

# First and Last Name (Exercise Science Bachelor's)

s\_emsience@pennwest.edu • 412-XXX-XXXX

## EDUCATION

Pennsylvania Western University, California, PA

Bachelor of Science in Exercise Science, Month 20XX

Minor: (insert minor here)

Overall QPA: 3.4 Dean's List, 3 semesters

## INTERNSHIP AND CAREER EXPERIENCE

Personal Trainer, Anytime Fitness, Bell Vernon PA, Month 2016-Present

- Observe participants and inform them of corrective measures necessary for skill improvement
- Evaluate individual's abilities, physical conditions and develop suitable training programs
- Teach proper breathing techniques used during physical examination
- Develop educational and training programs

Fitness Intern, Clarion YMCA, Clarion PA, Month 20XX-Month 20XX

- Provided 120 hours of direct client fitness assistance to 15 members
- Completed thorough assessment of member fitness levels
- Helped members identify fitness goals and objectives
- Planned, implemented, and assisted clients in meeting fitness goals and objectives

Cardiac Rehab Intern, VA Pittsburgh Healthcare System, Pittsburgh, PA, Month 20XX-Month 20XX

- Completed 180 hours of direct and in-direct patient care
- Obtained vital signs and followed and monitored patients through exercise sessions
- Interpreted basic EKG readings during patient's exercise session
- Documented patient's plan of care in medical record database

Observation, XYZ Fitness Center, Sigel, PA, Month 20XX

- Eight hours of observation with Joe Smith (credentials) who supervised, instructed, and demonstrated the execution of proper running mechanics and weightlifting techniques to clients ages 16 - 50

## CAREER-RELATED EXPERIENCE

Patient Sitter, Veterans Affairs Healthcare System, Pittsburgh, PA, Month 20XX-Present

- Provide constant observation to ensure patient safety and comfort
- Assist patients with daily living activities (meal tray, bathroom needs, grooming)
- Accompany and transport patients to testing areas

Volunteer Coach, XYZ Football Skills Camp, Anywhere, PA, Month 20XX-Month 20XX

- Assisted Camp Coordinators instruct players throughout 7 practices on proper form and techniques
- Performed quality checks on protective equipment and maintained records and equipment inventory

Camp Counselor, New Image Weight Loss Camp, Haines City, FL, Month 20XX-Month 20XX

- Supervised and engaged in all camp activities (swimming, volleyball, aerobics, etc.)
- Escorted campers to mealtimes, activities, and nurses

## COURSE HIGHLIGHTS

Applied Anatomy and Physiology in Wellness and Fitness

Evaluating Research in Fitness and Wellness

## **CERTIFICATIONS, TRAININGS, AND CLEARANCES**

Certified Personal Trainer from the National Academy of Sports Medicine (NASM)

Certified Speed Coach from the National Association of Speed and Explosion (NASE)

## **HONORS AND SCHOLARSHIPS**

Outstanding Academic Achievement for Greek Life, Month 20XX

Brush Family Scholarship 20XX

Girl Scouts USA Gold Award Recipient 20XX

## **PROFESSIONAL DEVELOPMENT**

XYZ Seminar, Month 20XX

Webinar: (title or topic), date

Lecturer, Christina Irene, Communicating with Hidden Disabilities, Month 20XX

## **CAMPUS ACTIVITIES**

Member, XYZ Club, 20XX-Present

Member/Vice-President, Exercise Science Club, 20XX-Present

Student Athlete, Women's Cross-Country/Track and Field Team, 20XX-20XX

Member/Recruitment Counselor, Sigma Sigma Sigma National Sorority, Month 20XX-Month 20XX

## **COMMUNITY SERVICE**

Handler, Therapy Dog Visits, Local Hospice and Senior Living Center, 20XX-Present

Volunteer, Golden Living Senior Center, 20XX-20XX

- Engaged patients by playing bingo, making crafts, and assisting with meals

Volunteer, Community Service Day, 20XX, 20XX, and 20XX

- Worked as part of a team to help community with lawn clean-up and painting

Event Planner, Spaghetti Benefit Dinner for cancer patients, 20XX

- Raised funds by preparing and serving dinner

Buddy, California Special Olympics, 20XX

- Helped children line-up for events and provided encouragement and support

Volunteer, Cook Forest 5K and Half Marathon, 20XX

- Assisted with participant registration, water distribution and clean-up

## **ADDITIONAL WORK EXPERIENCE**

Sales Associate, Nike, Washington, PA, Month 20XX-Month 20XX

- Processed sales and payments and provided excellent customer service

Lifeguard, Sandcastle, Homestead, PA, Summers 20XX-20XX

- Assisted children with life jackets, ensured safety of waterpark guests, and provided first aid

## **Other possible sections:**

Presentations

Research

Professional Associations

Languages

# First and Last Name (Exercise Science - Masters)

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www.linkedin.com/in/exercise-science

## EDUCATION

Pennsylvania Western University, California, PA

Master of Science in Exercise Science & Health Promotion, Month 20XX

Undergraduate University, City, State

Bachelor of (Arts/Science/Education) in (Major), Month 20XX

Minor: Nutrition

## CAREER EXPERIENCE

Personal Trainer, Anytime Fitness, Bell Vernon PA, Month 2016-Present

- Observe participants and inform them of corrective measures necessary for skill improvement
- Evaluate individual's abilities, physical conditions and develop suitable training programs
- Teach proper breathing techniques used during physical examination
- Develop educational and training programs

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Observation, XYZ Fitness Center, Sigel, PA, Month 20XX

- Eight hours of observation with Joe Smith (credentials) who supervised, instructed and demonstrated the execution of proper running mechanics and weightlifting techniques to clients ages 16-50

## CAREER-RELATED EXPERIENCE

Patient Sitter, Veterans Affairs Healthcare System, Pittsburgh, PA, Month 20XX-Present

- Provide constant observation to ensure patient safety and comfort
- Assist patients with daily living activities (meal tray, bathroom needs, grooming)
- Accompany and transport patients to testing areas

Volunteer Coach, XYZ Football Skills Camp, Anywhere, PA, Month 20XX-Month 20XX

- Assisted Camp Coordinators instruct players throughout 7 practices on proper form and techniques
- Performed quality checks on protective equipment, maintained records, inventoried equipment

Camp Counselor, New Image Weight Loss Camp, Haines City, FL, Month 20XX-Month 20XX

- Supervised and engaged in all camp activities (swimming, volleyball, aerobics, etc.)
- Escorted campers to mealtimes, activities, and nurses

**COURSE HIGHLIGHTS**

Applied Anatomy and Physiology in Wellness and Fitness  
Evaluating Research in Fitness and Wellness

**CERTIFICATIONS, TRAININGS AND CLEARANCES**

Certified Personal Trainer from the National Academy of Sports Medicine (NASM)  
Certified Speed Coach from the National Association of Speed and Explosion (NASE)

**PROFESSIONAL DEVELOPMENT**

XYZ Seminar, Month 20XX  
Webinar: (title or topic), date  
Lecturer, Christina Irene, Communicating with Hidden Disabilities, Month 20XX

**CAMPUS ACTIVITIES**

Member/Vice-President, California Exercise Science Club, 20XX-Present  
Student Athlete, California University Women's Cross-Country/Track and Field Team, 20XX-20XX  
Member/Recruitment Counselor, Sigma Sigma Sigma National Sorority, Month 20XX-Month20XX

**COMMUNITY SERVICE**

PTA Volunteer, Golden Living Senior Center, 20XX-20XX  
Event Planner, Spaghetti Benefit Dinner for cancer patients, 20XX  
Volunteer Firefighter, XYZ Fire Station, Anytown, PA  
Volunteer, Cook Forest 5K and Half Marathon, 20XX

**HONORS AND SCHOLARSHIPS**

Brush Family Scholarship 20XX  
Girl Scouts USA Gold Award Recipient 20XX

**ADDITIONAL WORK EXPERIENCE**

Sales Associate, Nike, Washington, PA, Month 20XX-Month 20XX

- Processed sales and payments and provided excellent customer service

Lifeguard, Sandcastle, Homestead, PA, Summers 20XX-20XX

- Assisted children with life jackets, ensured safety of waterpark guests, and provided first aid

**Other possible sections:**

Presentations  
Research  
Professional Associations  
Languages

# First and Last Name (Nutrition and Fitness)

n.a.fit@eagle.clarion.edu • 412-XXX-XXXX

www.linkedin.com/in/nutra-fit

## EDUCATION

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Pennsylvania Western University of Pennsylvania, City, PA

Bachelor of Science in Nutrition and Fitness, Month 20XX

Minor: Psychology

Overall QPA: 3.4 Dean's List, 3 semesters

## INTERNSHIP AND CAREER EXPERIENCE

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Dietary Aid, Personal Care Home, Clarion PA, Month 20XX-Present (seasonal)

- Prepare and pre-portion foods to meet requirements for regular and therapeutic diets
- Properly handle food and follow food safety techniques in compliance with policies
- Use proper tasting techniques to ensure quality
- Work effectively under pressure as a team member

Fitness Intern, Clarion YMCA, Clarion PA, Month - Month 20XX

- Provided 120 hours of direct client fitness assistance to 15 members
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- Helped members identify fitness goals and objectives
- Planned, implemented, and assisted clients in meeting fitness goals and objectives

Cardiac Rehab Intern, VA Pittsburgh Healthcare System, Pittsburgh, PA, Month 20XX-Month 20XX

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Observation, XYZ Fitness Center, Sigel, PA, Month 20XX

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## CAREER-RELATED EXPERIENCE

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Patient Sitter, Veterans Affairs Healthcare System, Pittsburgh, PA, Month 20XX-Present

- Provide constant observation to ensure patient safety and comfort
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Volunteer Coach, XYZ Football Skills Camp, Anywhere, PA, Month 20XX

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Camp Counselor, New Image Weight Loss Camp, Haines City, FL, Month 20XX

- Supervised and engaged in all camp activities (swimming, volleyball, aerobics, etc.)
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**COURSE HIGHLIGHTS**

Fitness Assessment & Prescription	Athletic Injuries	Sport Nutrition
Nutrition Assessment & Counseling	Medical Terminology	Nutrition Education

**CERTIFICATIONS, TRAININGS AND CLEARANCES**

American Red Cross Basic Life Support (BLS) Certification, 20XX-Present  
 FBI, PA Act 33/34 Clearances  
 Narcan Training, Month 20XX

**HONORS AND SCHOLARSHIPS**

Outstanding Academic Achievement for Greek Life, Month 20XX  
 Brush Family Scholarship 20XX  
 Girl Scouts USA Gold Award Recipient 20XX

**PROFESSIONAL DEVELOPMENT**

XYZ Seminar, Month 20XX  
 Webinar: (title or topic), date  
 Lecturer, Christina Irene, Communicating with Hidden Disabilities, Month 20XX

**CAMPUS ACTIVITIES**

Member, PennWest Bountiful Backpacks Club, 20XX-Present  
 Member/Vice-President, PennWest Nutrition and Fitness Club, 20XX - Present  
 Student Athlete, PennWest (campus), (mascot), team, 20XX-20XX  
 Member/Recruitment Counselor, Sigma Sigma Sigma National Sorority, Month20XX-Month 20XX

**COMMUNITY SERVICE**

Handler, Therapy Dog Visits, Local Hospice and Senior Living Center, 20XX-Present  
 Volunteer, Golden Living Senior Center, 20XX-20XX
 

- Engaged patients by playing bingo, making crafts, and assisting with meals

 Volunteer, Clarion University Community Service Day, 20XX, 20XX, and 20XX
 

- Worked as part of a team to help residents for a day with lawn clean-up and painting

 Event Planner, Spaghetti Benefit Dinner for cancer patient, 20XX
 

- Raised funds by preparing and serving dinner

 Buddy, Clarion Special Olympics, 20XX
 

- Helped children line-up for events and provided encouragement and support

 Volunteer, Cook Forest 5K and Half Marathon, 20XX
 

- Assisted with participant registration, water distribution and clean-up

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