

# 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)**

*Bachelor of Science in Kinesiology*

Concentration: Exercise Science

Hammond, LA

May 2021

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**

*Shadowing*

Hammond, LA

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**

*Basketball Camp Coach/Coordinator*

Hammond, LA

Summers 2017 - 2018

- Instructed 60-70 1<sup>st</sup> – 9<sup>th</sup> 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**

*President*

Hammond, LA

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

## TRANSFERABLE EXPERIENCE

### **Cate Street Seafood Station**

*Server*

Hammond, LA

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