
Scott A. Meyer

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EDUCATION

Grand Valley State University Allendale, MI
Bachelor of Science April 20__ GPA: 3.5
Major: Movement Science Dean's List—Six semesters

RELATED SKILLS

- Submaximal Exercise Testing
- Maximal Exercise Testing
- Body Composition Analysis
- First Aid Certified
- CPR Certified/Instructor Certified
- Blood Pressure Assessment
- Pulmonary Function Testing
- Under Water Weighing

FITNESS/WELLNESS EXPERIENCE

Coach Assistant Aug. 20__ - Present
Kentwood Public Schools—Kentwood, MI

- Lead approximately 45 varsity football players in warm up and cool down exercises
- Assist head coaches with team practices and weekly games
- Demonstrate proper lifting techniques for post season strength and conditioning weight training

Camp Counselor May 20__ - Aug. 20__
Camp O'Malley—Alto, MI

- Supervised recreational activities for 24 campers—ages 12-14
- Presented informative seminar on healthy eating habits and exercise
- Provided emotional support for campers during self-esteem building activities

Aerobics Instructor Aug. 20__ - Apr. 20__
Gold's Gym—Grand Rapids, MI

- Taught a weekly abdominal conditioning class
- Instructed gym members of the proper use of free weights, Nautilus and cardiovascular equipment
- Led a weekly Step Aerobics class and instruction on proper techniques for 20 gym members
- Provided a variety of health assessments for gym members including: Body Composition Analysis and Blood Pressure Assessment

COLLEGE/COMMUNITY INVOLVEMENT

Presenter, Effect of cadence on performance during standard push-up testing,
Midwest ACSM, 20__

Participant, Intramural League, Grand Valley State University, 20__ - 20__
Most Valuable Player, 20__

Resident Assistant, Kirkpatrick Living Center, Grand Valley State University, 20__

Baseball Coach, Grand Rapids Tigers—Grand Rapids Little League, 20__

COMPUTER/TECHNICAL SKILLS

- Microsoft Excel
- Microsoft Word
- Microsoft PowerPoint
- Internet
- Digital Camera
- CD Writing

REFERENCES

Alan Scofield
Director
Grand Valley State University
Health, Recreation & Wellness Center
108 Recreation Center
Allendale, MI 49401
(616) 555-3486

Kelly Wohlfield
Director
Camp O'Malley
7360 Thornapple Dales SE
Caledonia, MI 49316
(616) 555-4754

Kevin Campbell
Associate Professor
Movement Science Department
Grand Valley State University
192 Fieldhouse
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(616) 555-2954