

# Ethan Exercise

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## EDUCATION

### **Bachelor of Science in Exercise Science and Health Promotion**

*Florida Atlantic University*

GPA: 3.6/4.0

Expected May 20XX

Boca Raton, FL

## RELEVANT COURSEWORK

Nutrition in Health and Exercise

Obesity: Biological, Psychological and Cultural  
Factors

Substance Abuse

Health Promotion

Stress Management

Perspectives in Health and Wellness

Fitness Assessment and Exercise Prescription

## PROFESSIONAL EXPERIENCE

### **Nutritionist Intern**

*Boca Wellness and Nutrition Services*

January 20XX – Present

Boca Raton, FL

- Administer nutrition assessments for clients under the supervision of a licensed dietician
- Provided basic nutrition counseling including suggested dietary restrictions and nutritional principles for healthier eating habits
- Present nutritional education material for groups of students aged 5 – 17
- Update client records regularly in order to accurately keep track of nutritional progress
- Arrange personalized dietary plans for clients to be approved by a licensed dietician

### **Activity Leader**

*Fort Lauderdale American Diabetes Association*

May 20XX – July 20XX

Fort Lauderdale, FL

- Supervised and monitored camper health in collaboration with physicians, nurses, and dieticians
- Directed skill-building ventures for campers with diabetes with the goal of educating them on the management of diabetes within outdoor environments
- Responded to problems among camp members through conversation, mediation and team-building exercises

### **Spa Assistant**

*A Center for Alternative Medicine and Spa*

June 20XX – March 20XX

Deerfield Beach, FL

- Ensured all operations complied with the health, safety, and hygiene standards of the business
- Updated inventory of spa products and ordered essential supplies as needed
- Managed guest questions and requests with a professional and courteous attitude
- Educated customers about the wellness services provided in order to cater to their specific needs

## COMMUNITY INVOLVEMENT

**Childcare Volunteer** - *Atorkor Development Foundation, Ghana*

December 20XX

**Kitchen Volunteer** - *Boca Helping Hands, Boca Raton, FL*

May 20XX - Present

## LANGUAGES

Fluent in German