
Exercise Specialist Resume

Job Objective

To acquire a position as an Exercise Specialist that allows me to use my abilities to enhance and grow with the company.

Summary of Qualifications:

- Remarkable experience in exercise prescription in an acute care setting
 - Huge knowledge of exercise physiology, nutrition, and cardiac risk factor
 - In-depth knowledge of EKG, CAD, blood pressure, and glucose monitoring, and treatment
 - Familiarity with behavioral modification strategies, and counseling techniques
 - Excellent communication and interpersonal skills
 - Skilled in assessing risk of exercise for individual patients
 - Ability to identify basic cardiac dysrhythmias
 - Remarkable ability to develop educational materials and educate patients
 - Amazing ability to multitask and have strong attention to detail
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Work Experience:

Exercise Specialist, May 2006 – Present
South Lake Hospital, Tucker, GA

- Identified participant's need of additional exercise guidance and provided support to them.
- Developed self-care health improvement special programs for participants.
- Served as hospital and community resource person.
- Submitted articles for quarterly publications of the Center's newsletter; redesigned existing tip sheets and developed new ones.
- Maintained exercise equipment and assisted with facility maintenance and cleaning.

Exercise Specialist, March 2003 – April 2006
Duke Fitness Center, Tucker, GA

- Participated in screening individuals' medical histories and current health status to identify major health risk factors.
 - Administered fitness testing procedures and counsel individuals regarding test results and use of exercise equipment.
 - Assisted with fitness-related educational programs.
 - Maintained and updated file system regarding membership testing.
 - Attended meetings, seminars, workshops relating to the promotion of fitness.
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Education:

Bachelor's Degree in Exercise Science & Physiology, La Roche College, Pittsburgh, PA

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