

Athletic Training Student

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OBJECTIVE

To obtain a position in the field of athletic training focusing on rehabilitation and injury education for athletes.

EDUCATION

Bachelor of Arts in Athletic Training

Minor in Psychology

GPA: 3.52, Dean's List

Accredited by the Commission on Accreditation of Athletic Training Education (CAATE)

Expected Completion: May 2010

BETHEL UNIVERSITY, ST. PAUL, MN

CERTIFICATIONS

Personal Trainer, certified by the National Academy of Sports Medicine

Pending

Certified Athletic Trainer, certified by the National Athletic Trainers Association

Pending

Adult and Infant CPR and First Aid, certified by American Red Cross

April 2008

Nursing Assistant, registered with the Minnesota Dept. of Health

February 2007

PROFESSIONAL PREPARATION

Personal Trainer

LIFETIME FITNESS

- Assess new clients and establish goal-oriented, individualized workout programs
- Educate clients about principles, guidelines, and techniques in resistance training, cardiovascular activity, and nutritional aspects of fitness and health
- Perform fitness assessments and fitness club orientations for new members

Winter 2008 – Present

COON RAPIDS, MN

Student Athletic Trainer

BETHEL UNIVERSITY – FOOTBALL, BASEBALL, SOFTBALL, TRACK AND FIELD TEAMS

- Engaged in over 1000 hours of hands-on experience developing evaluation, treatment, taping and rehabilitation skills
- Prepared athletes for practices and games, monitored all practices and games, cared for on-site
- Developed and implemented a variety of rehabilitation programs for athletes in consultation with certified athletic trainers, physicians, and physical therapists

Winter 2008 – Spring 2010

ST. PAUL, MN

Physical and Occupational Therapy Rehabilitation Aide

MERCY HOSPITAL

- Assisted with patient ambulation, range of motion strengthening, rehabilitation, exercises, and transfers in a rehabilitation setting
- Worked closely with physical and occupational therapists

Spring 2006 – Fall 2007

COON RAPIDS, MN

WORK EXPERIENCE

Nursing Assistant

PRESBYTERIAN HOMES AND SERVICES

- Assisted 10 residents (on average) per day with activities of daily living, personal cares, ambulation, range of motion, and transfers
- Gained significant experience working with geriatric population
- Collaborated with other members of a health care provider team to serve a geriatric population
- Experienced in long term, short term, and sub-acute care units

Winter 2007 – Fall 2008

ROSEVILLE, MN

Receptionist

PRESBYTERIAN HOMES AND SERVICES

- Visited with residents
- Greeted visitors, answered questions and telephone calls, and monitored building front entrance

Summer 2006 – Fall 2007

ROSEVILLE, MN