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## Fitness Coach Resume

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### Job Objective

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Seeking an opportunity as a Fitness coach so as to fully utilize my coaching skills.

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### Summary of Qualifications:

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- Proficient knowledge in personal dietary needs.
  - Excellent experience in personal training and exercise
  - Proficient at physical fitness.
  - Familiar with aqua-fitness, aerobics and swimming.
  - Strong ability to work in late nights and early mornings.
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### Work Experience:

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- Fitness Coach, 2007 – Present
  - Horace Greeley High School, NY
  - Planned and implemented strength training courses.
  - Developed unique fitness programs on an individual basis.
  - Conducted strength and training programs for the football, basketball and hockey teams.
  - Designed unique meal plans to individual and group athletes.
  - Developed training sessions to help athletes recover from injuries.
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### Education:

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B.S in Sports Psychology and Coaching, 2005, Southeast Missouri State University  
M.S in Physical Education, 2007, Mississippi College, USA

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