

Andres Medina

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EDUCATION

The University of North Carolina at Charlotte, Charlotte, NC
Bachelor of Science in Kinesiology
GPA: 3.3/4.0

May 20XX

License and Certifications

American Red Cross AED and CPR Certification
NASM Personal Training Certification
ACSM Exercise Physiologist Certification

Expected May 20XX

PROFESSIONAL EXPERIENCE

Pivot Physical Therapy, Charlotte, NC

January 20XX – May 20XX

Intern

- *Bullet of key activities or responsibilities (each bullet starts with an action verb and show what you did, how/why, and results)*
- Completed over 400 hours for a clinical internship
- Programmed, prescribed, and coached patients through exercise programs
- Shadowed physical therapist clinicians during sessions with athletes and geriatrics
- Assigned and managed the appropriate CPT codes within the EMR system for patients records
- Communicate with staff to discuss and evaluate patient information for planning and coordinating treatment.

Atrium Health Weight Management, Charlotte, NC

October 20XX – December 20XX

Intern

- Served as an intern at a clinical weight loss program in one of the largest hospital systems in North Carolina
- Provided medical support by taking vitals for patients during initial and post evaluations sessions
- Programmed, prescribed, and coached exercise classes for obese and overweight patients to assist in meeting their weight loss goals
- Provide support to patients by co-leading monthly support groups for 6-15 clients

Golds Gym, Charlotte, NC

January 20XX – July 20XX

Exercise Physiologist Intern & Employee

- Utilized key concepts exercise physiology and strength and condition to lead training sessions
- Completed a sports performance internship of over 200 hours
- Designed strength and conditioning activities for young and older individuals focused on improving their health
- Researched effective lifting techniques, and integrated the principles into fitness programs to help reduce the risk of injuries in athletes
- Administered fitness assessments to clients to provide insight for exercise prescriptions and consultations

VOLUNTEER EXPERIENCE

DIVAS Mentoring Program, UNCC

August 20XX - Present

Member

- Mentor five high school girls within Charlotte Mecklenburg public school system 4 times a month in group and one-on-one interactions
- Volunteer for on campus events during service activities to advance the mission of the organization

Girls on the Run Coach, Charlotte, NC

October 20XX - April 20XX

Volunteer

- Volunteered with a local elementary school to co-lead Girls on the Run workshops
- Served as a buddy runner with the girls during the 5k at the end of the season