**Ima Bulldog**

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

**SUMMARY**

Exceptionally knowledgeable and dedicated **Kinesiology Graduate Student** and **Health Fitness Specialist** with a strong customer service record. Sensitive and skilled at developing exercise regimens tailored to individual clients. Adept at contributing in fresh and creative ways to health fitness marketing initiatives.

**EXPERIENCE**

***Assistant Baseball Coach*** | **Bob Jones High School,** Madison, AL Feb. 2018-Present

* Assist the Head Baseball coach with instructing players about sport-related rules, regulations, equipment and techniques
* Organize and direct individual and small group practice activities/exercises as directed by head coach
* Assess player’s skills by monitoring players during competition and practice and keeping head Baseball coach informed of 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 with each other 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 children and teenagers 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. 2016-Apr. 2017

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

***Intern* | Huntsville Hospital,** Huntsville, AL Jan. 2016- May 2016

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

**EDUCATION**

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

**M.S., Kinesiology** May 2019

**B.S. Exercise Science**  May 2017

**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