**FIRST NAME LAST NAME**

City, State ZIP Code | (555) 555-5555 | [personal](mailto:firstnamelastname@gmail.com) email | LinkedIn URL

**SUMMARY**

Dedicated teacher and coach transitioning to personal trainer role. Driven to empower clients, leveraging strong communication, scientific knowledge, and motivation to create personalized programs for optimal fitness outcomes. Seeking to apply instructional background, coaching experience, and enthusiasm to provide exceptional client support for transformative fitness journeys.

**SKILLS & ABILITIES**

*Application of Anatomy/Physiology Expertise*

* Utilize knowledge of human anatomy and physiology to tailor exercise programs and movements specific to individuals, considering their unique biomechanics, muscle imbalances, and physiological responses to exercise.
* Effectively communicate anatomical and physiological concepts to clients/students, helping them understand the benefits and specific exercises, proper form, and the impact of training on their bodies.

*Fitness Assessment & Goal Setting*

* Proficient in conducting comprehensive fitness assessments, analyzing goals, and developing personalized fitness plans to help individuals achieve their desired outcomes.
* Adept in tracking clients’ progress, assessing performance improvements, and adjusting workout plans accordingly to ensure continued growth and results.

*Exercise Programming and Instruction*

* Skilled in designing and delivering effective exercise programs tailored to individual needs, including strength and flexibility training.
* Experienced in identifying and correcting improper exercise form and technique to ensure safety, prevent injuries, and optimize workout effectiveness.

*Motivation and Mentorship*

* Able to provide ongoing motivation, support, and encouragement to clients/students throughout their fitness journey, helping them stay committed to their goals and overcome challenges.
* Effective in establishing rapport with individuals, listening attentively to their needs, providing clear instructions, and offering constructive feedback.

**EXPERIENCE**

Main Street Senior High School Scranton, PA

*Anatomy/Physiology Teacher* *August 2020 - Present*

*Biology Teacher August 2015 - July 2020*

* Develop and deliver engaging lesson plans, incorporating hands-on experiments, interactive activities, and multimedia resources to promote student achievement and enthusiasm of material.
* Implement various assessment methods, including examinations and projects, to evaluate student learning and provide supportive feedback.
* Instructed 850+ students on the topics of Anatomy, Physiology, and Biology throughout eight-year career, while annually exceeding staff performance evaluations.

*Men’s Basketball Coach* *December 2017 - March 2023*

* Cultivated players’ skills, teamwork, and sportsmanship through coaching and mentorship.
* Created and implemented practice plans, drills, and game strategies, while focusing on each individual player’s growth and skillset.
* Attended and won 2021 regional conference championship.

**CERTIFICATIONS**

CPR/AED/Basic Life Support Certificate (2017 - Present)

Pennsylvania Instructional I Teaching Certificate (2015 - Present)

**VOLUNTEERISM**

Main Street Senior High School Relay for Life, *Coordinator* *April/May 2016 - 2023*

* Assisted in event planning, promotion, fundraising, and coordination.
* Supported and engaged with participants and sponsors, fostering an inclusive and positive atmosphere.

**EDUCATION**

The University of Scranton Scranton, PA

*Bachelor of Science in Secondary Education, Dual Degree in Biology*  *May 2015*

* Kappa Delta Pi Education Honor Society, GPA: 3.5/4.0, Dean’s List 4 semesters