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**OBJECTIVE**

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To obtain a college or university position in health education programming.

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**EDUCATION**

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**Bachelor of Science in Health and Wellness, May 2007**

STATE UNIVERSITY OF NEW YORK (SUNY) COLLEGE AT BUFFALO

- Concentration in Social Issues and Adult Fitness with Minor in Athletic Coaching
- GPA 3.4/4.0

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**RELEVANT COURSEWORK**

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- Contemporary Nutrition
- Health and Wellness Programming
- Assessment and Evaluation
- Women's Health Issues
- Psychoactive Drugs and Health
- Alcohol Problems

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**CAMPUS LEADERSHIP**

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**Program Director, 2005/2006 Academic Year**

SUNY COLLEGE AT BUFFALO: HEALTH AND WELLNESS ASSOCIATION

Collaborate with department chair to develop and supervise all health education programs and events.

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**HEALTH PROGRAMMING**

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***Weight Management... Simplified*, 2005/2006 Academic Year**

- Educated students on proper nutrition and healthy lifestyle traits through the development and implementation of an eight-week weight management program.

***Personal Training Protocol*, 2004/2005 Academic Year**

- Co-developed a complete protocol for exercise testing and personal training services to be implemented in the college's first fitness center.

***Hunt for Health*, Spring 2005**

- Solicited donations, recruited volunteers and coordinated campus-wide scavenger hunt to promote healthy living.

***University at Buffalo Health Fair***

- Demonstrated tri-fit body composition machine and conducted health fitness assessments; offering targeted health information feedback.

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**CERTIFICATIONS**

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AMERICAN RED CROSS

- *Community Cardiopulmonary Resuscitation*
- *Fundamentals of Instructor Training*
- *Automated External Defibrillator*
- *First Aid*
- *Responding to Emergencies*

NATIONAL SAFETY COUNCIL

- *Blood Borne Pathogens*
- EXERCISE ALLIANCE
- *Medical Exercise*

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**PROFESSIONAL MEMBERSHIPS**

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NYS ASSOCIATION FOR HEALTH, PHYSICAL EDUCATION, RECREATION and DANCE

AMERICAN COLLEGE HEALTH ASSOCIATION

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**WORK EXPERIENCE**

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SUNY COLLEGE AT BUFFALO

**Student Assistant**, WEIGEL HEALTH CENTER, September 2006 – present

**Clerk**, HEALTH AND WELLNESS DEPARTMENT, January 2006 – August 2006

**Equipment Clerk**, INTERCOLLEGIATE ATHLETICS, June 2004 – December 2005