

YOUR NAME

(985) 542-5555 | first.last@selu.edu | Hammond, LA

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 developed by leading student organization and group project work
- Strong time-management skills with 3+ years balancing part-time job, full-time class schedule, and leadership role on campus

EDUCATION

Southeastern Louisiana University (SLU)

Bachelor of Science in Kinesiology

Concentration: Exercise Science

Hammond, LA

May 2022

GPA: 3.8/4.0

RELEVANT EXPERIENCE

Hammond Sports Care Center and Rehab

Hammond, LA

Shadowing

August 2020 - Present

- Encouraged and coached patients through daily exercises while monitoring individual differences and needs
- Recorded and filed daily logs of patients' activities consistently, incorporating details to show improvement
- Prepared patients for electrical stimulation treatment, adhering to safety guidelines
- Communicate with patients to apply ice and heat packs and proper wrappings while minimizing discomfort

Tangipahoa Parish Parks and Recreation

Hammond, LA

Basketball Camp Coach/Coordinator

May - August 2019, 2020

- Instructed 60-70 1st – 9th grade athletes on proper athletic skills development in a clear and concise manner
- Created interactive sessions to engage youth and teach correct and safe techniques and strategies
- Collaborated with other coaches in a team-related environment, discussing game planning, team development, and mentoring individual players
- Monitored and evaluated drills and activities to ensure proper safety measures were in place
- Developed thorough 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

- Professionally led all bi-weekly meetings to encourage networking and workplace skill development
- Actively recruited 25 club members and appoint all 5 officer positions
- Oversaw fundraising effort with a team of 4, raising \$300 in one semester
- Created and sent weekly emails to correspondence officer for distribution to club members

Member

Fall 2019 - Present

- Networked and built relationships with area business leaders in the sports management field
- Discussed current state of industry and networked with professionals in the field

CUSTOMER SERVICE EXPERIENCE

Cate Street Seafood Station

Hammond, LA

Server

August 2018 - Present

- Trained 3 new servers, providing instructions and support about the menu and restaurant operations
- Effectively performed multiple tasks, such as managing guest relations, within a fast-paced environment
- Maintained approximately 20 hours per week while enrolled as a full-time student

SKILLS

- Microsoft Word, Excel, PowerPoint, and Access; Adobe Photoshop and Illustrator