

FITNESS SPECIALIST

Summary

Energetic Personal Trainer with educational background in Physical Education, Sport Training and exercise Swimming. Experienced Personal Trainer with 10 years conducting one-on-one training sessions in an upscale fitness studio. Advanced training in metabolic testing, nutrition and weight management consulting.

Highlights

- Fitness assessments
- Body Mass Index (BMI) knowledge
- Understanding of body fat tables and BMI
- Fitness equipment operation
- Weight management expert
- CPR and First Aid certified
- Understanding of human anatomy
- Gymnast
- AED certification
- Fitness equipment expertise
- Fitness programming specialist

Accomplishments

- Material Development
- Created Physical Education targeting Pk - 12 to create an engaging educational experience.
- Completed an average of 30 or more than fitness assessments per month.
- Team Building and Leadership
- *Education Strategies*
- Employed special educational strategies and techniques during instruction to improve the development of sensory/perceptual-motor skills, language, cognition, and memory.

Experience

Fitness Specialist Aug 2015 to Mar 2016

Company Name - City , State

- Instruct of group exercise classes.
- Provide one-on-one consulting, training and motivation.
- Perform fitness assessments, determine exercise prescriptions, and design workout programs for the clients.
- Contributed to a 10% increase in sales for the personal training department.
- Guided clients in safe exercise, taking into account individualized physical limitations.
- Taught clients how to modify exercises appropriately to avoid injury.
- Encouraged clients to engage in group fitness classes and other activities in the gym to meet fitness goals.
- Arrived on time, prepared and attentive for every training appointment.
- Administered fitness assessments, which included the seven point skin-fold body fat measurements, blood pressure and treadmill tests.
- Demonstrated and explained fitness program benefits to members, resulting in a 75% increase in member participation in paid classes.

Physical Education Teacher Jan 2014 to Jan 2016

Company Name - City , State

- Contributed with the community in ludic Activities.
- Encouraged the students to engage in fitness program and other activities in the gym to meet fitness goals.
- Demonstrated and explained fitness program benefits to members, resulting in a 80% increase in students participation.
- Implemented for the entire school community the program of Health and Wellness.
- Implemented the A&M Nutrition Program for Schools.
- Member of light House of leader in me (7 Habits).

Physical Education Teacher and Swimming Head Coach Jan 2010 to Jan 2013

Company Name - City , State

- Recruited and met with prospective student-athletes to discuss their experience and goals.
- Monitored the academic performance of student-athletes in addition to their athletic progress.
- Helped develop each participant's physical and psychological fitness.
- Coordinated scheduling and field and facility use with the activities office.
- Establish and designed various cross-curriculum warm-up activities and trainings with basic skills to enhance connections between school subjects and the students athletes.
- Maintained accurate statistics, records and results of each season.
- Played an active role during parent-teacher conferences, and updated parents regularly on their child's progress in the classroom.
- Protect student athletes mental, physical and nutritional; also the equipment, materials and facilities.
- Apply and enforce student discipline during athletic contests and practice sessions.

- Motivated and encouraged student athletes to do their best during practices and games.
- Communicated effectively with parents and Boosters, including organizing and leading meetings.

Strength and Conditioning Trainer and Assistant Coach of Swimming Jan 2005 to Jan 2011

Company Name - City , State

- Perform fitness assessments, determine exercise prescriptions, and design workout programs for all the team members.
- Arrived on time, prepared and attentive for every training.
- Administered fitness assessments, which included the seven point skin-fold body fat measurements, blood pressure and treadmill tests.
- Instruct of group exercise classes.
- Assistant coach of swimming program in the American University.
- Perform administrative tasks associated with facility operations.

Education

Masters of Ph. Ed , Sport Training 2012 University of Turabo - City , State , United Stated

Sport

Bachelor in Arts of Education , Physical Education 2008 American University of Puerto Rico - City , State , Unated Stated

SECONDARY

Skills

- Computer literate: (Â Excel, Power Point, Word, Mind Body)Â
- Conferences: consulting, Designing, health promotion.
- Educator and Bilingual