

Kendall Trainer

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EDUCATION

Bachelor of Science in Health Promotion and Health Equity

University of Wisconsin-Madison

5/20XX

Madison, WI

CERTIFICATIONS

American Red Cross-CPR for the Professional Rescuer

Expires: 4/20XX

First Aid Certification

2/20XX

American College of Sports Medicine Certification

8/20XX

HEALTH PROMOTION EXPERIENCE

Personal Trainer

8/20XX - 9/20XX

Capital Fitness

Madison, WI

- Coordinated high quality personal training and team training sessions for clients
- Facilitated client success tracking and developed recommendations based off client progress
- Created safe and effective exercises for a wide range of physical abilities and health concerns
- Motivated participants by planning suitable exercise variety and progression
- Utilized motivational interviewing techniques to engage with participants and promoted their wellness goals to lead to balanced results

Intern, Exercise Science

1/20XX - 5/20XX

UW-Health System

Madison, WI

- Mastered intake and evaluation procedures for new members and patients participating in the Sport Medicine Center's exercise programs
- Led exercise classes, conducted fitness evaluations, and staffed the fitness floor
- Gained understanding of basic exercise physiology, specifically hemodynamic responses to different forms of exercise

ADDITIONAL WORK EXPERIENCE

Event Staff

8/20XX - 11/20XX

UW Athletics Guest Services

Madison, WI

- Provided strong customer service while serving food and beverages at athletic events
- Developed problem-solving and teamwork skills to resolve issues for fans
- Answered guests' questions concerning seating and maintained safety protocols

Tutor

9/20XX - 12/20XX

Precollege Enrichment Opportunity Program for Learning Excellence

Madison, WI

- Mentored students by using strong communication skills when tutoring students in science
- Enhanced inclusive teaching strategies for students of diverse backgrounds

CAMPUS INVOLVEMENT

Member, Cardiac on Campus

3/20XX - Present

Treasurer, Dietetics and Nutrition Club

3/20XX - Present

Member, Kinesiology Club

8/20XX - 1/20XX

Captain, Intramural Soccer

9/20XX - 5/20XX