

Jon Hope

425. 555.5555 | jon.hope@gmail.com | Kirkland, WA

Fitness Program Coordinator

Qualifications

- *Management, Operations & Policy Development*
- *Strong Interpersonal Communication*
- *Older Adult Wellness Experience*
- *Marketing & Outreach*
- *Exercise Prescription*
- *CPR/First Aid Certification*

Education & Certifications

Bachelor of Science, Exercise and Sport Science, Seattle Pacific University, 2006.

- Concentration: Health and Fitness Specialist.

National Strength and Conditioning Association (NSCA)

- Certified Strength and Conditioning Specialist, 2007-Present.

Accomplishments & Experience

Fitness Specialist, All Sport Club, Bellevue, WA. 2008-Present.

- Supervise operational activities of fitness center with nearly 9000 members, order and maintain equipment, implement policies, actively engage members, and handle grievances.
- Develop and demonstrate fitness programs customized to individual needs.
- Lead daily classes of up to 20 participants and develop and demonstrate tailored fitness programs.
- Screen participants to assess health risk factors leading to increased safety ratings.
- Conduct marketing for entire facility including creation of marketing materials, marketing presentations, coordinating outreach events.

Activity Coordinator, Seattle Pacific University, Seattle, WA. 2006-2008.

- Managed 30-40 instructors for all Physical Education (PE) activity courses at university. Duties included: recruiting, hiring, evaluating, and employee relations.
- Oversaw 50-60 Physical Education (PE) activity classes. Oversaw student participation and evaluation.
- Implemented new policies which improved operation of program.
- Instructed Beginning Weight Training Class. Taught 30-35 students proper exercise technique and basic principles for designing exercise programs.

Wellness Intern, Campbell Soup, Seattle, WA. 2007- 2008.

- Designed and administered exercise programs for diverse population.
- Wrote wellness newsletters on varying health topics for wellness program.
- Perform fitness evaluations, which consist of battery of wellness tests.

Fitness Specialist, Pro Sports Club, Bellevue, WA. 2003-2006.

- Provided members with proper exercise technique and equipment use.
- Customized fitness programs to individual needs of members.

Research, Seattle Pacific University, Seattle, WA. 2007-2009.