

Carmen Gray

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EDUCATION

Bachelor of Science, Exercise and Wellness
Ohio State University
Dean's List: Fall 20XX

Expected December 20XX

CERTIFICATIONS

CPR certified, American Heart Association
Personal Trainer, American College of Sports Medicine

Expires: November 20XX

Expires: May 20XX

RELEVANT EXPERIENCE

Personal Fitness Trainer
SPENGA Fitness Center

May 20XX – Present
Columbus, Ohio

- Design and instruct large group exercise classes.
- Execute performance evaluation testing using body fat calipers and blood pressure cuffs.
- Perform fitness tests and advise clients to incorporate healthy lifestyle changes based on results.

Intern
Polaris Orthopedics

January 20XX – May 20XX
Powell, Ohio

- Worked with a Physician Assistant by taking and reading x-ray results, pre-operational patient exams, medical coding, treatment modalities, clinical tests and patient diagnoses.
- Collaborated with a multidisciplinary team of physicians, nurses, office staff and other interns to assist with patient needs to improve recovery time.
- Conducted intake assessments by taking the patients' blood pressure, pulse, and temperature
- Prepared examination rooms ensuring cleanliness and sanitization of the work environment.

Physical Fitness Assistant
Dublin High School

August 20XX – May 20XX
Dublin, Ohio

- Conducted physical assessments for over 20 high school students monthly.
- Planned and instructed physical fitness activities for students ages 12-18 while ensuring safety.
- Helped manage monthly expenses and budget, reducing overall budget by 15%.

Community Advisor
Nosker House, Ohio State University

August 20XX – May 20XX
Columbus, Ohio

- Developed cultural, social, and educational programs to meet the needs of 50 residents.
- Ensured the safety of residents by enforcing floor policies and the Student Code of Conduct.
- Evaluated and addressed resident concerns in a caring, confident, and quick manner by referring students to appropriate campus services.

COMMUNITY INVOLVEMENT

Mentor, Boys and Girls Club, Columbus, Ohio
Volunteer, St. Vincent de Paul Food Bank, Columbus, Ohio
Volunteer, Lost Our Homes Pet Rescue, Cleveland, Ohio

October 20XX – Present
March 20XX – Present
June 20XX – October 20XX

SKILLS

Patient Care: EKG knowledge and experience, CPR trained and proficient, Exercise Regimen and Stress Test Applications

Language: Fluent in Spanish (reading, writing and speaking)