

# John Doe

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## OBJECTIVE

To obtain a full-time position in the field of Strength Training

## EDUCATION

Michigan Technological University  
**BS Sports and Fitness Management**  
GPA: 3.0

Houghton, MI  
**Expected May 2013**

## INTERNSHIP EXPERIENCE

Michigan Tech University Strength and Conditioning Program

### **Strength and Conditioning Coach Intern**

May – Aug 2012

- Evaluate physical fitness and strength of 60+ male and female athletes from 6 different varsity teams (tennis, hockey, basketball, soccer and volleyball)
- Set individual and overall team goals
- Comprehend and personally perform head coach's strength and conditioning programs
- Administer program to every athlete with focus on ensuring proper form and body mechanics and motivating high performance and excellence
- Consistently analyzing performance and modifying program accordingly
- Conducted all warm-up and cool-down activities

## STRENGTH TRAINING EXPERIENCE

Michigan Tech University

### **Assistant Strength and Conditioning Coach**

Jan 2013 – Present

- Working 15+ hours per week while maintaining full academic schedule
- Evaluate physical fitness and strength of 70+ varsity football players
- Comprehend and personally perform head coach's strength and conditioning program
- Administer program to every athlete with focus on ensuring proper form and body mechanics and motivating high performance and excellence
- Consistently analyzing performance and modifying program accordingly
- Conducting sport specific (football) drills

### **Independent Personal Strength and Conditioning Training**

Clients:

- MTU student with little previous experience with weight loss and strength goals
- Varsity athlete rehabbing knee injury
- 53 year-old woman with little previous strength and conditioning experience
  - Assessing initial strength, condition, movement
  - Designing and modifying personalized program with emphasis on variation and phasing
  - Providing proper technique demonstration, instruction, monitoring and motivation

## VARSITY ATHLETE EXPERIENCE

Michigan Technological University Varsity Football Team

- 2-semester daily practice commitment
- Balanced 3 hour daily practice and bi-weekly game travel with full-class schedule
- Studied, learned, and executed numerous game strategies and systems
- Practiced troubleshooting and problem solving techniques in high stress, real-time competition environment and immediately modified strategy accordingly

***Developed teamwork, communication skills, time management/prioritizing skills, competitive character, highly disciplined work ethic, and performance excellence***

## ACCOMPLISHMENTS

- ***ACSM Certified Personal Trainer, 2013***
- ***Level I Yoga Certification, 2013***
- GLIAC Northern Division Championship, 2012
- Linebacker Bench Record, Michigan Tech Varsity Football Team
- Safety Bench Record, Michigan Tech Varsity Football Team