



Name

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Objective

I am seeking part time employment performing work within, or closely related to my ongoing business in the Health/Fitness field. I have purposely kept this document brief, but more information re: work history, Etc. can be provided upon request.

Qualifications

Besides specific education and experience as a personal trainer, I have a long work/volunteer history in working Directly with individuals and groups of people as an educator, group facilitator, and counselor. I am certified as a Personal Trainer by the National Strength and Conditioning Association, since January of 2008. (Certification NSCA-CPT #7157760108). I am current with Emergency First Aid/CPR/AED procedures, since November 2007.

Education / Classes

September-December 2007

Completed the course of study for certification as a Personal Trainer through the School of Exercise Training and Science (formerly the National Personal Training Institute). SETS was Sixteen weeks and 300 hours (180 classroom/120 gym). Course work included anatomy, Bioenergetics, biomechanics, client consultation, techniques of exercise, nutrition, and working With clients with specific health considerations/conditions.

1980-1982

Arizona State University School of Social Work. M.S.W. May of 1982.

1976-1978

Colorado State University. Bachelor of Social Work May 1978

1974-1976

Laramie County Community College (Cheyenne, Wyoming)

Original major was Physical Education, but changed to Sociology during sophomore year.

School Clubs / Volunteer Activity

For the past 15 years I have been either a volunteer staff or paid staff member of the Arizona AnyTown program And the Scottsdale Unified School District UniTown program. These are essentially leadership programs for High school students focused on issues of cultural diversity. The students work together with peer counselors And adult staff in workshops re: addressing issues of diversity , and on how to decrease prejudice and racism At their respective schools. My role was as both a small and large group facilitator, and as a trainer and supervisor of other staff.

Other Experience

January 2008-January 2009

Personal Trainer at Bally Total Fitness. Responsible for conducting fitness assessments with club members, Providing one on one and small group training and running group exercise classes; circuit challenge/boot camp, And power flex.

January 1993-July 2007

Clinical social worker/Prevention Specialist at Scottsdale Prevention Institute

Presented drug and violence prevention programs to high school students, parent groups, and educators.

Facilitation of drug/alcohol education classes, participate in Critical Incident Debriefing re: crisis situations, Particularly grief and loss, and supervised student interns; (BSW and MSW).

January 1999-May 2003

Adjunct faculty at Mesa Community College/Mesa, AZ

I taught seven semesters/ and multiple sections of a course in the Design Family and Consumer Science dept. Entitled Marriage and Family Life.