

Andres Medina

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EDUCATION

The University of North Carolina at Charlotte, Charlotte, NC May 20XX
Bachelor of Science in Kinesiology
GPA: 3.3/4.0

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

- Severed 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