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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 2013Current GPA: 4.0**Bachelor of Science** *University of Dayton* *2009***Degree:** Exercise PhysiologyDayton, OH**Minors**: Biology, ChemistryGPA: 3.75, Magna Cum LaudeDean’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
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|  | 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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