

# Juan Runner

22 Sunshine Rd • Arcata CA • JR111@humboldt.edu • (707) 675-4444

## Education

<b>Bachelor of Science, Kinesiology</b>	GPA: 3.57
Humboldt State University (HSU)	May 20XX
Foundations of Kinesiology	Motor Development
Human Physiology	Strength and Conditioning
Human Anatomy	Basic Human Nutrition
Exercise Physiology	Exercise Prescription/Leadership

### Research Projects:

“Muscular Contraction: a Detailed Explanation”, Senior Project for Capstone Class, HSU, presented to 45 attendants, 20XX

“A Study of the High Fat Low Carb Diet”, Project for Basic Human Nutrition, HSU, 20XX

## Kinesiology Related Experience

<b>Performance Lab Technician</b>   HSU, Human Performance Lab	Arcata, CA   5/XX – 12/XX
<ul style="list-style-type: none"> <li>Adhered to fitness testing guidelines and procedure of the American College of Sports Medicine.</li> <li>Determined body composition with use of air-displacement plethysmography (Bod Pod), hydrostatic weighing, and skin fold measurements.</li> <li>Participated in health promotion projects such as health fairs and healthy alternative cooking.</li> <li>Produced brochure and other media promoting health and wellness</li> </ul>	

### Sports Instructions

<b>Weight Training Instructor</b>   CalCourts Health Club	Eureka, CA   8/13– present
<ul style="list-style-type: none"> <li>Teach beginning weight training class for club members.</li> <li>Organize class schedules, class content, provided instructions on scientific techniques and practices, insured member safety.</li> <li>Work one-on-one with members to develop individualized weight and strength training programs</li> </ul>	

<b>Assistant Football Coach</b>   Palm Desert High School	Palm Desert, CA   8/XX– 10/XX
<ul style="list-style-type: none"> <li>Assisted head football coach in teaching sound blocking, pass rushing, and other techniques.</li> <li>Worked extensively with defensive and offensive linemen and outside line-backers</li> <li>Provided positive reinforcement and team building skills</li> </ul>	

## Sports Experience

<b>Football Team Captain</b> , College of the Desert, Palm Desert, CA	20XX
<b>High School Varsity Football</b> , Starter at defensive end, Palm Desert High School	20XX-20XX
<b>Track and Field</b> , Palm Desert High School	20XX-20XX
<b>Intramural Racquetball</b> , College of the Desert	20XX

## Affiliations & Certifications

- National Strength & Conditioning Association, student member
- National Association for Sports and Physical Education
- CPR, Expires 20XX & First Responder, Expires 20XX

## References

Joe Smith Professor, Humboldt State U. Arcata CA (707) 608-4454 js@humboldt.edu	Laura Ralph Supervisor, Humboldt State U. Arcata, CA (707) 445-7733 ls@humboldt.edu	Connie Walters Coach Palm Desert College San Francisco, CA (415) 844-6677
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