

Henry Calvin

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EDUCATION

Bachelor of Science in Kinesiology and Sport Performance

Minor: Exercise Science

University of Wisconsin-Parkside, Kenosha, WI

GPA: 3.3

Excepted Graduation December 20xx

RELEVANT COURSES

- Sport and Exercise Physiology
- Exercise Leadership and management
- Research Methods in Kinesiology and Sport Performance
- Advanced Sport Conditioning Techniques
- Nutrition for Wellness
- Prevention and Care of Athletic Injuries
- Measurement and Evaluation in Sport and Exercise
- Scientific Principles of Strength and Conditioning
- Practicum in Kinesiology and Sport Performance

WORK EXPERIENCE

Certified Peer Health Educator

September 20xx - Present

University of Wisconsin-Parkside – Kenosha, WI

- Develop projects specifically targeting the college population about substance abuse, disease, smoking, etc. to bring more awareness of the repercussions
- Designed health promotion programs to create awareness of health related topics to present to UWP students
- Created a one day event for UWP students in order to raise awareness of AIDS

Internship

January 20xx – May 20xx

Kenosha YMCA – Kenosha, WI

- Formulated exercise programs, routines, and lead group exercise sessions for groups of 20+ substance abuse patients
- Scheduled health seminars for staff members and responsible for overseeing fitness facility for 300 members
- Coordinated and promoted a community blood drive and assisted in promoting and building Upward sports teams

Student Trainer/Instructor

July 20xx – December 20xx

Village of Pleasant Prairie – Pleasant Prairie, WI

- Developed exercise routines for a group exercise setting with older adults with limited mobility
- Worked one on one with older adult stroke patient to produce an exercise routine increase strength, mobility and quality of life
- Performed fitness tests and advised of results that included an action plan to incorporate health lifestyle changes.

CAMPUS INVOLVEMENT

Sports Management Club

University of Wisconsin-Parkside

January 20xx – May 20xx