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| Benjamin Matlak | | | | |
| Paju, South Korea | | | | |
| bpmatlak@gmail.com | | | | |
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| Education | | **Master of Science** *A.T. Still University,* Mesa, AZ *current*  **Degree:** Human MovementArizona School of Health Sciences  **Concentration:** Sports Conditioning  **Expected Graduation**: November 2013  Current GPA: 4.0  **Bachelor of Science** *University of Dayton* *2009*  **Degree:** Exercise PhysiologyDayton, OH  **Minors**: Biology, Chemistry  GPA: 3.75, Magna Cum Laude  Dean’s List all semesters | | |
| Certifications and Skills  * ACSM Health Fitness Specialist (HFS) * American Heart Association Healthcare Provider CPR Certified * Proficient in Microsoft Office (Word, Excel, PowerPoint) * Volunteer tutoring experience with children and adults * Very well organized, patient and positive with slow learners | | | |  |
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| Experience **Personal Trainer**, *PRO Sports Club and Performance Center, Bellevue, WA 2009-2013*   * Worked with a variety of clients ranging from low risk to extremely high risk under medical supervision * Developed individualized program designs for wide range of age groups (8-65) * Worked in direct contact with physicians, dietitians, physical therapists | | | | |
|  | Wellness Coach, *YMCA of Greater Grand Rapids*   * Worked fitness and wellness desks, offering advice and creating workouts * Performed orientations for all ages (5+) on strength, cardio and children’s equipment * Worked in children’s fitness area, providing instruction and supervision | | 2008 | |
|  | Summer Strength and Conditioning Coach, *Grand Rapids Catholic Central High School*   * Coordinated summer and preseason conditioning program for high school athletes * Organized group workouts for effective and fun activities   After-School Supervisor, *Holy Angels Catholic Church, Dayton, OH*   * Helped run after-school program for 6-10 year olds * Organized group activities and provided homework assistance   **Summer Camp Assistant**, *Camp Henry, Grand Rapids, MI*   * Handled daily customer and parent calls, assisting with specific inquiries * Managed customer payments in cash, money orders, checks and credit cards * Assisted with check-in and check-out process for children and families * Transported children to/from drop-off points | | 2007-2008  *2006-2007*  *2002-2008* | |
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