

Teela Motion

123 Razorback St.
Fayetteville, AR 72701

479-345-5555
tmotion@gmail.com

PROFESSIONAL COMPETENCIES

Injury Prevention Rehabilitation	Nutrition Field Preparation	Exercise Prescriptions Spanish -Intermediate	Physical Assessment HIPAA
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EDUCATION

University of Arkansas, Fayetteville, AR Expected: May 20XX
Candidate for Bachelor of Science in Exercise Science
GPA: 3.9 Minor: Psychology

University of Arkansas Career Track Razorbacks Graduate

May 20XX

- Completed a nationally-recognized professional development program in 7 areas: Self-Awareness, Career Exploration, Experience, Job Search Strategies, Resume/Cover Letter Writing, Interview Skills, and Networking

INTERNSHIP EXPERIENCE

Fayetteville Athletic Club, Fayetteville, AR June 20XX - Present

Wellness Student Intern

- Administered fitness evaluations to members and set them up with improvement programs. Monitored progress and reported on results. Achieved an 85% improvement rating
- Observed and conducted 4 different aerobics classes each week. Introduced a new sequence to each
- Collaborated with the Health Administrator to design exercise prescriptions for clients; 40% of clients met their goals within the timeframe desired
- Trained clients how to correctly use 17 types of equipment, becoming the most requested trainer on staff

Springdale Physical Therapy, Springdale, AR

July 20XX

Athletic Trainer

Delivered a range of physical assessment and injury management services to 90-95 adolescent and adult athletes

- Performed 87 high school athletes' pre-participation assessments, adhering to district athletic requirements
- Managed training room equipment and schedules, enabling usage to increase by 5%
- Partnered with physical therapists, physicians, coaches, and parents to create a cohesive training or injury management plan and help athletes stay on track with progress, resulting in a 9% decrease in recovery time

VOLUNTEER EXPERIENCE

Powell Orthopedics - Official Orthopedic Surgeons for the Arkansas Razorbacks Fayetteville, AR June 20XX

- Maintained strict adherence to HIPAA and applicable patient care policies set by hospital administration
- Received superior remarks for admirable interpersonal skills while interacting with patients
- Developed 2 educational outreach programs that helped 150 patients take ownership of their physical therapy

PHYSICAL THERAPY SHADOWING

Wellness Professionals, Outpatient Services, Fayetteville, AR	35 hours, June 20XX
Rise Physical Therapy, Prosthetics Private Practice, Fayetteville, AR	30 hours, June 20XX
McNair Middle School, Athletic Department, Fayetteville, AR	27 hours, December 20XX
Washington Regional Hospital, Senior Health Clinic, Fayetteville, AR,	30 hours, August 20XX

PROFESSIONAL ASSOCIATIONS

Exercise Science Club	August 20XX-Present
First Year Honor Society - Alpha Lambda Delta	January - December 20XX