

# Ima Student

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## EDUCATION

### **Bachelor of Science, Exercise and Wellness**

December 20XX

Arizona State University, Phoenix, Arizona

Dean's List: Fall 20XX, Spring 20XX, Spring 20XX

## CERTIFICATIONS

CPR certified, American Heart Association

Expires: November 20XX

Personal Trainer, American College of Sports Medicine

Expires: May 20XX

## RELEVANT EXPERIENCE

### **Personal Fitness Trainer**, Apple Fitness Center, Tempe, Arizona

May 20XX – Present

- Design and instruct large group exercise classes.
- Execute performance evaluation testing using body fat calipers and blood pressure cuffs.
- Perform fitness tests and advise clients to incorporate healthy lifestyle changes based on results.

### **Intern**, Sierra Orthopedics, Casa Grande, Arizona

January 20XX – May 20XX

- Worked with a Physician Assistant by taking and reading x-ray results, pre-operational patient exams, medical coding, treatment modalities, clinical tests, and patient diagnoses.
- Collaborated with a multidisciplinary team of physicians, nurses, office staff, and other interns to assist with patient needs to improve recovery time.
- Conducted intake assessments by taking the patients' blood pressure, pulse, and temperature. Prepared examination rooms ensuring cleanliness and sanitization of the work environment.

### **Physical Fitness Assistant**, Arizona High School, Phoenix, Arizona

August 20XX – May 20XX

- Conducted physical assessments for over 20 high school students monthly.
- Planned and instructed physical fitness activities for students ages 12-18 while ensuring safety.
- Helped manage monthly expenses and budget, reducing overall budget by 15%.

### **Community Advisor**, Arizona State University, Tempe, Arizona

August 20XX – May 20XX

- Developed cultural, social, and educational programs to meet the needs of 50 residents.
- Ensured the safety of residents by enforcing floor policies and the Student Code of Conduct.
- Evaluated and addressed resident concerns in a caring, confident, and quick manner by referring students to appropriate campus services.

## COMMUNITY INVOLVEMENT

### **Mentor**, Boys and Girls Club, Phoenix, Arizona

October 20XX – Present

### **Volunteer**, St. Vincent de Paul Food Bank, Phoenix, Arizona

March 20XX – Present

### **Volunteer**, Lost Our Homes Pet Rescue, Tempe, Arizona

June 20XX – October 20XX

## SKILLS

**Patient Care:** EKG knowledge and experience, CPR trained and proficient, Exercise Regimen and Stress Test Applications

**Language:** Fluent in Spanish (reading, writing, and speaking)