

**First Name Last Name**

City, State | emailaddress@provider.com

Phone Number | linkedin.com/in/firstnamelastname/

**EDUCATION**

**Bachelor of Science in Kinesiology**, December 20XX

Northern Illinois University, DeKalb, IL

- **Al Kranz Student Athletic Trainer Scholarship**

**CERTIFICATIONS & MEMBERSHIP**

- Certified Personal Trainer – American Council on Exercise
- CPR for Adults and Children & First Aid for Adults and Children – American Red Cross
- American Society of Exercise Physiologists

**FITNESS EXPERIENCE**

**YMCA Health & Wellness Programing and Administration Intern**, Naperville, IL, October 20XX – December 20XX

- Developed and implemented 6 programs for members to encourage physical activity, stress management, healthy eating, and preventative health practices.
- Evaluated programs to determine effectiveness and sustainability.
- Collaborated with marketing team to promote programs through social media forums; boosted member participation in programs by 10%.
- Led weekly group exercise classes and personally trained clients (ages 21-32).
- Assessed participants' ability levels; adjusted programs to meet unique needs and goals.
- Represented YMCA in an energetic, motivating, and positive manner.

**Camp Counselor**, Lombard Park District, Lombard, IL, Summer 20XX

- Supervised soccer, baseball, and kickball games for 10 children, ages 8-12.
- Developed strong working relationships with program participants and parents.
- Recognized by supervisors for creating activities that engaged campers and fostered teamwork and a sense of camp pride.

**Barb City Manor – Field Experience in Kinesiology**, DeKalb, IL, January 20XX – May 20XX

- Constructed a 16-week exercise program focused on flexibility, balance, stability, and independence maintenance for two older adults.
- Independently worked with each resident for two hours a week to support goals.
- Supported personal growth of residents through informal conversations and encouragement.

**STUDENT LEADERSHIP EXPERIENCE**

**Treasurer and Active Member**, Alpha Phi Omega, Northern Illinois University, August 20XX – Present

- Oversee expenditures for a \$5,000 budget and fundraising initiatives.
- Complete 20 hours of service each semester at local nonprofit sites.
- Serve as site coordinator for monthly service events to ensure projects are well planned and fully staffed with volunteers.

**WORK EXPERIENCE**

**Customer Service Associate**, Target, Aurora, IL, September 20XX – Present

- Demonstrate adaptability and problem-solving skills to meet customer needs.
- Uphold company values of respect, integrity, and professionalism in team and customer interactions.