

# John Doe

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## OBJECTIVE

Seeking an exercise science internship with GetHealthy Now that uses my educational background, related experience, and interpersonal relations.

## EDUCATION

### University of Louisville

*Bachelor of Science in Health and Human Performance, Major: Exercise Science*

Louisville, KY  
Presently Attending

### Jefferson Community and Technical College

*Associate of Science*

Louisville, KY  
5/2016

## SUMMARY OF SKILLS

- Knowledge of wellness coaching best practices through coursework and experience as a trainer.
- Experienced in completing fitness assessments with clients and making easily understood recommendations.
- Adept in providing nutritional guidelines to clients based on individual needs and dietary restrictions.
- Adept at problem solving and able to easily assess the physical conditioning of others.
- Skilled in motivating people to optimize their physical fitness potential.
- Strong understanding of anatomy and physiology.
- Displays empathy, client relations, and excellent communication skills.
- Proficient in using Microsoft Office, including Word, Excel, and PowerPoint.

## RELATED PROFESSIONAL EXPERIENCE

Louisville Athletic Club

*Trainer*

Louisville, KY  
1/2016-Present

- Provide excellent customer satisfaction by meeting and exceeding members' expectations for quality and service.
- Perform scheduled fitness assessments; track client progress with photos and electronic records.
- Provide general education about nutritional strategies to optimize fitness.

Jones Physical Therapy

*Volunteer*

Louisville, KY  
1/2016-5/2016

- Assisted therapists and technologists with patient exercise activities.
- Aided with other duties as needed such as transporting patients in wheelchairs.
- Kept exercise mats straightened for patients.

## WORK EXPERIENCE

UPS

*Package Handler*

Louisville, KY  
8/2014 to Present

## HONORS AND ACTIVITIES

- **Runners of Louisville**, Member, 2016-Present
- **College of Education and Human Development Student Council**, Member, 2016-Present
- **Dean's List Recipient**, Spring 2016
- **Basketball Club at JCTC**, Member, 2014-2015