

EDWINA EDUCATOR

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EDUCATION

Bachelor of Science in Health Education and Promotion

Anticipated May 2020

Minor: Coaching Science

Oklahoma State University – Stillwater, Oklahoma

GPA: 3.85 (*President's Honor Roll, Spring 2018*)

CERTIFICATIONS

CPR and First Aid, American Red Cross

Certified Personal Trainer (CPT)

EXPERIENCE

Certified Spin Instructor

2018-Present

OSU Colvin Recreation Center – Stillwater, Oklahoma

- Designed challenging workouts for students and staff
- Coordinated music to different cadence speeds and resistance levels
- Incorporated heart rate monitors to encourage a variety of intensity levels
- Motivated athletes to exercise outside their “comfort zone”

Job Shadow (Wellness Director)

Spring 2019

Inverness Village – Tulsa, Oklahoma

- Attended project planning meetings and contributed ideas to the “Fit for Fun” health program.
- Observed several consultations with residents concerning individual fitness plans.
- Learned how to record blood pressure, resting heart rate, BMI, waist circumference, height and weight.

Front Desk Staff

2017-2018

Colvin Recreation Center – Stillwater, Oklahoma

- Greet patrons and answer questions about facilities.
- Check out equipment and demonstrate proper use of machines.

CAMPUS LEADERSHIP & ACTIVITIES

Treasurer/Member, Health Promotion Club

2018-Present

- Maintained financial records for club and developed budget for the 2015-2016 school year.
- Coordinated with other officers to plan club events and activities.

OSU Intramural Sports

2017-Present

COMMUNITY SERVICE

Habitat for Humanity

2017

HOSPICE patient care volunteer

2017

“1200 Project” (*smoking cessation event*)

Spring 2016

Special Olympics

Summer 2016, 2017

OTHER WORK EXPERIENCE

Sales Associate, Old Navy – Tulsa, Oklahoma

Summer 2016

Lifeguard, Stillwater Country Club – Stillwater, Oklahoma

Summer 2015

Carhop, Sonic – Stillwater, Oklahoma

2014-2015