

**Sample Ideas to Choose From! Use What works for you.**

# Exercise Science

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- Objective** A leadership position where I can develop, implement, and coordinate a fitness program in a dynamic health setting.  
***Here's another example of an objective***  
A challenging position in cardiac rehabilitation where I can utilize my knowledge in exercise science to guide individuals toward active healthy lifestyles.
- Education** Bachelor of Science in Exercise Science, May 2001  
University of New Mexico, Albuquerque, NM
- Related Course Work*
- |                             |  |
|-----------------------------|--|
| EKG Interpretation          | Stress Testing                           |
| Designs for Fitness         | Exercise Physiology I & II               |
| Physical Activity and Aging | Physical Activity and Disease Prevention |
| Organic and Biochemistry    | Energy Nutrients and Human Nutrition     |
| Kinesiology                 | Applied Nutrition and Exercise           |
- Experience** August 2000 - Present (***Please note the 'Power' words starting each statement***)  
Good Samaritan Hospital, Albuquerque, New Mexico
- ◆ Lead physician-prescribed exercise programs
  - ◆ Provide daily care for disabled patients
  - ◆ Administer medications
  - ◆ Design muscular strength and flexibility programs for clients
  - ◆ Create and teach ergonomics courses
  - ◆ Perform initial health questionnaires and assessments
  - ◆ Maintain hygiene of facility
  - ◆ Promote positive business ethics
- September 1999 to July 2000  
Defined Fitness (***continue with similar style as above!***)
- Special Skills** Assessment and/or measurement and interpretation of the following:
- ◆ Electrocardiograms
  - ◆ Maximal exercise stress tests
  - ◆ Submaximal exercise stress tests
  - ◆ Body composition: skinfold, hydrostatic weighing, bioelectrical impedance
  - ◆ Blood pressure
  - ◆ Flexibility
- Computer Skills*
- ◆ Microsoft Word, Power Point, Excel, Adobe Illustrator, WEB Design
- Other*
- ◆ Fluent in Spanish and German
- Memberships** American Society of Exercise Physiologists  
American College of Sports Medicine  
National Strength and Conditioning Organization

**Certifications** ACSM Health and Fitness Instructor  
AFAA Step Instructor  
American Red Cross Standard First Aid

**Honors** Honor Society  
President of Club, Sorority, or Fraternity

**References** ***Class, it is standard to list THREE references***  
**Do Not Put References Available Upon Request!**  
*Example Writing Style to List References*

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List other references in same style and include email as this is now often used for reference checks