**Evan Exercise**

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# OBJECTIVE

To obtain an internship with Velocity Sports Performance Group in order to expand my knowledge in the field of exercise science and sports medicine.

# EDUCATION

**Southeastern Louisiana University (SLU)** Hammond, LA

*Bachelor of Science in Kinesiology* May 2021

Concentration: Exercise Science GPA: 3.80/4.00

**SUMMARY OF QUALIFICATIONS**

* Familiar with graded exercise testing using treadmill or bicycle ergometry, body composition analysis using skinfold thickness, and muscular fitness assessment
* Effective written and verbal communication skills
* Productive as member of a team or individually; strong time management and organizational skills
* Computer Skills: Microsoft Word, Excel, PowerPoint, Internet Explorer, Access, Adobe Photoshop

# RELATED EXPERIENCE

# Hammond Sports Care Center and Rehab Hammond, LA

*Shadowing* August 2019 – March 2020

* Assisted patients with daily exercises and activities
* Recorded and filed daily logs of patients’ activities
* Prepared patients for electrical stimulation treatments
* Applied ice, heat packs, and proper wrappings for patients

# Tangipahoa Parish Parks and Recreation Hammond, LA

*Basketball Camp Coach/Coordinator* Summers 2017 - 2018

* Instructed 60-70 1st – 9th grade athletes on proper athletic skills development
* Created interactive and participatory sessions to engage youth and help them understand correct and safe techniques and strategies
* Worked with other coaches in a team-related environment
* Monitored and evaluated drills and activities to ensure proper safety measures were in place
* Created camp schedules for distribution to coaches, referees and volunteers
* Maintained positive communication with campers and parents

# LEADERSHIP EXPERIENCE

**SLU Sport Management Association** Hammond, LA

*President* Spring 2020 – Present

* Attend and professionally lead all bi-weekly meetings
* Actively recruit club members and appoint all 5 officer positions
* Oversee fundraising efforts, with a team of four raising $300 in one semester
* Create and send weekly emails to Correspondence Officer for distribution to club members

Member Fall 2018 - Present

* Build relationships with area business leaders in the sports management field and invite them to speak on panel discussions
* Participate in discussions about the current state of industry, and network with professionals in the field

# TRANFERABLE EXPERIENCE `

# Cate Street Seafood Station Hammond, LA

*Server* August 2018 – Present

* Effectively performed multiple tasks, such as managing guest relations, within a fast-paced environment
* Focused on proper safety procedures for preparation and storage of food
* Maintained approximately 20 hours per week while enrolled as a full-time student