Ellen Exercise

400 Triceps Lane | Richmond, VA 21000 | (864) 555-5555 | ellenexercise@gmail.com

**PROFILE**

* Anticipated Certified Personal Trainer (American College of Sports Medicine)
* First Aid/CPR/AED Certification
* Interpersonal skills gained through fitness internship
* Knowledge of aerobic and anaerobic energy systems
* Organizational skills developed through sales and retail experience
* Leadership experience acquired as a team leader at Chick-fil-A

**EDUCATION**

**B.S. Exercise Science,** Bob Jones University, Greenville, SC May 2018

* Concentration: Fitness and Wellness
* Minor: Business
* GPA: 3.3
* Active member of university Exercise and Sport Science Association

**EXERCISE SCIENCE EXPERIENCE**

**Fitness Internship,** Pivotal Fitness, Greenville, SC May 2018-August 2018

* Assisted with planning, designing, and implementing various fitness programs for clients incorporating both aerobic and anaerobic exercise, resulting in increased fitness level
* Developed marketing materials to promote personal services and increase club clientele
* Designed 2 full-body workouts
* Managed and improved the club’s social media accounts

**Fitness and Wellness Practicum,** Bob Jones University, Greenville, SC Sept. 2016-Dec. 2016

* Designed and conducted personalized (one-on-one) training sessions for 2 clients for a period of 12 weeks
* Provided each client with a detailed 4 day personal exercise prescription
* Conducted health and fitness assessments
* Created two individualized training programs incorporating cardiovascular fitness, muscular endurance, muscular strength, and flexibility

**ADDITIONAL EXPERIENCE**

**Sales Associate,** JCPenny, Greenville, SC Aug. 2014-present

* Establish excellent customer service skills through consistently meeting monthly sales goals
* Interact with customers on a daily basis ensuring a positive shopping experience
* Manage cash transactions, processed sales returns, and restocked inventory
* Promoted to team leader within 6 months due to strong customer service and time management skills

**Team Supervisor,** Chick-fil-A, Richmond, VA Summers 2013-2017

* Awarded team member of the month for achieving superior customer service reviews
* Participated in leadership development program culminating in promotion from team member to supervisor