

FirstName LastName

Towson, MD • tstudent@gmail.com • 333-222-4444

EDUCATION

Bachelor of Science, Exercise Science

May 20XX

Towson University, Towson, MD

- Honors College
- GPA: 3.5

Associate of Science, Biology

August 20XX- May 20XX

Harford Community College, Bel Air, MD

- Completed 35 credits of coursework

RELATED EXPERIENCE

Physical Therapist Aide

Fall 20XX-present

Baltimore Orthopedic Clinic, Baltimore, MD

- Monitor patient exercise routines using weights, ultrasound, electrical stimulation, and whirlpool
- Prepare, organize, and clean patient treatment areas daily
- Facilitate patient transport between treatment areas via wheelchair or personal assistance
- Order supplies, support front desk and prepare/file insurance forms for over 60 patients

RELATED COURSEWORK

Exercise Prescription and Programming for Special Populations

Fall 20XX

Towson University

- Designed and presented multi-faceted strength training programs for adolescents in wheelchairs and for adults with autism
- Formatted periodization training plans with beginner to professional-level athletes
- Collaborated with Disability Support Services to implement three cardiovascular training programs for students in wheelchairs

Research Methods

Spring 20XX

Towson University

- Collected heart-health data at Baltimore elementary schools for the Towson University Cardiovascular Studies Lab
- Entered data into SPSS and analyzed entries to determine trends
- Summarized results in a research paper and an oral presentation

Practical and Instructional Skills in Exercise Leadership

Spring 20XX

Towson University

- Implemented a strength-training workout plan for the Towson University Club Figure Skating Team and presented project to class
- Collaborated with team of six to create agility drills for Towson Varsity Baseball Team

LEADERSHIP AND AFFILIATIONS

Volunteer Coordinator

Spring 20XX-Present

Alpha Kappa Alpha Sorority, Towson University

- Contact agencies to facilitate over 20 volunteer opportunities for sorority annually

Member

Fall 20XX-Present

Towson University Exercise Science Club

Member

Winter 20XX-Present

American Physical Therapy Association