

# FirstName LastName

Towson, MD • tstudent@gmail.com • 333-222-4444

## EDUCATION

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### **Bachelor of Science, Exercise Science**

May 20XX

Towson University, Towson, MD

- Honors College
- GPA: 3.5

### **Biology**

August 20XX – May 20XX

Harford Community College, Bel Air, MD

- Completed 35 credits of coursework

## RELATED EXPERIENCE

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### **Physical Therapist Aide**

Fall 20XX-present

Baltimore Orthopedic Clinic, Baltimore, MD

- Monitored patient exercise routines using weights, ultrasound, electrical stimulation and whirlpool
- Prepared, organized and cleaned patient treatment areas daily
- Facilitated patient transport between treatment areas via wheelchair or personal assistance
- Ordered supplies, supported front desk and prepared/filed insurance forms for over 60 patients

## RELATED COURSEWORK

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### **Exercise Prescription and Programming for Special Populations**

Fall 20XX

Towson University

- Designed and presented multi-faceted strength training programs for adolescents in wheelchairs and for adults with autism
- Formatted periodization training plans with beginner to professional-level athletes
- Collaborated with Disability Support Services to implement three cardiovascular training programs for students in wheelchairs

### **Research Methods**

Spring 20XX

Towson University

- Collected heart-health data at Baltimore elementary schools for the Towson University Cardiovascular Studies Lab
- Entered data into SPSS and analyzed entries to determine trends
- Summarized results in a research paper and an oral presentation

### **Practical and Instructional Skills in Exercise Leadership**

Spring 20XX

Towson University

- Implemented a strength-training workout plan for the Towson University Club Figure Skating Team and presented project to class
- Collaborated with team of six to create agility drills for Towson Varsity Baseball Team

## LEADERSHIP AND AFFILIATIONS

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### **Volunteer Coordinator**

Spring 20XX-Present

Alpha Kappa Alpha Sorority, Towson University

- Contact agencies to facilitate over 20 volunteer opportunities for sorority annually

### **Member**

Fall 20XX-Present

Towson University Exercise Science Club

### **Member**

Winter 20XX-Present

American Physical Therapy Association