

Jenny C. Bulldog

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OBJECTIVE

Seeking an exercise physiology position in a health and wellness facility

SUMMARY OF QUALIFICATIONS

- Student athlete who devoted an average of 30 hours per week to training, practices, meetings, travel, and game competition while completing a Kinesiology and English degrees
- Quickly and accurately identify the key issues when making a decision or solving a problem
- Use computer software to prepare reports, graphs, brochures and to conduct research

EDUCATION

Bachelor of Science in Kinesiology; minor in English (May 2010)

California State University, Fresno

Emphasis: Preventative and Rehabilitative Exercise Science

Overall GPA: 3.2 Major GPA: 3.4

Relevant Coursework:

Cardiopulmonary Disease and Rehabilitation

- Development and administration of programs focusing on prevention, etiology, basic pathopsychology, physicians' diagnoses and the role of the exercise specialist in a clinical setting

Exercise Programming for Adult Populations

- Study of exercise limitations, responses and adaptations

Exercise Gerontology

- Examination of characteristics, physical responses and adaptations to exercise in older adults

Physical Fitness Programming

- Program design, orientation, implementation and administration

Stress Testing

- Procedures for graded exercise testing for diagnostic and functional assessment

Fitness Program Management

- Investigation of managerial roles and skills and effects on interpersonal, group and organizational relationships

RELATED EXPERIENCE

Physical Fitness Trainer, 24-hour Fitness, Visalia, CA (Summers 2006-2008)

- Constructed a 16-week exercise program focusing on flexibility, balance and stability
- Trained two adults working independently with each for two hours a week
- Completed an end-of-the-year fitness assessment of Center residents
- Supported personal growth of residents through informal conversations and encouragement

Intern, Community Service Coordinator, Fresno State Kinesiology Program, Fresno, CA (Summer 2007)

- Developed and coordinated community service events, such as presentations at area schools and visits to nursing homes, for student athletes
- Planned life skills workshops on gambling, drugs and alcohol and career planning
- Organized social events such as barbeques and luncheons to promote positive interaction

CERTIFICATIONS

- CPR for Adult and Child, American Red Cross
- First Aid for Adult and Children, American Red Cross

INTERCOLLEGIATE ATHLETICS

Division I Women's Volleyball Team, Fresno State, Fresno, CA (August 2006-Present)

- Received full athletic scholarship
- Team Captain: 2007 – present
- Gained valuable leadership and team-building experience