

Nigel T. Nighthawk

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EDUCATION

Bachelor of Science, Kinesiology major w/ Exercise Science emphasis Expected May 20XX

University of North Georgia, Dahlonega, GA

- GPA: 3.75
- Dean's List: Spring 2019, Fall 2018, Summer 2018

CERTIFICATIONS

CPR, First Aid, and AED - American Heart Association Expires Jan. 20XX

RELATED EXPERIENCE

Intern, Georgia Mountains YMCA, Gainesville, GA June 20XX-Present

- Designed and led low impact exercise program for 3 senior adult group fitness classes
- Coordinated community health fair event by working with a team from 8 area health/fitness agencies
- Created activities for afterschool groups ages 5-15 that promoted active lifestyles and good nutrition

Physical Therapist Aide, Benchmark PT, Dahlonega, GA Oct. 20XX-May 20XX

- Greeted patients and established rapport through conversation and active listening
- Monitored patient exercise routines using weights, ultrasound, and whirlpool
- Prepared and cleaned treatment areas and equipment between each patient
- Supported front desk operation by checking in patients, ordering supplies, and verifying insurance

RELATED COURSEWORK

Exercise Testing and Prescription, UNG Fall 20XX

- Created a case study portfolio which incorporated current ACSM guidelines
- Practiced current ACSM exercise testing guidelines in the human performance lab to prescribe an exercise program to the general population

Personal and Public Health, UNG Spring 20XX

- Coordinated promotional materials for use at after school programs to educate youth on benefits of exercise and proper diet

Research Methods, UNG Spring 20XX

- Measured and recorded resting heart rates of UNG women's tennis team

OTHER EXPERIENCE

Team Member, Chick-Fil-A, Dahlonega, GA Jan. 20XX – Nov. 20XX

- Delivered exceptional customer service in a fast-paced environment in order to provide a pleasant dining experience and return customers
- Trained in multiple service areas in order to assist co-workers and maintain efficient operations at all times

LEADERSHIP/AFFILIATIONS

UNG Commuter Council, **President**

UNG Kinesiology Club, **Vice-President**

American Physical Therapy Association, **Member**

American College of Sports Medicine, **Member**

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