
55 Edgewood

Cheektowaga, New York 14216

(716) 876-3986

OBJECTIVE

An internship in Health and Wellness

EDUCATION

State University College at Buffalo, New York
Bachelor of Science in Health and Wellness, May 20XX
Major GPA: 3.4/4.0
100% self-supporting through college.

ERIE COMMUNITY COLLEGE, Buffalo, New York
Associate of Applied Science in Medical Assistant Program, May 2000
Major GPA: 3.0/4.0

RELEVANT COURSES

Wellness, Fitness, and Aging
Anatomy and Physiology
Nutrition Education
Kinesiology

Assessment & Evaluations
Wellness Programming
Critical Issues in
Health/Wellness
Exercise Principles

RELATED EXPERIENCE

Young Men's Christian Association, West Seneca, New York
Trainer, 6/XX – 12/XX

- Designed individual exercise programs for clients.
- Trained clients in proper weightlifting techniques.
- Organized and supervised recreational basketball leagues.

SPECIAL PROJECTS

HEALTH CARE PLAN, Grand Island, New York
Wellness Volunteer, 5/XX

- Created a "Healthy Choice" newsletter to be distributed to members and the community.
- Provided physiological assessments (flexibility, body fat ratio and cardiovascular testing) for 25 middle school children.

BUFFALO STATE COLLEGE, Buffalo, New York
Organizer and Volunteer, 11/XX

- Initiated, organized, and advertised "Winter Wellness Health Fair."

ADDITIONAL TRAINING

- **Health & Wellness In Big Business**, Syracuse University, 3/XX
- **Stress Management**, Buffalo, New York, 5/XX

SKILLS

- Standard First Aid
- Certified in CPR

REFERENCES AVAILABLE UPON REQUEST