**Jenny C. Bulldog**

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**PROFESSIONAL SUMMARY**

Personal Trainer with 2+ years of experience managing client fitness routines and teaching fitness classes. Student Athlete, devoted an average of 30 hours per week to training, practices, meetings, travel, and game competition while completing a Kinesiology and English degree. Seeking an Exercise Physiologist position at Beaumont Hospital and wellness facility.

***Qualifications:***

* Able to quickly and accurately identify key issues, make appropriate decisions and solve problems.
* Use computer software to prepare exercise programs, reports, graphs, brochures and to conduct research
* Innovative professional presenting excellent ability to establish and maintain rapport with clientele based on superb interpersonal and communication skills.

***Certifications:***

CPR for Adult and Child, American Red Cross July 2017

First Aid for Adult and Children, American Red Cross April 2018

**EDUCATION**

**Bachelor of Science in Kinesiology; minor in English** May 2020

Wayne State University, Detroit, MI 3.6 GPA

*Emphasis: Preventative and Rehabilitative Exercise Science*

***Relevant Coursework***:

*Cardiopulmonary Disease and Rehabilitation -* Development and administration of programs focusing on prevention, etiology, basic pathopsychology, physicians’ diagnoses and the role of the exercise specialist in a clinical setting.

*Exercise Programming for Adult Populations -* Study of exercise limitations, responses and adaptations

*Exercise Gerontology -* Examination of characteristics, physical responses and adaptations to exercise in older adults.

*Physical Fitness Programming -* Program design, orientation, implementation and administration. Stress Testing. Procedures for graded exercise testing for diagnostic and functional assessment

*Fitness Program Management -* Investigation of managerial roles and skills and effects on interpersonal, group and organizational relationships

**INTERNSHIP EXPERIENCE**

**Intern, Community Service Coordinator** Summer 2017

*Wayne State University Kinesiology Program, Detroit, MI*

* Increased community service events for student athletes, including presentations at area schools and visits to nursing homes by 15%
* Planned life skills workshops on dealing with gambling, drugs, alcohol and proper career planning
* Organized social events including barbeques and luncheons to promote positive interaction among community members

**RELATED WORK EXPERIENCE**

**Physical Fitness Trainer** Summers 2015-2018

*24-hour Fitness, Detroit, MI*

* Demonstrated personal care and attention to class attendees, resulting in highest ratings on class evaluations.
* Included elements of fun in all classes, leading to 65% increase in class enrollments.
* Increased membership renewal rates by counseling members on resources, classes, new equipment, and exercises.
* Constructed a 16-week exercise program focusing on flexibility, balance and stability
* Completed an end-of-the-year fitness assessment of Center residents
* Supported personal growth of residents through informal conversations and encouragement

**INTERCOLLEGIATE ATHLETICS**

**Division I Women’s Volleyball Team, Fresno State, Fresno, CA** August 2016-Present

Received full athletic scholarship for outstanding performance leading a team

* Team Captain, responsible for leading a team of 4 on the court during matches 2017 – Present