

JANE CANDIDATE

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EDUCATION

University of Denver, Graduate School of Professional Psychology

M.A Sport & Performance Psychology Candidate, GPA 3.8

Denver, CO

Expected June 20xx

- Relevant Courses: Entrepreneurship in Sport and Performance Psychology, Statistics
Relevant Project: Research paper on increase of sport related injuries in elementary school children
- Relevant Activity: Student Delegate, Association for Applied Sport Psychology

University of Kansas

B.S. Biology, GPA 3.7

Lawrence, KS

20xx

- Relevant Courses: Microbiology, Lab Procedures, Chemistry
- Honors: Wittier Scholar

EXPERIENCE

University of Denver, Center for Performance Excellence

Student Consultant

Denver, CO

April 20xx--Present

- Consult with nonprofit on creating a positive workplace culture through creative team building activities and feedback on assessments
- Provided relevant and engaging workshops on team dynamics that resulted in reduction in tensions as measured by follow-up interviews
- Offer individualized sessions on key leadership traits in order to improve job satisfaction

Sport and Fitness Experts

Personal Trainer

Denver, CO

June 20xx-May 20xx

- Built client base by conducting fitness assessments and demonstrating the value of personal training, including safe and proper exercise techniques
- Motivated and inspired clients to get results through goal setting, follow-up and re-assessments to show progress
- Focused on exceeding client's expectations in a fast-paced environment through friendly and outgoing interactions

Mountain High School, Alamo, CO

Lacrosse Coach

Alamo, CO

August 20xx-June 20xx

- Planned and executed structured coaching program for 30-member team resulting in improved confidence, motivation and performance
- Focused on techniques and methods that reinforced core values comprising sportsmanship, safety and good character that brought about an improvement in team dynamics
- Provided excellent customer service by responding in timely manner to parental questions and comments via email and social media. Wrote weekly newsletter to keep parents informed
- Demonstrated leadership and interpersonal skills by training assistant coaches

LEADERSHIP/ VOLUNTEER ACTIVITIES

President, Club Kayaking: Increased participation in weekly outings by 20% (Present)

Volunteer, Winslow Hospital/Trauma Center: Assist physical therapist with activities for patients (Present)

Mentor, Boys Club of Denver: Served as mentor for teen aged boys (20xx-20xx)

SKILLS

Computer: Excel, PowerPoint Word (Proficient), Social Media

Languages: Spanish (Fluent)

Certifications: Personal Trainer, CPR, First Aid, Defibrillator (AED), Concussion Training

*** THIS SAMPLE RESUME IS USED FOR INSTRUCTIONAL PURPOSES. PLEASE USE YOUR OWN WORDING WHEN YOU ARE WRITING YOUR DOCUMENT***