

**John D. Doe**  
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## PROFESSIONAL SUMMARY

Personal Trainer and Military Veteran with 13 years of proven experience in physical fitness with the United States Army and private sector; specializing in training programs for military personnel and designing / teaching karate drills to 300+ clients as a Martial Arts Instructor. Possess a comprehensive background managing a 440K square foot athletic facility, supporting 36K students for the 2017 US Naval Seal Challenge. Managed risk upon multiple lines to protect assets, property, and equipment valued over \$1.5M while meeting the expectations of senior leadership. Developed training programs for military personnel failing fitness tests; increased scores by 77%; while creating one on one & group instruction sessions including cardio and weight training for 600 clients at Maxwell AFB in Alabama. Career supported by current pursuit of Bachelor of Science in Education with a concentration in Health and Physical Education.

- Fitness Assessment
- Strength Training
- USAF Physical Training Leader
- First Aid Child / Adult
- Training and Development
- FAA Pilots License
- SCW Fitness CPT
- CPR
- Cardio Training

## EDUCATION

Candidate, Bachelor of Science in Education in Health and Physical Education, University of Georgia 2021

## FITNESS PROFESSIONAL EXPERIENCE

### University of Georgia, Athens, GA

**Present**

#### Personal Trainer

- Conduct orientation fitness assessment and records tracking client's fitness progress and minor sessions
- Design individualized cardio and weight training instruction plans; adapting exercises based on individuals
- Assist with techniques and communication with different cues in order to provide support to clients

### Ramsey Recreational Sports Center, Athens, GA

**Present**

#### Recreational Fellow (Intern)

- Managed the 440K foot athletic facility; one of the largest in the nation
- Lead major Ramsey initiatives, supporting 36K students in activities, the 2017 US Navy Seal Challenge
- Uniformity in bullet structure shows attention to detail; use three bullets per block or two, but stay consistent

### Student Veteran Resource Center, Athens, GA

**Present**

#### Health Promotion Liaison

- Assist with teaching nutrition classes to offer healthy and flavorful and nutrition options
- Monitor health promotion services demand for student Veterans; coordinated with health center
- Uniformity in bullet structure shows attention to detail; use three bullets per block or two, but stay consistent

### UGA Fitness Facility, Athens, GA

**2016 – Present**

#### Strength and Conditioning Specialist

- Deliver instruction on safe use of cardiovascular and weight training equipment to 20 clients daily
- Sustain oversight of gym patrons within 25,000 square foot training space and \$1.5M of equipment
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**US Army, Maxwell AFB, AL**

**2011 – 2015**

**Personal Trainer**

- Developed training programs for military personnel failing fitness tests, increased scores by 77%
- Created one-on-one & group instruction sessions including cardio and weight training for 600 clients
- Administered fitness assessments, recorded and maintained records for each individual

**The Kickbutt Karate Center, Blue Ridge, GA**

**2006 – 2010**

**Martial Arts Instructor, 2<sup>nd</sup> Degree Black Belt**

- Designed lessons, drills, and critique styles to match skill and learning level for 300+ clients
- Revitalized attendance tracking to gauge effectiveness of advertisement and increased outreach
- Led group and individual warm-up/cool-down stretching to decrease injury and max physical benefit

### **LEADERSHIP EXPERIENCE**

**University of Georgia, Athens, GA**

**Present**

**Student Veterans Association**

**President**

- Represent organization to the University and at official functions to advocate for 250 UGA student veterans
- Coordinate logistics for annual events such as meetings, receptions and the SVA National Conference in CA
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**Team Red White and Blue**

**Present**

**Vice President**

- Implement marketing and event planning strategies resulting in 30% increase in membership and engagement
- Develop connections with 10 other student organizations, and partnering for events both on and off campus
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**United States Army, Fort Benning, GA**

**2010 – 2015**

**Reconnaissance Aircraft Crew Chief (Logistics Specialist)**

- Led 48-person maintenance team; assessed aircraft, prioritized tasks and oversaw complex repairs
- Entrusted with \$9.5M in tools/equipment in three countries, ensured 100% accountability/serviceability
- Enhanced safety program, remedied 73 unsafe conditions, saved lives; awarded “Excellent” rating

### **PROFESSIONAL DEVELOPMENT**

SVA National Conference, Anaheim, CA January 2017

The Fit Expo, Los Angeles, CA- January 2017

Georgia Tech Navy Seal Challenge, Atlanta, GA March 2017

Atlanta Fitness Expo, Atlanta, GA March 2017

Evolve Fitness Symposium, Florida State University, Tallahassee, FL March 2017

USGLC State Leaders Summit, Washington D.C- June 2017