

Scott Laidler

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503-555-2094

Career Objective

Seeking a position as a personal trainer or fitness instructor

Skills

Strong Motivational and Leadership Abilities

Skilled in conducting fitness assessments and tracking client progress

Group Fitness Instruction

Personalized Fitness Program Design

Excellent Communication and Interpersonal Skills

Solid Motivational and Leadership Abilities

Education

AAS in Exercise Science, June 20XX

Portland Community College, Portland Oregon

Certifications

Personal Trainer, ACE, August 20XX

Adult CPR/First Aid, American Red Cross, Current

Related Work History

Recreation Director, July 20XX – Present

Timberhill Residential Center, Beaverton Oregon

Develop and lead recreational classes and activities for seniors

Coordinate assessment and other activities with medical and support staff Personnel

Personal Trainer Intern, March 20XX – June 20XX

Sherwood Regional Family YMCA, Sherwood Oregon

Assisted trainers with individualized weight training and fitness assessment

Designed and taught aerobics class

Attended YMCA training workshops

Provided customer service and sales support

Teaching Assistant, March 20XX – September 20XX

Physical Education Dept., Portland Community College, Portland Oregon

Developed lesson plans

Provided individual assessments and program design

Led one-on-one and group instruction