Stu Dent

Angola, IN 46703 | (260) 123-4567 | stu.dent@gmail.com

**EDUCATION**

**Bachelor of Science in Exercise Science** | Minor: **Coaching** Expected May 2024

*Trine University*, Angola, IN List GPA only if requested

* NSCA CSCS Certification

**EXPERIENCE**

**Resident Assistant** August 2023 – Present

*Trine University,* Angola, IN

* Effectively responded to all requests and emergencies
* Organized and facilitated monthly wellness events aimed at fostering engagement and well-being.
* Responsible for training residents on proper procedures for fire and tornado drills

**Swim Instructor / Lifeguard** August 2022 – Present

*Steuben County YMCA,* Angola, IN

* Designed and delivered swimming fundamentals to multiple groups of children ages 3 - 15.
* Completed Lifeguard Certification

**Personal Training Internship** January 2021 – April 2022

*Anytime Fitness*, Huntington, IN

* Provided personalized training assistance to a roster of 10 clients on a weekly basis.
* Designed tailored sports-specific individual and group training programs with a focus on enhancing strength, speed, and agility.
* Contributed to the organization and management of several high school sports camps, ensuring smooth coordination and efficient operations.

**SKILLS**

* Proficient in Spanish
* Exercise Testing (Blood pressure screening, body composition analysis, goniometer reading, postural analysis and treadmill testing)
* Behavior Change: Health risk appraisals, nutrition counseling, health fair planning, needs assessment, and health education.

**HONORS AND ACTIVITIES**

**Dean’s / President’s List**, Trine University

**Student Athlete**, Trine University Soccer Team 2020-2023

* All-Academic Team 2020-2023
* MIAA All-Conference 2022 & 2023

**Athletes Connected Club**, Trine University, Angola, IN 2021-Present

* Student led group providing student-athletes with a support system as well as to bring

awareness to mental health in sports.

**Volunteer -** Fremont Youth and Community Outreach INC August 2022-Present

* Deliver food to those in need twice a month.