

Sample Student- EXSS

Fitchburg, MA

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Education

Fitchburg State University, Fitchburg, MA

May 2024

Bachelor of Science in Exercise and Sports Science, Concentration in Strength and Conditioning

Cumulative GPA : 3.3

Relevant coursework: Anatomy & Physiology I and II, Exercise Physiology I and II, Scientific Foundations of Strength Training and Conditioning, Exercise Testing and Prescription, Biomechanics and Motor Control of Human Movement

Skills

- Proficient in designing and implementing strength and conditioning programs for athletes of all levels, focusing on improving strength, power, speed, agility, and endurance
- Knowledgeable about exercise physiology principles, including energy systems, muscle physiology, and adaptations to training
- Familiar with strength training techniques and equipment, including free weights, resistance machines, and functional training tools
- Skilled in conducting fitness assessments and performance evaluations, including body composition analysis, movement screenings, and fitness testing protocols

Internship Experience

College of the Holy Cross Athletics Department, Worcester, MA

January - May 2024

Strength and Conditioning Intern

- Assisted strength and conditioning coaches in designing and implementing training programs for college athletes in various sports, including football, basketball, and track and field
- Conducted fitness assessments and performance evaluations to identify athletes' strengths, weaknesses, and areas for improvement
- Provided individualized coaching and instruction to athletes during training sessions, focusing on proper technique, injury prevention, and performance optimization
- Assisted in the maintenance and organization of strength and conditioning facilities, including equipment setup, cleaning, and inventory management
- Participated in team meetings, coaching clinics, and professional development opportunities to enhance knowledge and skills in strength and conditioning

Energized Fitness and Training, Fitchburg, MA

August 2023 - Present

Strength and Conditioning Assistant

- Assisted certified personal trainers in leading group fitness classes and small group training sessions focused on strength and conditioning principles
- Provided support to clients during workouts, demonstrating exercises, monitoring form, and offering encouragement and motivation
- Assisted in gym maintenance tasks, including equipment setup, sanitization, and facility upkeep

Campus Involvement

Fitchburg State University, Fitchburg, MA

August 2020 - May 2023

Baseball Team Member

- Maintained a rigorous training regimen, including strength and conditioning workouts and skill development drills to improve athletic performance and stay competitive
- Contributed to team success by excelling in key performance areas such as hitting, fielding, and base running
- Represented the college baseball program with integrity and sportsmanship, both on and off the field, adhering to team and NCAA guidelines and standards