# CALLIE TRAINER

(716) 555-5555 / calliet@buffalo.edu

## **EDUCATION**

### *University at Buffalo, The State University of New York*

#### Bachelor of Science in Exercise Science, May 20XX

GPA: 3.4/4.0

Relevant coursework: Exercise Physiology, Gross Human Anatomy, Biomechanics

## **CERTIFICATIONS**

CPR/First Aid certified by The American Heart Association, June 20XX

Completion of HIPPA basics course, July 20XX

## **RELATED WORK EXPERIENCE**

### *Buffalo Spine and Sports Institute, Williamsville, NY, January-May 20XX*

Intern

* Collaborated with physical therapist and 20 patients to guide scheduled exercise routines
* Created new intake process and increased efficiency of appointment scheduling
* Maintained clean and organized exercise facility and equipment daily
* Processed required documents and updated 75 confidential patient charts
* Coordinated physical therapy evaluation observations and exercise sessions with team of 3 physical therapists and strength and conditioning specialists

## **EXERCISE SCIENCE PROJECTS**

### *Stability Ball Exercises, University at Buffalo, Spring 20XX*

* Developed exercise presentation utilizing versatility of stability ball including benefits, muscles involved, general guidelines and 15 specific exercises
* Presented and demonstrated to more than 30 peers improving public speaking and communication skills

*Child*re*n’s Soccer Group Observation, University at Buffalo, Spring 20XX*

* Viewed, recorded and organized presentation of children’s soccer practice examining goals of program, specific drills used, suggested improvements and comparisons of children’s ballistic skills and cognitive abilities specific to age ranges between 5 and 13
* Presented data to more than 40 students regarding program findings and recommendations

## **FIELD OBSERVATIONS**

### *Bally’s Total Fitness Silver Yoga and Kwando, Amherst, NY, Spring 20XX*

* Observed and recorded data focusing on duration, intensity, frequency, program goals and exercises performed for 30 clients

### *Bally’s Total Fitness Youth Swim Lessons, Amherst, NY, Spring 20XX*

* Examined and noted aspects centering on supervision, activities completed, goals and children’s physical and mental ability pertaining to 10 aquatic exercises

**VOLUNTEER EXPERIENCE**

Tutor, Boys and Girls Club, Amherst, NY, Fall 20XX-Spring 20XX

Volunteer Coach, City League Baseball, Buffalo, NY, Fall 20XX-Spring 20XX

Captain, UB Intramural Basketball Team, Amherst, NY, Spring 2018, Spring 20XX