**Education**

**Bachelor of Science in Exercise Science**
[University Name], [City, State] [Graduation Month/Year]
GPA: [ONLY if your GPA if 3.5 or above]

Relevant Coursework:

* Kinesiology
* Exercise Physiology
* Biomechanics
* Nutrition
* Exercise Testing and Prescription
* Strength & Conditioning

**Certifications**

* Certified Personal Trainer (CPT) – [Organization], [Year]
* CPR/AED Certified – [Organization], [Year]

**Experience**

**Exercise Science Intern** Month Year – Month Year
[Organization/Facility Name], [City, State]

* Assisted in designing and implementing individualized fitness programs under supervision.
* Conducted fitness assessments and tracked client progress using industry-standard methods.
* Educated clients on proper form, injury prevention, and recovery techniques.
* Supported group exercise sessions, stretching routines, and wellness workshops.

**Fitness Assistant / Personal Trainer (Part-Time)** Month Year – Month Year
[Gym or Recreation Center Name], [City, State]

* Led one-on-one and small group training sessions for clients of varying fitness levels.
* Provided corrective feedback and progress tracking to enhance performance and safety.
* Maintained gym equipment, ensured cleanliness, and supported facility operations.

**Wellness Program Volunteer** Month Year – Month Year
[Gym or Recreation Center Name], [City, State]

* Participated in community outreach events promoting physical activity and health education.
* Helped organize and run fitness challenges and informational booths.

**Skills**

* Exercise Testing & Prescription
* Functional Movement Screening (FMS)
* Anatomy & Physiology
* Microsoft Office (Excel, Word, PowerPoint)
* Fitness Tracking Apps (e.g., MyFitnessPal, Trainerize