**Exercise Science**

# **General Grizzly**

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## Education

Georgia Gwinnett College Lawrenceville, GA

Bachelor of Science in Exercise Science-Minor: Marketing **May 20XX**

## Relevant Coursework

* Exercise Physiology I and II
* Obesity and Weight Management
* Clinical Exercise Physiology
* Health Fitness Assessment
* Applied Kinesiology
* Wellness Coaching

## Experience

Proactive Fitness Atlanta, GA

Front Desk Attendant **August 20XX - Present**

* Manage front desk at full-service fitness center and document check in/out of equipment
* Process membership renewals with 100% accuracy
* Shadow personal trainers to learn training techniques and procedures
* Supervise activity while stressing safety and emphasizing proper use of equipment
* Inspect, monitor and sanitize equipment to ensure optimal use

## Involvement and Leadership

UMB Exercise Science Club **September 20XX - Present**

**Member and Event Chair**

* Plan quarterly networking events, arranging industry speakers and relevant topics to engage members

Students for a Healthy UMB

**Volunteer September 20XX – Present**

* Stage booths at student union to promote topics about personal health, such as diet and nutrition, exercise, illness prevention, and mental health/wellness

Intramural Basketball Team

**Team Member (Point Guard) September 20XX - May 20XX**

## Certifications and Training

CPR, First Aid and AED Certified **20XX – 20XX**

Lifeguard Certified **20XX – Present**

## Technical Skills

Basic proficiency - Microsoft Word and PowerPoint; Intermediate proficiency - Microsoft Excel

## Language Skills

Trilingual – Fluent in English, French and Spanish