

ROBERT SMITH

Sr. Exercise Instructor

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SUMMARY

Certified as a drug and alcohol counselor, but have experience working in a Nature Center at a park and sales, as well. Have skills that are transferable to many different types of jobs.

SKILLS

Photograph, Art Competitor, Scuba Certified.

WORK EXPERIENCE

Sr. Exercise Instructor

Jefferson Regional Medical Center - January 2012 – 2020

- Taught classes at various locations, at various times, based upon business needs
- Tended to members questions and needs to provide clarity/help when needed
- Greeted members by name and provide an upbeat positive attitude
- Identified unsafe or hazardous exercises.
- Suggested alternate exercises to assist the member on the spot.
- Gave alternative exercises during workouts or classes for different levels of fitness.
- Monitored clients progress and adapt programs as needed and give customized workout plans.

Exercise Instructor

Delta Corporation - 2008 – 2012

- Prepared and instructed fitness class for senior citizens ages 50 and older Supervised and monitored class participants during hour long self .
- Plymouth, WI September 2015- Present Group instructor for an interval training class Performed plyometrics, abdominal exercises, total, upper, and .
- Group instructor for water aerobics and rehabilitation classes Group instructor for the Vita Course (outdoor exercise class that is done on equipment).
- Take blood pressures using a stethoscope and blood pressure cuff Monitor heart rates and oxygen level using a pulse oximetry Record patient .
- Being that this job was in my field of study I was able to gain experience in this area of work.
- Instruct and assist a senior citizen on her post-PT exercises following a THR to help her continue strengthening her lower extremity musculature.
- Lead daily exercise classes (3 total classes) Designed daily workout regimens Strengthened occupational therapy skills.

SCHOLASTICS

- B.B.A. in Finance - (University of Arkansas at Little Rock - Little Rock, AR)