

SPU STUDENT

Seattle, WA

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QUALIFICATIONS

- CPR Certified
- Experience in physical fitness testing, wellness research, and exercise prescription
- Trained in human performance laboratories and equipment including hydrostatic weighing and ultrasonography
- Passion for examining health and fitness using science-based approaches
- Ability to create effective training/wellness programs based on individual needs

EDUCATION

Bachelor of Science: Exercise Science

June 2021

Seattle Pacific University, Seattle, WA

- GPA: 3.4, President's Scholar, Dean's List
- Related Coursework: Biochemistry, Exercise Physiology, Motor Learning and Development

RELEVANT EXPERIENCE

Fitness Intern

June 2020 – Sept 2020

Grand Living - Coralville, IA

- Responsible for enhancing fitness program experience for 60+ year old residents
- Observed and assisted with quarterly fitness challenges and educating residents and staff about physical wellness
- Assessed fitness performances by applying lab work and exercise science knowledge
- Assisted with marketing fitness and wellness to residents and outside groups
- Took part in research for the monthly "Lunch and Learn" to equip potential residents with the right knowledge
- Worked with fitness data systems to track performance progress
- Learned how to adjust and operate all community fitness equipment

Volunteer Soccer Coach

June 2019 – Sept 2019

Seattle Youth Soccer Association - Seattle, WA

- Lead groups of 10-15 kids, ages 8-10, to develop their soccer skills
- Designed and developed training programs for each team based on individual ability
- Coordinated with other volunteer coaches to develop training clinics for 50-60 kids
- Cultivated a culture of good sportsmanship, cooperation, and responsibility
- Built positive relationships with players and parents to create a strong team on and off the field

OTHER EXPERIENCE

Retail Associate

Oct 2019 – June 2020

Soccer West - Seattle, WA

- Greeted soccer fans and asked questions to help make their shopping experience an enjoyable one
- Made sales recommendations based on observations and conversations with fans
- Helped execute a brand connection by ensuring fans enjoy a top-notch shopping experience
- Maintained sales floor and stockroom standards
- Kept updated with soccer news and other related topics to best serve customers
- Maintained the highest standards of professionalism and customer service to positively represent Soccer West