Sample Ideas to Choose From! Use What works for you.

Your Full Name

66 Aerobic Place
Cardio City, AK 112233
555-222-1111
email address

Objective A challenging position in physical therapy where I can utilize my knowledge in exercise science and physical rehabilitation to guide individuals toward active healthy lifestyles.

Here's another example of an objective

A leadership position where I can develop, implement, and coordinate fitness programs in a dynamic health setting.

Education Bachelor of Science in Exercise Science, May 2007
University of New Mexico, Albuquerque, NM

Related Course Work

EKG Interpretation	Exercise Testing and Interpretation
Designs for Fitness	Exercise Physiology I & II
Physical Activity and Aging	Physical Activity and Disease Prevention
Organic and Biochemistry	Energy Nutrients and Human Nutrition
Kinesiology	Applied Nutrition and Exercise

Experience August 2006 - Present (***Please note the 'POWER' or 'ACTION' words starting each statement: I am listing MANY extra points to help you develop your points***)
Good Samaritan Hospital, Albuquerque, New Mexico

- Direct physician-prescribed exercise programs
- Provide daily care for disabled patients
- Administer medications
- Design muscular strength and flexibility programs for clients
- Create and teach ergonomics courses
- Perform initial health questionnaires and assessments
- Maintain hygiene of facility
- Promote positive business ethics
- Orient members to fitness facility
- Coordinate daily physical activities for participants
- Construct operational matrix for business plan
- Facilitate team building activities
- Explain concepts of training
- Ensure safe and proper equipment use

September 2003 to July 2006
Defined Fitness (***continue with similar style as above!***)

Special Skills Assessment and/or measurement and interpretation of the following:

- Electrocardiograms
- Maximal exercise stress tests
- Submaximal exercise stress tests
- Body composition: skinfolds, hydrostatic weighing, bioelectrical impedance
- Blood pressure
- Flexibility

Computer Skills

- Microsoft Word, Power Point, Excel, Adobe Illustrator, WEB Design

Other

- Fluent in Spanish and German

Memberships American Society of Exercise Physiologists
American College of Sports Medicine
National Strength and Conditioning Organization

Certifications ACSM Health and Fitness Instructor
AFAA Step Instructor
American Red Cross Standard First Aid

Honors Honor Society
President of Club, Sorority, or Fraternity

References ***Class, it is standard to list THREE references***
Do Not Put References Available Upon Request!
Example Writing Style to List References

Len Kravitz, Ph.D.
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List other references in same style and include email as this is now often used for reference checks