**IMA BULLDOG**

123 Safeway Drive, Huntsville, AL 35816 • protecta@bulldogs.aamu.edu • 123-450-0012

**PROFILE**

**Masters in Kinesiology** student and former Division I athlete seeking an entry point career opportunity

* Skilled in planning and **implementing physical education programs**
* **Knowledgeable of classroom management** policies and procedures, including disciplinary policies
* **Ability to listen and build rapport** with middle school and high school students
* Sound **knowledge of** **injury prevention techniques** and administering first-aid
* Familiar with exercise testing using body composition analysis using skinfold thickness, and muscular fitness assessment

**CERTIFICATIONS**

CPR & First Aid Certified, 2017 ● Certified Personal Trainer, 2016 ● Praxis (*completed*)

**EDUCATION**

Alabama A&M University (AAMU) Normal, AL

**M.S., Kinesiology** December 2020

**B.S., Physical Education** December 2018

**INTERNSHIPS**

**MLK Elementary School/Columbia High School |** ***Student Teacher,*** Huntsville, AL 8/2017-present

* Create lesson plans to meet the needs of 150 students, ages 8-18 with varying levels of skill
* Team teaching with teachers to meet the needs of 35+ students per class
* Provide safety checks on equipment and field areas to insure the over-all safety of students
* Collaborate with other staff members to plan and schedule lessons promoting learning and student engagement

**AAMU Athletic Academic Enhancement Center |** ***Graduate Assistant***, Normal, AL 1/2018-7/2019

* Ensured that all student- athletes met educational goals as primary guide through degree requirements
* Provided registration instructions to student-athletes to help ensure student success
* Identified and notified University manager of any at risk students for academic success improvement

**EXPERIENCE**

**24 Hour Fitness |** ***Personal Trainer*,** Huntsville, AL 2/2017-present

* Prepare exercise, weight-training and healthy diet schedules for up to 10 clients a week
* Administer fitness assessments including body fat measurements
* Guide clients in safe exercise, taking into account individual limitations
* Participate in health promotion projects such as health fairs and healthy alternative cooking

**MEMBERSHIPS**

American Fitness Trainers Association | 2018-present

Association of American Educators | 2017-present