Rose Highschool Football Team, Greenville, N.C.

August 2020-present

Strength and Conditioning Intern

- Utilize skills in program planning and fitness assessment to assist in planning weekly workout programs for athletes
- Work with athletic trainers and coaches to ensure that recovering athletes were staying on track with progress as well as keeping proper form during workouts
- Keep weekly logs of student progress for recovering athletes

East Carolina University, Greenville, N.C.

January 2020-May 2020

Exercise Prescription for Clinical Population

- Worked with a team to develop a mock exercise prescription for middle school aged children suffering from obesity
- Developed marketing to be used to advertise program to students and parents
- Created a short survey to determine effectiveness of program

East Carolina University, Greenville, N.C.

June 2019-July 2019

Volunteer: Cypress Glen Retirement Community

- Worked with Wellness Coordinator and other staff to develop 2 physical activities for residents
- Assisted staff in visiting residents to advertise program and gain participation
- Co-led group of 11 residents in a chair aerobics class with wellness coordinator

Work Experience

Winslow's Tavern, Hostess, Greenville, N.C.

August 2019-January 2020

Plato's Closet, Cashier, Greenville, N.C.

July 2018-June 2019

Volunteer and Campus Involvement

Phi Epsilon Kappa May 2020

Pitt County Humane Society October 2019