

Education

Georgia College and State University

Milledgeville, GA
Jun. 2014-May 2015

Georgia Southwestern State University

Bachelor of Science, Exercise Science/Wellness

Americus, GA
Aug. 2015-May 2019

- Minor in Psychology
- Major GPA: 3.25/4.00

Experience

Fitness and Wellness Program

Georgia Southwestern State University, Americus GA

Personal Trainer

July 2017-Present

- Responsible for ensuring the safety and exercise efficacy of clients through education, exercise program design, and proper exercise technique.
- Responsible for maintaining professionalism and client rapport as well as continuing education.

Head Lifeguard

Aug. 2016-Present

- Interview prospective lifeguard applicants.
- Responsible for ensuring the safety and efficacy of all participants, supervising and training the lifeguard team, and managing/coordinating the safety inspection, general care and cleaning of the facility.
- Build and maintain a well-trained lifeguard team that follows established facility policies and procedures.
- Plan, conduct and document all training of the lifeguard team.
- Schedule lifeguards to meet the facility's needs.

Group Fitness Instructor

May 2015-Present

- Instruct a safe and fun class absent of any suggestive exercises. Showing low impact options for those who are not able, or do not wish to do high impact movements.
- Inform and educate participants while teaching class. Move around and correct form.
- Remain current in the field of fitness through literature received and/or through information available in the fitness storage room as well as by attending workshops and continuing education opportunities.

Fitness Supervisor

April 2015-Present

- Responsible for ensuring the safety and exercise efficacy of all weight room and cardio area participants.
- Correct exercise form of participants, and offer advice on exercise selection.
- Clean exercise equipment and fitness center areas.

Lifeguard **May 2015-July 2017**

- Responsible for ensuring the safety of facility patrons by preventing and responding to emergencies.
- Enforce all aquatic facility policies, rules and regulations.
- Communicate with other lifeguards and supervisors.
- Facilitate public relations with a positive and professional attitude, courtesy and tact.

Camp Grace Retreat Center

Roberta, GA

Lifeguard **May 2015-Oct. 2015**

- Maintain all water front areas and equipment (i.e. pool & ponds)
- Maintain pool chemical balance
- Lead water front activities

Ropes Staff: Low Ropes, Rock Wall, & Wet Zip **May 2015-Oct. 2015**

- Basic knowledge of dynamic rope systems. (i.e. belaying and being a confident climber)
- Uphold ropes safety protocol
- Maintain all ropes areas and equipment including filling out the equipment logs
- Encourage and teach campers at the different ropes experiences for campers
- Organize and facilitate electives and activities

Camp Counselor **May 2015-July 2015**

- Manage the health and safety of campers
- Mentor campers throughout the week
- Organize and facilitated electives and activities
- Got cabin to designated areas on time

Conferences Attended

- NIRSA **March 2018**
- Southeast American College of Sports Medicine **Feb. 2018**
- Atlanta Mania Fitness Convention **July 2016, July 2017**

Leadership Activities

2018

Cross Country Team Trainer

- Helped implement and design an appropriate off-season workout for the Cross Country team.
- Help train and lead the team through a functional fitness workout once a week.

Time Tebow Foundation Night to Shine, Feb. 2018

- Assisted my "buddy" with special needs at the Night to Shine Prom.
- Led her where she needed to go, watched out for her safety, and made sure she had good time.

Special Olympics, 2015-18

- March & October ever year.
- Assisted in coordinating and helping the kids with the games and activities set up.

- 2017 Middle Flint Behavioral Center**
- Assisted mentally disabled adults in modified group fitness activities on their "Fitness Day".
 - Assisted mentally disabled adults in board games and activities.
- Furlow Charter School**
- Read books allowed to elementary aged children.
- Magnolia Manor Volunteer**
- Sat with residential community and socialized with them.
 - Assisted the residential community on their special activity (i.e. bingo) days.
- 2015-17 Jackson Street After School Program**
- Assisted elementary to middle school aged inner city kids with their homework.
 - Assisted in playing board games, reading to them, and playing outside with the kids after homework was completed.
- 2016-17 Harvest of Hope Food Pantry**
- Assisted in bagging and handing out groceries to those in need.
- 2016 Medical Mission Trip to Haiti**
- Traveled to different villages providing food and medical care for one week in June.
 - Served food, assisted in pharmacy triage, and checked vitals (HR, BP, & BMI)
- 2015 Fundraiser Head**
- Developed and headed up a fundraiser to help send inner city kids to Camp Grace.
 - Raised close to a thousand dollars in as little as three months to send eight kids to camp.
- 2014-15 Baldwin County After School Program**
- Assisted elementary aged inner city kids with their homework.
 - Assisted with coloring and playing with the kids outside with them after homework was completed.
- 2014-15 Café Central Soup Kitchen**
- Assisted in serving hot meals to people in need once a week.
- 2013, 2014 Dominican Republic SCORE International**
- One week out of March.
 - Traveled to different villages and orphanages providing food and shoes.
 - Interacted with the adults and kids through different sports (i.e. baseball & basketball)

Athletics

- Division II, Cross Country

2017-18

Certifications

- SCW Personal Trainer, certified 2017
- SCW Yoga I Instructor, certified 2017
- American Red Cross Lifeguard, certified 2017
- AFAA Group Fitness Instructor, certified 2016
- American Red Cross CPR and First Aid, certified 2017
- American Red Cross AED certification, certified 2017
- American Heart Association Basic Life Support, certified 2016
- American Red Cross Waterfront Lifeguard Certification, certified 2015

Professional References

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