

Clara Cornelius

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EDUCATION

Bachelor of Science in Health and Human Performance

Major: Exercise and Sports Science

University of Wisconsin-River Falls (UWRF), December 20XX

Dean's List, GPA: 3.6

TRAINING EXPERIENCE

Student Athletic Trainer Intern, Hockey, Football, and Soccer, UWRF, 20XX-Present

- Utilized training techniques to provide prevention strategies, perform assessments, provide care, and rehabilitation exercises to student athletes
- Built relationships with athletes to provide better preparation before practice and competitions
- Utilized technology including ultrasound and muscle stimulation machines during treatment
- Communicated with teams and trainer to organize and pack equipment for road trips
- Created travel itineraries, updated student records, took inventory of all athletic training supplies and notified NCAA about daily occurrences and for athlete concussion testing

Summer Intern Athletic Trainer, Minnesota Vikings, Mankato, MN, Summer 20XX

- Learned new injury treatment, rehabilitation, and prevention techniques from trainers and observed first-aid on-field care to professional athletes
- Developed acute listening skills to properly treat player injuries on the sidelines
- Provided liquids to make sure the players stayed hydrated through the course of practice
- Oversaw group and individual stretching exercises and assisted in the development of strength training programs

Health Fitness Specialist, Snap Fitness, River Falls, WI, 20XX-20XX

- Communicated with customers and clients on proper strength training techniques
- Adjusted training to incorporate practical application of certification and education to assist members to reach personal goals

ADDITIONAL RELEVANT EXPERIENCE

Youth Fitness Staff, YMCA, Hudson, WI, 20XX-Present

- Assisted in the promotion of the afterschool care program including updating event calendars, writing newsletters, and other forms of communication with parents and the community
- Provided direction to program staff while on duty assisting the site director with supervision and training of 28 employees

Intern, Howard Sports Academy, Shoreview, MN, Summer 20XX

- Communicated effectively with customers to sell memberships and book training appointments
- Organized community "Play Day" drawing over 165 kids to the event
- Collaborated with local companies and organizations in order to offer free pizza, music, and organized activities

PROFESSIONAL INVOLVEMENT AND CERTIFICATIONS

Member, Student Athlete Advisory Committee, UWRF, December 20XX-Present

Certified Health/Fitness Specialist, American College of Sports Medicine, USA, May 20XX

Certified, CPR and First Aid-American Red Cross, USA, September 20XX