

Louise Parker

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Internship Objective

To apply skills learned in the PCC Exercise Science program that will result in the furthering of my knowledge and experience in the field of fitness and wellness while providing service to Club Well-Fit's community.

Professional Summary

- o Develop, demonstrate, and implement appropriate fitness assessments for the healthy population.
- o Demonstrate safe, effective lifting techniques for every major muscle group with clients.
- o Implement quality teaching methods when instructing group fitness classes.
- o Describe and employ various resistance training methods, principles, equipment and assessments.
- o Utilize and enhance aquatic programming and teaching strategies learned through critical analysis of professionals in the industry.
- o Administer first aid and life support in sudden illness and emergencies.
- o Analyze a variety of nutritional ergogenic aids and sports supplements for clients.
- o Participate in athletic, recreational, and fitness-oriented activities including swimming, backpacking/camping, ping pong, fishing, golfing, walking/hiking, skiing.
- o Provide responsive customer service that fosters relationships with clientele.
- o Design creative merchandise displays that highlight a variety of products.

Education

Group Fitness Leader Certificate – Exercise Science program, Portland Community College, GPA: 3.8
expected completion June 20XX

Applicable Course Work:

- Structure and Function of the Human Body
- Professional Activities in Weight Training
- Injury Prevention and Management
- Analysis of Movement
- Exercise Physiology
- Nutrition for Fitness Instructors
- Professional Activities in Group Fitness
- Fitness Assessment
- Exercise Prescription
- Professional Activities in Aquatic Fitness

Certifications/Associations

American Red Cross: CPR/AED for the Professional Rescuer; First Aid (Dec. 20XX - present)

Center for Disease Control: Heads-Up Concussion in Youth Sports Training (Dec. 20XX - present)

American College of Sports Medicine: Student Member (Sept. 20XX - present)

Employment

Sales Associate - Nordstrom, Portland, OR (Dec. 20XX – present)

Broiler Cook - Waikiki Yacht Club, Honolulu, HI (June 20XX - Nov. 20XX)

Assistant House Manager - University of Hawaii, Honolulu, HI (June 20XX - June 20XX)