

Heather Care

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EDUCATION

University of Wisconsin-Madison, Madison, WI

May 20XX

Bachelor of Science in Kinesiology: Exercise and Movement Science

GPA: 3.54, Dean's List: 3 semesters

CERTIFICATIONS

Certified Personal Trainer, National Strength and Conditioning Association December 20XX-Present

First Aid/CPR/AED Certified, American Heart Association May 20XX-Present

HEALTH & WELLNESS EXPERIENCE

UW Adapted Fitness, Madison, WI

September 20XX- Present

Personal Training Student Volunteer

- Planned and implemented client specific exercise programs supporting personal fitness goals in a gym and aquatic setting for clientele with a broad range of disabilities and injuries
- Trained future volunteers in safety, client transfers, wheelchair use, and gait belt assistance

UW-Madison Rec Sports, Madison, WI

August 20XX-December 20XX

Fitness Consultant

- Provided participants of all experience levels with specific exercise knowledge and assisted with implementation and procedure of various exercises
- Maintained a safe and clean recreational facility for optimal participant experience

Madison Recreation and Enrichment Center, Madison, WI

May 20XX-August 20XX

Inclusion Staff

- Managed and interacted with children from kindergarten through 5th grade who have special needs, specifically individuals on the autism spectrum
- Taught lessons, planned activities, and coordinated school wide events to engage the students in fun, educational, and inclusive activities

LEADERSHIP EXPERIENCE

UW-Madison Kinesiology Club, Madison, WI

August 20XX-Present

Executive Board Member

- Collaborate with executive board members in order to plan fundraisers and socials, and to find professionals in health fields to speak at club meetings
- Advertise club events and meetings throughout the campus while also recruiting and informing non-members on campus about what Kinesiology Club has to offer

Camp Luther Inc., Three Lakes, WI

May-August 20XX, 20XX

Lead Counselor

- Developed fun and creative learning activities which teach lifelong skills of communication, leadership, and teamwork for children ranging in age from 5-15 years old
- Partnered with co-counselors to provide care for groups of 16 children on a weekly basis
- Aided with the organization and execution of off-site field trips and camping trips