

First name Last name

1 Normal Avenue, Montclair, NJ 07043

973-655-0000

firstname.lastname@gmail.com**Education and Certifications****Montclair State University**, Montclair, NJ

BA in Physical Education expected May 2024

BA in Secondary Education expected May 2024

- GPA 3.8, Dean's List

Will qualify for NJ Certificate of Eligibility with Advanced Standing, Health and Physical Education P – 12, June 2024

Teaching Experience*Student Teacher*, **John L. Costley Middle School**, East Orange, NJ 1/2024 – Present

- Adapt and teach daily instruction to grades 6 through 8 to meet the needs of each individual learner
- Develop and introduce successful health lesson including hands-on activities to engage children
- Teach various fitness-based lessons incorporating warm-up exercises and sports games
- Organize field day activities including working with teachers on activity schedule for the day
- Incorporate iPad technology into lessons to motivate children to participate and have fun
- Assess children's progress, provided feedback and assisted with report card preparation
- Attend faculty meetings and communicated with teachers and parents to address concerns

Fieldwork, **Harrison Elementary School**, Livingston, NJ 9/2023 – 12/2023

- Observed Pre K through 6th grade and assisted teacher with daily lessons
- Planned creative and fun lessons in accordance with common core guidelines
- Assisted with assessment of students and learned techniques to apply to different learning styles

Coaching/Related Experience*Assistant Coach*, **Bloomfield Recreational Baseball**, Bloomfield, NJ 8/2022 – Present

- Teach children ages 7 and 8 basic baseball skills and techniques including warm up exercises
- Prepare game and practice schedules and advise team members and parents of the season's agenda
- Received recognition award from parents and children for dedication to coaching the team
- Assessed and treated minor injuries utilizing knowledge of first aid

Fitness Trainer, **New York Sports Club**, Clifton, NJ 5/2021 – 07/2022

- Developed strength and conditioning and warm up exercises for one on one training sessions
- Greeted new clients and provided tour of facility and information on personal training programs
- Participated in membership sales events and informed potential customers about membership benefits

Other Work Experience*Sales Associate*, **Sports Authority**, Clifton, NJ 12/2020 – 05/2021

- Provided customers with information on various sports equipment, clothing and accessories
- Recognized for excellence in providing customer service and received "Employee of the Month" award
- Handled register transactions, restocking of inventory and phone inquiries

Certifications and Professional Development

American Council on Exercise Personal Trainer

New Jersey Harassment, Intimidation and Bullying Prevention Program

CPR, First Aid