

Sample Functional Resume

NAME HERE
Street Address
City, State Zip
phone number
email

Objective: To secure the Employee Relations Representative position at St. Luke's Hospital

PROFILE

- Strong commitment to promoting wellness and preventing disease
- Dedicated, professional attitude; mature and willing to work
- Easy to work with; a cooperative and supportive colleague
- Believe strongly that everyone has potential to reach an optimal fitness level

EDUCATION

Bachelor of Science, Corporate and Community Health Promotion,
University of Wisconsin-Superior, December 2013

CERTIFICATIONS

CPR certification through September 2014; Lifeguard Certification through May 2013; Gerontology Certification

RELEVANT EXPERIENCE AND SKILLS

Fitness Testing

- Monitored blood pressures, heart rates, skinfold measurements, and lung capacities
- Pre and post tested flexibility on physical education students
- Directed walk/run fitness test and stationary bike tests
- Orientated YMCA members on Nautilus/Cybex equipment
- Successfully performed CPR techniques within the CPR's training course

Personal Training and Assessment

- Assessed and improved individual's health/fitness
- Designed and implemented fitness regimes for YMCA clients
- Developed a strength training program for high school athletes
- Assisted in Lifegain, a community health program
- Designed and implemented a weight training program for a disabled student

Communication/Management Skills

- Managed health facility; hired, trained, and supervised 15 employees
- Conducted Wellness Program for members of health facility
- Demonstrated person-to-person communication skills on numerous occasions
- Addressed the public with presentations on health and fitness

EMPLOYMENT HISTORY

February 2008 – September 2008	Operations Manager	Anytime Fitness, Superior, WI
January 2006 – February 2008	Personal Trainer	Gold's Gym, Duluth, MN
January 2007 – May 2007	Concession Assistant	Univ. of Wisconsin – Superior, WI