

MARIA R. SANTOS

77 Edgemont Lane
Huntington, WV 25705
(304) 697-4555
santos2@marshall.edu

CAREER OBJECTIVE

Position in Adult Fitness or Corporate Wellness

SUMMARY OF QUALIFICATIONS

- Solid academic and clinical background in exercise science.
- Excellent communication skills; proven ability to work well with diverse populations.
- Outgoing and personable; able to easily establish rapport with clients.
- Strong work ethic; financed 100% of college expenses through athletic scholarships, part-time and summer work.

EDUCATION

B.A. Adult Fitness

June 2004

Marshall University, Huntington, WV. GPA: 3.2, Major GPA: 3.5

CLINICAL EXPERIENCE

Clinical Experience (240 hours)

August 2003 - December 2003

Marshall University Human Performance Lab, Huntington, WV

- Supervised use of exercise equipment; assisted in fitness testing.
- Conducted maximum exercise stress testing, hydrostatic weighing, anaerobic/aerobic threshold tests, pulmonary function, flexibility tests, and skin fold analysis.
- Tested muscular strength using cybex machine.

Clinical Experience (240 hours)

August 2003 - December 2003

Cardiac Rehabilitation Center, Huntington, WV

- Supervised cardiac patient exercise sessions; checked blood pressure.
- Developed exercise prescriptions; assisted with education sessions.
- Provided general equipment care and maintenance.

RELEVANT WORK EXPERIENCE

Exercise Instructor

March 2002 - Present

River Cities Fitness Center, Huntington, WV

- Teach aerobics, calisthenics and stretching techniques to co-educational classes of up to 25 adults.
- Develop, implement, and monitor individual fitness programs for clients.
- Plan and provide comprehensive exercise program for pregnant women.

HONORS AND ACTIVITIES

- Marshall University Dean's List
- Marshall University Women's Varsity Volleyball, Track, 2002 - 2004
- Tri-State Commission on Persons with Disabilities

REFERENCES

Available upon request