

## Mary Smith

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### OBJECTIVE

To obtain a full time position in the exercise science and wellness field to utilize my ability to instruct special populations.

### EDUCATION / CERTIFICATIONS

Kennesaw State University, Kennesaw, GA

May 2015

#### Bachelor of Science, Exercise Science

- CPR, First Aid, and AED, **American Red Cross**

Expires: 9/28/2016

### RELEVANT COURSES/PROJECTS

Exercise and Aging, Health Promotion and Program Planning, Biomechanics, Special Topics, Nutrition, Exercise Physiology, Fitness Evaluation and Exercise Prescription, Clinical Aspects of Exercise Field experience specific to exercise instruction with older adults

- Created a dietary analysis and nutrition plan
- Created exercise prescriptions for middle aged and older adults through case studies
- Designed exercise prescriptions through case studies
- Developed a health promotion program to create awareness of strokes among seniors

### RELEVANT EXPERIENCE

#### Certified Peer Health Educator

Fall 2013-Current

BACCHUS, Kennesaw State University

Kennesaw, GA

- Developed projects specifically targeting the college population about substance abuse, disease, smoking, etc.
- Designed health promotion programs to create awareness of health related topics to present to KSU students
- Created a one day event for KSU students in order to raise awareness of AIDS

#### Internship

January 2014 – May 2014

YMCA-Marietta, Wellness and Recreation

Marietta, GA

- Designed exercise programs and routines
- Scheduled health seminars for staff members
- Responsible for overseeing fitness facility for 300 members
- Coordinated and promoted a community blood drive
- Assisted in promoting and building Upward sports teams
- Lead group exercise sessions at a rehabilitation facility for a group of 20 substance abuse patients

#### Student Trainer

July 2013-December 2013

Seniors Participating in Activities Relating to Health at Kennesaw State Program, SPARHKS

Kennesaw, GA

- Developed exercise routines for a group exercise setting with older adults with limited mobility
- Worked one on one with older adult stroke patient to produce an exercise routine to increase strength, mobility, and quality of life

#### Internship

January 2013-May 2013

Remington House, Health Specialist

Conyers, GA

- Designed and instructed exercise classes meant to engage the senior population.
- Executed performance evaluation testing using body fat calipers and blood pressure cuffs.
- Performed fitness tests and advised of results that included an action plan to incorporate health lifestyle changes.

#### Internship

July 2012-December 2012

Highland Cove Retirement Community

Marietta, GA

- Designed and instructed group exercise classes meant to engage the senior population.
- Taught nutritional lunch series meant to engage participants in a healthy eating plan.

### VOLUNTEER EXPERIENCE

#### Activities Volunteer

May 2011 – Present

Friendship Manor, Assisted Living

Roswell, GA

- Provided company and play board games with senior citizens
- Coordinate group activities for senior citizens.
- Assist with the facilitation of outdoor activities.