

# Nutra Fit

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## EDUCATION

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Clarion University of Pennsylvania, Clarion, PA

Bachelor of Science in Nutrition and Fitness, December 20XX

Minor: Psychology

Overall QPA: 3.4/4.0 Dean's List, 3 semesters

## CAREER EXPERIENCE

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Dietary Aid, Personal Care Home, Clarion PA, May 2016 - present (seasonal)

- Prepare and pre-portion foods to meet requirements for regular and therapeutic diets
- Properly handle food and follow food safety techniques in compliance with policies
- Use proper tasting techniques to insure quality
- Work effectively under pressure as a team member

## INTERNSHIP AND PRE-PROFESSIONAL EXPERIENCE

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Fitness Intern, Clarion YMCA, Clarion PA, August-December 20XX

- Provided 120 hours of direct client fitness assistance to 15 members
- Completed thorough assessment of member fitness levels
- Helped members identify fitness goals and objectives
- Planned, implemented and assisted clients in meeting fitness goals and objectives

Cardiac Rehab Intern, VA Pittsburgh Healthcare System, Pittsburgh, PA, May 20XX-June 20XX

- Completed 180 hours of direct and in-direct patient care
- Obtained vital signs and followed and monitored patients through exercise sessions
- Interpreted basic EKG readings during patient's exercise session
- Documented patient's plan of care in medical record database

Observation, XYZ Fitness Center, Sigel, PA, July 20XX

- Eight hours of observation with Joe Smith (credentials) who supervised, instructed and demonstrated the execution of proper running mechanics and weight lifting techniques to clients ages 16 - 50

## CAREER-RELATED EXPERIENCE

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Patient Sitter, Veterans Affairs Healthcare System, Pittsburgh, PA, June 20XX-Present

- Provide constant observation to ensure patient safety and comfort
- Assist patients with activities of daily living (meal tray, bathroom needs, grooming)
- Accompany and transport patients to testing areas

Volunteer Coach, XYZ Football Skills Camp, Anywhere, PA, June 20XX

- Assisted Camp Coordinators instruct players throughout 7 practices on proper form and techniques
- Performed quality checks on protective equipment
- Maintained records and inventories of equipment

Camp Counselor, New Image Weight Loss Camp, Haines City, FL, June 20XX

- Supervised and engaged in all camp activities (swimming, volleyball, aerobics, etc.)
- Escorted campers to meal times, activities, and nurse

## **CERTIFICATIONS, TRAININGS AND CLEARANCES**

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American Red Cross Basic Life Support (BLS) Certification, 20XX-Present  
FBI, PA Act 33/34 Clearances  
Narcan Training, August 20XX  
Active Shooter, October 20XX

## **HONORS AND SCHOLARSHIPS**

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Outstanding Academic Achievement for Greek Life, May 20XX  
Brush Family Scholarship 20XX  
Girl Scouts USA Gold Award Recipient 20XX

## **PROFESSIONAL DEVELOPMENT**

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XYZ Seminar, May 20XX  
Webinar: (title or topic), date  
Lecturer, Christina Irene, Communicating with Hidden Disabilities, October 20XX

## **CAMPUS ACTIVITIES**

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Student Athlete, Clarion University Women's Cross-Country/Track and Field Team, 20XX-20XX  
Member/Vice-President, Clarion Nutrition and Fitness Club, 20XX-Present  
Member/Recruitment Counselor, Sigma Sigma Sigma National Sorority, August 20XX-May 20XX  
Member, Clarion Bountiful Backpacks Club, 20XX-Present  
Member, Clarion Ski and Board Club, 20XX-20XX

## **COMMUNITY SERVICE**

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Handler, Therapy Dog Visits, Local Hospice and Senior Living Center, 20XX-Present  
Volunteer, Golden Living Senior Center, 20XX-20XX

- Engaged patients by playing bingo, making crafts, and assisting with meals

Volunteer, Clarion University Community Service Day, 20XX, 20XX, and 20XX

- Worked as part of a team to help local residents for a day with lawn clean-up and painting

Event Planner, Spaghetti Benefit Dinner for cancer patient, 20XX

- Raised funds by preparing and serving dinner

Buddy, Clarion Special Olympics, 20XX

- Helped children line-up for events and provided encouragement and support

Volunteer, Cook Forest 5K and Half Marathon, 20XX

- Assisted with participant registration, water distribution and clean-up

## **ADDITIONAL WORK EXPERIENCE**

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**Sales Associate**, Nike, Washington, PA, July 20XX-August 20XX

- Processed sales and payments and provided excellent customer service

**Lifeguard**, Sandcastle, Homestead, PA, Summers 20XX-20XX

- Assisted children with life jackets and ensured safety of waterpark guests
- Provided first aid for minor injuries

### **Other possible sections:**

Presentations  
Research  
Professional Associations  
Languages