**Ima Bulldog**

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**Kinesiology Graduate Student** and **Health Fitness Specialist** with a strong customer service record seeking an (internship/career opportunity/admissions to ABC School). Sensitive and skilled at developing exercise regimens tailored to individual clients. Adept at contributing in fresh and creative ways to health fitness marketing initiatives.

**EDUCATION**

**Alabama A&M University (AAMU) Normal, AL**

M.S., Kinesiology May 2021

B.S. Exercise Science May 2018

**CERTIFICATION, LEADERSHIP + VOLUNTEER**

Certified Personal Trainer ● CPR, First Aid and AED for Adult and Child

Juvenile Diabetes Research Foundation ● American College of Sports Medicine ● Madison County Blood Bank

**EXPERIENCE**

***Assistant Baseball Coach*** | **Bob Jones High School,** Madison, AL Feb. /2019-present

* Assist Head Baseball coach with instructing players in the rules, regulations, equipment and techniques of the sport
* Organize and direct individual and small group practice activities/exercises as directed by the head Baseball coach
* Assess player’s skills, monitors players during competition and practice, and keeps the head Baseball coach informed of the athletic performance of students

***Fitness Trainer* | 24-Hour Fitness,** Huntsville, AL June/2017-present

* Instruct, design, and implement various fitness programs incorporating both aerobic and anaerobic
* Construct a 16-week exercise program focusing on flexibility, balance and stability
* Train adults working independently with each for two hours a week
* Monitor client fitness progression and adapt programs to fit specific client needs
* Lead fitness classes engaging clients in multi-faceted exercise programs for groups ranging from 5-35

***Instructor* | Birmingham YMCA** (seasonal) Birmingham, AL June/2012-Aug./2015

* Instructed ages 5-16 in fundamental skills of tennis
* Assisted in processing registration forms and taking payments

**INTERNSHIPS**

***Nutrition/Dietetics Intern* | Huntsville Hospital,** Huntsville, AL May/2018-present

* Present Herbal Supplement in-service and clinical case study to nutrition professionals
* Create a hospital-wide displays for nutrition and childhood obesity
* Conduct nutrition assessments, provide diet education, and utilize medical nutrition therapy

***Strength & Conditioning Intern* | AAMU Athletic Department,** Normal, AL Aug./2017-Apr./2018

* Assisted with implementation of sport specific strength and conditioning programs
* Tracked and monitored performance data; provided data to assist in the implementation of short and long term performance plans

***Intern* | Huntsville Hospital,** Huntsville, AL Jan./2017-May/2017

* Worked alongside a physiotherapist in a women' cardiac rehabilitation unity
* Administered stress test on treadmill for new patients, recording blood pressure and heart rates