**REGGIE REDBIRD**

1857 Illinois State University Drive

Normal IL 61790

000-000-0000

**OBJECTIVE**

To obtain an internship as a fitness assistant in a health and fitness environment

**EDUCATION**

Illinois State University, Normal IL

**Bachelor of Science in Recreation Management** May 2015Cumulative GPA: 3.4/4.0

*Academic Honors:* Dean’s List, Fall 2012

*Related Coursework:* Fitness in the Recreational Environment, Advanced Recreation Programming,Recreation Leadership

|  |  |
| --- | --- |
| Heartland Community College, Normal IL |  |
| **Associate in Science** | May 2012 |

**RELATED EXPERIENCE**

**Fitness Volunteer** Spring 2013

Fallview Fitness Center, Normal IL

* Assisted supervisor with exercise fitness program operation for 20 hours per week
* Led and instructed 27 aerobics participants and integrated exercise knowledge into classes

**Practicum Experience** Spring 2013

Advocate BroMenn Wellness Center, Normal IL

* Coordinated and led group exercises including warm ups and cool downs
* Assisted with fitness testing and recommended exercise plans
* Presented educational seminars on stress management

**Strength and Conditioning Assistant** Fall 2011-Spring 2012

Youth Training Center, Bloomington IL

* Developed conditional programs for youth ages 12-17
* Assisted conditioning coach with supervision of speed and endurance programs
* Recorded and maintained strength and conditioning data

**WORK EXPERIENCE**

**Sales Representative** Fall 2010-Present

Read’s Sporting Goods, Normal IL

* Train new employees in day-to-day operations
* Complete store opening and closing procedures
* Contribute to increased customer sales through extensive product knowledge
* Provide quality customer service to patrons

**COMMUNITY SERVICE**

YWCA Volunteer, Normal IL Fall 2012-Present

**CERTIFICATIONS AND PROFESSIONAL MEMBERSHIPS**

CPR and First Aid Certification, American Red Cross, Normal IL Fall 2012-Present

Leaders In Fitness Education Club (LIFE), Member Spring 2012-Present