**Your Name**

City, State Zipcode **│** Phone Number**│** [email@gmail.com](mailto:email@gmail.com)

**Education**

UNIVERSITY OF PITTSBURGH **GRADUATED:** **AUGUST 2020**

MASTER OF SCIENCE │HEALTH AND PHYSICAL ACTIVITY PITTSBURGH, PA

MAJOR: Clinical Exercise PhysiologyGPA: 4.0

UNIVERSITY OF PITTSBURGH **APRIL 2019**

BACHELOR OF SCIENCE **│** HEALTH AND PHYSICAL ACTIVITY PITTSBURGH, PA

MAJOR: Exercise Science **│** GPA: 3.428

**Related Experience**GRADUATE STUDENT ASSISTANT **FALL 2019- SPRING 2020**UNIVERSITY OF PITTSBURGH PITTSBURGH, PA

* Developed and instructed engaging fitness classes to benefit the health of the University of Pittsburgh students and faculty
* Managed Healthy Lifestyle Institute facilities and constructed personal fitness programs for members to meet their specific health goals
* Collaborated on an engagement team that creates physical activity videos through social media to bring awareness of increasing movement in the workspace to the University of Pittsburgh community
* Mentored undergraduates through a practicum to challenge students on gaining hands-on experience in the exercise science realm such as instructing, cueing, and programming

ON-SITE HEALTH PROMOTION INTERN **SPRING 2019**UPMC HEALTH PLAN PITTSBURGH, PA

* Shadowed lifestyle health coaching sessions to improve motivational interviewing skills
* Created and presented Lunch and Learns and Stop-by-Booths for health incentive programs and wellness committees
* Developed a wellness campaign for members to participate in to become more physically active

RESEARCH ASSISTANT **FALL 2018**

BRAIN AGING AND COGNITIVE HEALTH LAB PITTSBURGH, PA

* Assisted exercise physiologists with VO2 Max tests by administering blood pressures, prepping for EKGs, recording height and weight and data collected during the test
* Completed data entries for various studies using computer programs such as Excel and REDCap

REHAB AIDE **FALL 2017**

PITTSBURGH PHYSICAL MEDICINE PITTSBURGH, PA

* Collaborated with chiropractors and physical therapists in a chiropractic rehabilitation clinic
* Prescribed and instructed exercise programs to patients
* Performed PNF stretching and soft-tissue manual therapy known as Graston technique

REHAB AIDE **FALL 2016 – MAY 2017**

THE CHILDREN’S INSTITUTE OF PITTSBURGH PITTSBURGH, PA

* Assisted physical therapists in a pediatric day school for children with disabilities
* Educated on equipment and performed proper lifting biomechanics
* Constructed creative and enjoyable ways to complete exercises while comforting children
* Served as an aide for aquatic therapy to improve, mobility, function, and strength

**Work Experience**REC FACILITY ATTENDANT **SPRING 2018 –FALL 2019**UNIVERSITY OF PITTSBURGH PITTSBURGH, PA

* Managed Campus Recreation Centers where I oversaw students and satisfied their fitness needs
* Responded to inquiries, requests and resolved customer complaints as necessary in a prompt, effective, and courteous manner. Promptly responded to emergency situations

MULTIPLE SERVICE ASSISANT **SUMMERS 2015 – 2019**

ARAMARK AT UPMC SUSQUEHANNA WILLIAMSPORT, PA

* Engaged with various populations of patients to enhance their inpatient experience
* Developed communication skills among different health professions
* Accomplished patients’ needs such as a clean environment, ordering and delivering

meals, and transporting patients in a fast-pace working environment

**Extracurricular Activities**

EXERCISE SCIENCE CLUB │FALL 2017- SPRING 2019│ EPSILON SIGMA ALPHA │FALL 2016 – SPRING 2019│

**Certifications**

AMERICAN RED CROSS FIRST AID AND CPR CDC HEADS UP CONCUSSION CERTIFICATE