

CERTIFIED ATHLETIC / PERSONAL TRAINER – FITNESS EXPERT – NUTRITION SPECIALIST

EXPERIENCE

Certified Athletic Trainer/Occupational Injury Specialist, *Company Name, City, ST* 2010-Present

- Provide personalized attention, professional instruction and exercise programming to each client, resulting in significant improvement in health, fitness and wellness goals while providing highest level of customer service. Won “best client service” award for every year employed.
- Conduct basic first aid and orthopedic injury screening, covering such areas as (but not limited to): history, observation, palpation, range of motion, manual muscle strength, reflex testing, myotomes, dermatomes and special tests.
- Use knowledge of anatomy, physiology, biomechanics and ergonomic principles to demonstrate objective rationale for appropriate referrals to medical providers. Partnered with appropriate partners to help increase organization’s referrals, resulting in 21% growth in clients in only one year.
- Lead large- and small-group training sessions focusing on functional movement patterns, specific job simulations and educational programs for occupational health/ safety.
- Counsel and observe clients related to appropriate symptom management techniques for minor musculoskeletal discomfort and/or provide recommended guidelines for correcting limitations in flexibility, strength and general conditioning to prevent injury or long-term disability.

Personal Trainer, *Company Name, City, ST* 2008-2010

- Performed job analysis establishing and reviewing specific objective findings of push/ pull/ lift forces and repetitive body posturing requirements.
- Communicated regularly with Occupational Health Services Team and Safety personnel regarding workplace countermeasures and injury prevention activities, which helps prevent injuries.
- Managed timely administrative requirements such as completing necessary forms and reports, which keeps communication lines open, increases efficiency and saves time.

Fitness and Nutrition Expert, *Company Name, City, ST* 2006-2008

- Designed weekly interval/circuit exercise training sessions for all levels of fitness. Frequently mentioned as favorite trainer on team.
- Performed personal training services for groups of 5-20 participants. Increased sign ups for classes and met organization’s target numbers in three months.
- Devoted time, attention and energies as needed to offer motivational support to participants via group discussions and email communications.
- Conducted body analysis measurements initially, midway and at end of programs. Over 80% of clients achieved their goals.

EDUCATION and LICENSES

Corrective Exercise Specialist (NASM CES), 2011
Advanced Specialization Certified Personal Trainer (NASM CPT), 2009
Performance Enhancement Specialist Certification, 2008