

Switchin G. Schools

111-222-3333 transferringup@vandals.uidaho.edu
987 Two Degrees Street, Moscow, ID 83843

Education

Bachelor of Science in General Studies

University of Idaho, Moscow, ID

Expected: May 20xx

Course Highlights:

Applied Sport Psychology
Exercise Physiology

Interpersonal Communication
Mental Training for Athletes

Associate in Arts, emphasis Exercise and Wellness

Arizona Western College, Yuma, AZ

May 20xx

Course Highlights:

Anatomy and Physiology I,II
Health and Wellness

Exercise Science, Kinesiology, and P.E.
Nutrition

Experience

Defensive Team Captain

University of Idaho Division I Football Team, Moscow, ID

Fall 20xx – Spring 20xx

- Selected by the coaches and players to lead the defense group
- Led through example and encouragement to better those around me
- Communicated with coaches and other captains to help team function as a whole
- Discussed team cohesion and needs with coaches at weekly meetings
- Implemented goal setting strategies for the defensive team to improve motivation
- Selected to the 1st team all-conference in 20xx

Volunteer Coach

Arizona Western College High School Football Camp, Yuma, AZ

Summers 20xx – 20xx

- Coached over 100 high school football players over 10 days each summer
- Provided individual and group instruction to players working on defensive strategies
- Interacted with athletes and other coaches to ensure a quality football camp that allowed for performance growth and personal growth

Personal Trainer

Clymer Recreation Center, Yuma, AZ

Summers 20xx – 20xx

- Motivated clients to engage in cardiovascular and resistance exercises
- Educated clients about proper technique and the health benefits of physical activity
- Maintained a safe and healthy work-out environment
- Developed individual work-out plans and goals for 15 clients

Skills

Computer: Proficient in Microsoft Word and PowerPoint, Familiar with Microsoft Excel

Certifications: National Council on Strength and Fitness (NCSF) Certified Personal Trainer
Red Cross First Aid, CPR, AED certified