Ellen Exercise

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**PROFILE**

* Completed a 3-month fitness internship gaining experience in implementing fitness programs
* 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
* Gained leadership experience as a team leader at Chick-fil-A

**EDUCATION**

**B.S. Kinesiology,** Bob Jones University, Greenville, SC May 2025

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

**RELATED EXPERIENCE**

**Fitness Internship,** Pivotal Fitness, Greenville, SC May 2024-August 2024

* 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. 2023-Dec. 2023

* 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 May 2021-May 2022

* 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 2019-2020

* 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