**MARCO MARSHALL**

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Linkedin.com/marcomarshall (customized URL preferred)

**Professional Summary**

Passionate Exercise Science student with experience in fitness assessments, program design, and health promotion. Skilled in guiding clients through safe and effective exercise routines and committed to fostering wellness through personalized fitness plans. Strong foundation in exercise physiology and kinesiology with hands-on involvement in fitness environments.

**Skills Summary**

* Knowledge of exercise physiology and kinesiology
* Experience in fitness assessments and individualized program design
* Strong interpersonal and coaching skills
* Proficient in Microsoft Office and fitness tracking software
* CPR/AED Certified

**Education**

Marshall University Huntington, WV

Bachelor of Science in Exercise Science Expected: May 2026

GPA: 3.4

*Relevant Coursework: Human Anatomy & Physiology, Kinesiology, Exercise Physiology, Biomechanics, Strength and Conditioning*

**Project: Fitness Assessment and Program Design**

* Conducted fitness assessments including cardiovascular endurance, strength, and flexibility evaluations.
* Designed a 6-week individualized training program based on assessment results and client goals.
* Monitored progress and adjusted exercises to optimize outcomes and improve client motivation.

**Work Experience**

Marshall University Recreation Center Huntington, WV

Fitness Center Assistant August 2023 – Present

* Guided members in safe exercise practices and proper equipment use.
* Assisted with fitness assessments and personalized program development.
* Promoted wellness initiatives and facilitated health-related workshops.
* Maintained a clean, organized, and supportive fitness environment.

Youth Fitness Camp Huntington, WV

Camp Counselor June 2023 – August 2023

* Led daily physical activities aimed at improving children’s motor skills and overall fitness.
* Fostered a positive environment encouraging participation and teamwork.
* Ensured safety protocols were followed during all activities.
* Supported educational sessions on healthy habits and nutrition.

**AFFILIATIONS & CERTIFICATIONS**

* Member, American College of Sports Medicine (ACSM)
* Member, Marshall University Exercise Science Club
* Certified Personal Trainer (NASM, ACE, ACSM)
* Certified Strength and Conditioning Specialist (CSCS)
* Group Fitness Instructor Certification