

Health Wellness

[linkedin.com/in/HealthWellness](https://www.linkedin.com/in/HealthWellness)

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EDUCATION

Bachelor of Science, Exercise and Wellness Arizona State University
Dean's List: Fall 2018, Spring 2019

May 20xx
Phoenix, Arizona

RELEVANT EXPERIENCE

Intern, Sierra Orthopedics, Casa Grande, Arizona

August 2016-Present

- Work under the mentoring of a Physician Assistant completing a multitude of learning activities including taking and reading x-ray results, pre-operational patient exams, medical coding, treatment modalities, clinical tests, and patient diagnoses
- Collaborate with a multi-disciplinary team of physicians, nurses, office staff, and other interns to assist with patient needs and improve recovery time
- Assist in patient assessment and collected patients' blood pressure, pulse, and temperature; prepared examination rooms, ensuring the cleanliness and sanitation of the work environment

Personal Fitness Trainer, Apple Fitness Center, Phoenix, AZ

November 2015-Present

- Design and instruct large group exercise classes including step aerobics and strength
- Execute performance evaluation testing using body fat calipers and blood pressure cuffs
- Perform fitness test and advised of results that included incorporation of healthy changes

Physical Fitness Assistant, Arizona High School, Phoenix, AZ

August 2015-May 20xx

- Conducted physical fitness assessments for over 20 high school students each month
- Planned, instructed, and supervised physical fitness activities for students ages 12-18 while ensuring safety expenses on a monthly basis, reducing overall budget by 15% of all students, staff, and spectators

Community Advisor, Arizona State University, Tempe, AZ

August 2015-May 20xx

- Developed cultural, social, and educational programs that corresponded to needs of 50 residents
- Maintained discipline by enforcing floor policies in a firm, but fair manner
- Evaluated and addressed resident concerns and referred out to appropriate campus services
- Addressed emergency crisis situations in a caring, confident, and quick manner

COMMUNITY INVOLVEMENT

Mentor, **Boys and Girls Club**, Phoenix, Arizona

December 2016-Present

Volunteer, **St. Vincent de Paul Food Bank**, Phoenix, Arizona

March 2015-Present

Volunteer, **Lost Our Homes Pet Rescue**, Tempe, Arizona

March 2015-Present

CERTIFICATIONS

CPR Certified, American Heart Association

December 2018

Health/Fitness Instructor Qualified, American College of Sports Medicine

June 2017

SKILLS

Proficiency in Microsoft Office Suite: Word, PowerPoint, Excel, Access, Outlook
Spanish (Fluent in reading, writing, & speaking)

RELEVANT COURSES

Motor Control and Aging
Exercise Prescription

Exercise Physiology
Stress Management

Health Behavior Change
Management and Leadership