**Exercise Science Resume Template**

Career, Mentoring, and Professional Development Center

Shippensburg University of Pennsylvania

career@ship.edu ∙ www.ship.edu/career ∙ 717-477-1484

**Name**

**Contact Information** (Address, Phone, and Email)

**EDUCATION/TRAINING** (TRAINING is optional)

**Bachelor of Science in Exercise Science,** ExpectedGraduation, Month, Year

Concentration: (*Select \* Human Performance & Fitness, Allied Health Pre-Professional, or Pre-Athletic Training\*)*

Minor: *(If applicable)*

Shippensburg University, Shippensburg, PA

QPA: (list if noteworthy; 3.0+)

**PROFESSIONAL INTERNSHIP(s):** *(use professional, relevant, eye-catching headings)*

**Title*,*** Organization(dates involved)

City, State

* List relevant duties performed during internship
* Use past tense action verbs to describe duties

**RELEVANT EXPERIENCE:**

**Title*,*** Organization(dates involved)

City, State

* Describe duties/responsibilities
* Be specific
* Use “buzz” words related to the field
* Begin each bullet with an action verb; No personal pronouns

**Relevant Projects/Research Projects:**

**Title of Project/Research**, (dates conducted)

* List duties/responsibilities; scope/size of the project; human subject approval (if relevant); funding/financial support of project; outcomes of research/project
* Was project submitted/approved for publication?
* Use past tense action verbs to begin each bulleted statement

**CAMPUS LEADERSHIP:** (*Highlight any leadership roles or positions held)*

**Leadership Role**, Organization, dates involved

* List duties/responsibilities of interest to employer; think relevance
* Begin bullets with past tense action verbs

**First Name, Last Name, Page 2 of 2** (Always best to keep resume to 1 page, however…)

**COMMUNITY SERVICE** (more passive involvement such as Blood drives, Relay for Life, marathons)

* Organization (dates); Organization (dates); Organization (dates); Organization (dates);
* Organization (dates); Organization (dates); Organization (dates); Organization (dates)

**PROFESSIONAL MEMBERSHIPS/AFFILIATIONS**

Title of Organization, Member since date

Title of Organization, Member since date

**Selected Professional Development/Conferences Attended**

Title of Conference/Seminar/Workshop, Sponsoring Organization/Location, date

Title of Conference/Seminar/Workshop, Sponsoring Organization/Location, date

Title of Conference/Seminar/Workshop, Sponsoring Organization/Location, date

**ADDITIONAL EXPERIENCE**

**Job title**, Company (dates)

**Job title**, Company (dates)

**OR:** Variety of full-time, part-time, and seasonal positions to finance further education

**Other Possible Headings to Incorporate In Resume**

Military History; Campus Leadership/Involvement; Certifications; Community Service; Languages; Professional Memberships/Affiliations; Business-Related Experience; Non-Profit Experience; Publications

**Exercise Science Resume Example**

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**Name**

**Contact Information** (Address, Phone, and Email)

**EDUCATION/TRAINING** (TRAINING is optional)

**Bachelor of Science in Exercise Science,** ExpectedGraduation, May 2021

Concentration: Pre-Athletic Training

Minor: *(If applicable)*

Shippensburg University, Shippensburg, PA

QPA: (list if noteworthy; 3.0+)

**PROFESSIONAL EXPERIENCE:**

**Student Intern*,*** YMCA**,** January 2020 – May 2020

Pittsburgh, PA

* Designed exercise programs and routines
* Scheduled health seminars for staff members
* Coordinated and promoted a community blood drive
* Assisted in promoting and building Upward sports teams
* Lead group exercise sessions at a rehabilitation facility for a group of 20 substance abuse patients

**Student Trainer**, SU Athletic Department, August 2020 – Present

Shippensburg, PA

* Developed exercise routines for a group exercise setting with older adults with limited mobility
* Worked one on one with older adult stroke patient to produce an exercise routine to increase strength, mobility, and quality of life

**Peer Educator**, SU Substance Abuse Prevention Unit, August 2019 – Present

Shippensburg, PA

* Developed projects specifically targeting the college population about substance abuse, disease, smoking, etc.
* Designed health promotion programs to create awareness of health related topics to present to KSU students
* Created a one day event for KSU students in order to raise awareness of AIDS

**RELEVANT EXPERIENCE:**

**Activities Volunteer*,*** Assisted Living, July 2017 – July 2020

Carlisle, PA

* Provided company and play board games with senior citizens
* Coordinate group activities for senior citizens.
* Assist with the facilitation of outdoor activities.

**CAMPUS LEADERSHIP:**

**General Member**, The Slate, January 2020 – Present

* Published weekly columns concerning health and wellness tips for undergraduate student body
* Attended monthly staff meetings for marketing campaigns and advocated for more inclusivity.