

Sample Ideas to Choose From! Use What works for you.

Exerc. Science

66 Aerobic Place
Cardio City, AK 112233
555-222-1111
email address



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- Objective** A leadership position where I can develop, implement, and coordinate a fitness program in a dynamic health setting.
Here's another example of an objective
A challenging position in cardiac rehabilitation where I can utilize my knowledge in exercise science to guide individuals toward active healthy lifestyles.
- Education** Bachelor of Science in Exercise Science, May 2001
University of New Mexico, Albuquerque, NM
- Related Course Work*
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|-----------------------------|--|
| EKG Interpretation | Stress Testing |
| Designs for Fitness | Exercise Physiology I & II |
| Physical Activity and Aging | Physical Activity and Disease Prevention |
| Organic and Biochemistry | Energy Nutrients and Human Nutrition |
| Kinesiology | Applied Nutrition and Exercise |
- Experience** August 2000 - Present (*Please note the 'Power' words starting each statement*)
Good Samaritan Hospital, Albuquerque, New Mexico
- Lead physician-prescribed exercise programs
 - Provide daily care for disabled patients
 - Administer medications
 - Design muscular strength and flexibility programs for clients
 - Create and teach ergonomics courses
 - Perform initial health questionnaires and assessments
 - Maintain hygiene of facility
 - Promote positive business ethics
- September 1999 to July 2000
Defined Fitness (*continue with similar style as above*)
- Special Skills** Assessment and/or measurement and interpretation of the following:
- Electrocardiograms
 - Maximal exercise stress tests
 - Submaximal exercise stress tests
 - Body composition: skinfold, hydrostatic weighing, bioelectrical impedance
 - Blood pressure
 - Flexibility
- Computer Skills*
- Microsoft Word, Power Point, Excel, Adobe Illustrator, WEB Design
- Other*
- Fluent in Spanish and German
- Memberships** American Society of Exercise Physiologists
American College of Sports Medicine
National Strength and Conditioning Organization