

NAME

Current Address

0000 Eastern Shore #0000
Columbia, SC 29201

unknown@gmail.com
(000)000-0000

Permanent Address

000 Helium Drive
Williamsburg, VA 23188

OBJECTIVE

To obtain an entry-level position in the field of wellness and fitness or health care that will utilize and enhance my knowledge of health and wellness.

EDUCATION

UNIVERSITY OF SOUTH CAROLINA, Columbia, South Carolina
Bachelor of Science in Exercise Science, May 2008

- Emphasis in Health Fitness
- Major GPA: 3.2

EXPERIENCE

Healthy Carolina, University of South Carolina
Student Intern (450 hours), January 2008-present

- Create and maintain a calendar of wellness events and update scholarly publications page on website
- Help prepare for a statewide Healthy Campus Conference
- Promote and fundraise for the Midlands Heart Walk
- Attended Media Advocacy training, Obesity Summit Conference and Tobacco Summit Conference
- Served on Healthy Carolina Task Force

Health Directions, Lexington Medical Center

Wellness Program Intern (130 hours), August 2007-November 2007

- Assisted with employee health screenings by taking blood pressures and measuring waist-to-hip ratios
- Planned monthly programs for members
- Attended various health fairs
- Wrote article for quarterly publication

Fit Place Practicum

Intern (65 hours), June 2007-August 2007

- Took blood pressure and body composition, administered stress and fitness tests, aided clients in using cardio and weight machines

Powhatan Secondary Recreation Association

Assistant Swim Coach, May 2006-August 2006

- Coached children aged 4-18, improved stroke technique, planned meet line-up

Palmetto Health Richland

Nurse Technician, May 2005-November 2005

- Aided nurses in patient care; gave bed baths, changed linens, assisted in activities of daily living

CERTIFICATIONS & TRAINING

CPR

First Aid

Fitness Instructor

YogaFit Level 1

HONORS

Alpha Lambda Delta

National Society of Collegiate Scholars