

SAM MILLER

Stillwater, Oklahoma | sam.miller@okstate.edu | 918-000-0000

PROFILE | Energetic, self-motivated individual with experience working with collegiate athletes. Able to perform fitness assessments and prescribe exercise routines.

SKILLS & ABILITIES | First Aid & CPR, American Red Cross
Certified Personal Trainer, Athletics and Fitness Association of America

EDUCATION | **BACHELOR OF SCIENCE IN APPLIED EXERCISE SCIENCE
OPTION: STRENGTH & CONDITIONING**
Oklahoma State University – Stillwater, Oklahoma
Anticipated May 2020

EXPERIENCE | **INTERNSHIP**
Oklahoma State University Baseball Program – Stillwater, Oklahoma
Spring 2020

- Help head strength & conditioning coach with planning workouts and maintaining records.
- Meet with coaches to update them on student athlete progress.
- Inspect and maintain workout equipment.

PERSONAL TRAINER
Colvin Recreation Center – Stillwater, Oklahoma
2017-2019

- Demonstrate and explain how to perform various exercises to improve fitness and minimize injury.
- Monitor clients' progress and adapt programs as needed.
- Encourage and motivate clients through mini-goal setting.

OBSERVATION
Physical Therapy Central – Stillwater, Oklahoma
2017

- Observed Physical Therapist during appointments.
- Learned how to demonstrate exercises and explain techniques.

LEADERSHIP | College of Education, Health & Aviation Student Council
Co-Chair, EHA Week Activities Committee

REFERENCES | Available upon request.