

Health Fitness Specialist Student

E-mail●Telephone●Linked In Profile Address

Objective

To obtain a Health Fitness Specialist Internship at _____ to utilize my skills and experience in group fitness, exercise prescription and personal training.

Capabilities Profile

Group Leadership	Skinfold Assessment	Client Goal Setting
Program Planning	Body Composition	Exercise Adherence
Strength and Conditioning	CPR & First Aid Certification	Health Promotion

Education

East Carolina University Greenville, NC May 2020
Bachelor of Science in Health Fitness Specialist
Concentration: Personal Training
Certifications: ACSM Certified Health/Fitness Instructor, AED Certified, Blood Borne Pathogens Certified
Related Coursework: Exercise Physiology, Biomechanics, Nutrition, Kinesiology, Cell Physiology, Motor Learning and Development, Anatomy & Physiology, Exercise and Aging, Exercise for Special Populations

Health Fitness Experience

- East Carolina University*
- Student: Group Fitness Project Greenville, NC January 2020-Present
- Developed a small group exercise routine for 15 participants ages 20-22 years which resulted in increased cardiovascular health and muscle strength
 - Created a cardiovascular routine to include all large muscle groups
 - Utilized free weights in routine to increase participant's bone strength and muscular fitness
- Student: Exercise Prescription Project August 2019-December 2019
- Assessed a 45-year old male's body composition, blood pressure, and heart rate charts in order to create appropriate exercise regimen and goals
 - Evaluated physical risk and motivational factors based on the participant's fitness assessment and intake interview
- Student: Personal Training Project August 2019-December 2019
- Performed a fitness assessment on a 30-year old female
 - Engineered exercise goals according to exercise assessment
 - Utilized cardiovascular, strength, conditioning, and core exercise routines to achieve and exceed client's goals by 10%
 - Motivated client through regular communication and varying program components to ensure goals were met and exercise regimen was followed

Leadership Activities

American College of Sports Medicine, member August 2017-Present
Exercise Science and Sports Majors Club, member August 2017-March 2020