Anita Net

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# OBJECTIVE

To obtain a full-time position in an exercise science or health care related field, to utilize extensive skills and expertise to assist clientele.

# EDUCATION

Bachelor of Science, Exercise Science May 20XX

Kennesaw State University (KSU), Kennesaw, GA GPA: 3.0

**RELEVANT COURSES / PROJECTS**

Exercise and Aging, Anatomy I & II, Physiology I & II, Biomechanics, Nutrition, Clinical, Health Fitness Management, Family Health, Motor Learning and Development, Psychology of Child Development

* Created a dietary analysis and nutrition plan for specific individuals
* Created exercise prescriptions for younger, middle aged, and older adults through case studies

# RELEVANT EXPERIENCE

**Kennesaw State University Women’s Soccer,** Student-Athlete July 20XX – Present

* Execute excellent time management skills by balancing 20 hours of practice a week, a full-time academic course load while maintaining academic eligibility, and a 19 game NCAA schedule.
* Maintain professional demeanor while representing KSU during school, athletic, and personal activities
* Successfully took in criticism, resolved conflicts, and adapted to changes quickly within game play
* Recognized as an ASUN First Team All-Conference player
* Selected as a member of the 2018 All-Region Team by the United Soccer Coaches

**KSU Soccer ID Camps,** Camp Coach February 20XX

* Working with children, age group 4-9 and 14-17
* Provided skill instruction, taught fundamental soccer techniques and tactics, evaluated players for KSU, and oversaw ensuring the safety and well-being of the players
* Helped manage, organize, and create practice plans

**Southern Soccer Association,** Camp Leader May 20XX – June 20XX

* Working with children, age groups 5-14
* Instructed teams of 20 players providing encouraging and effective criticism
* Coaching basic skill sets, planned and organized drills, tended to discouraged and frustrated players

**Two Cousin’s Pizza,** ServerJanuary 20XX – February 20XX

* Accurately took orders and met special customer demands
* Replenished condiments and supplies for expected customer loads while maintaining a clean and organized counter space

**Neurosport Physical Therapy,** Intern August 20XX – December 20XX

* Shadowed Chiropractor and observed physical therapists working with a range of patients from high school athletes to older adults
* Tended to patient’s needs, assisted with organizing and housekeeping (i.e. towels, exercise equipment, etc.)

# VOLUNTEER EXPIERENCE

**Feed My Starving Children,** Volunteer

* Helped package over a thousand meals to be sent overseas to for families in need

**Children’s Health Care of Atlanta,** Volunteer

* KSU student-athletes spent time entertaining, visiting, and talking with children in the rehabilitation wing
* Brought KSU athletics gear to give away to the children (i.e. t-shirts, hats, key chains, etc.)