

Kevin Hernandez (MS)

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[Website](#)

[Cover Letter](#)

Objective

- o To secure employment as a physical education teacher and baseball coach with a school that will allow me to grow professionally while being able to utilize my strong organizational, conceptual, and interpersonal communication skills.

Education

Master of Science in Teaching Physical Education | SUNY Cortland | Fall 2022

- o Upon the completion of this degree, I will hold a certification to teach in New York State. This program provides the skills and knowledge that incorporate physical education theory with hands-on practice.

Kinesiology Fitness Development | SUNY Cortland (B.S) | Spring 2019

- o **Major:** The Fitness Development Program entails exploration of movement and discovering the capacities of the human body.
- o **Course work:** Nutrition. As a key component to executing and maintaining good health. Studying nutrition encompasses learning about the basis of healthy eating habits and putting them into practice for better quality of life. Anatomy & Physiology, Biomechanics, Cardio-respiratory, Neuromuscular Development, Athletic risk injury.

Exercise Studies | Tompkins Cortland Community College (A.S) | May 2017

- o **Major:** The Exercise Studies Program entails exploration of movement and discovering the capacities of the human body.

Teaching Experience

Student Teaching Field Experience | Beverly J. Martin Elementary School | Fall 2022

- o I provided specific and structured physical activity for the maximal amount of class time to elementary students. I motivated children to be physically active in and out of the classroom. I helped develop the fine and gross motor skills of students ages 4-12. I taught a variety of sport and fitness units including but not limited to tag, gymnastics, soccer, volleyball, basketball, baseball/softball, football, hockey and functional fitness. I provided equal learning opportunities and inclusion by modifying activities to meet the individual needs of all students. I promoted cultural diversity by embracing the unique differences in all students. I taught students the importance of healthy food choices by using diagrams, visual aids and handouts. I promoted positive health behaviors via fitness and nutrition concepts. I helped develop self awareness and teamwork in my students with cognitive and affective related tasks.

Secondary Field Experience | Binghamton High School | Winter 2022

- o Observed and assisted Physical Education teachers.

Youth Development Specialist | (Elmcrest detention center Tully NY) | April 2020-July 2020

- o As a youth development specialist, I was trained to coordinate and run various activities with children ages 10-17; all while maintaining a safe and educational environment. The children at Elmcrest detention center are held due to criminal acts and are waiting to be placed in premiant locations. Many of the children have grown up with Adverse Childhood Experiences (ACE) so proper classroom/ group management was inherent to the job.

Teachers Assistant | Essentials of personal training Spring 2019

- o Teaching classes about the core concepts of personal training, common movement and postural flaws and exercise programing.

Coaching Experience

FULL TIME STRENGTH & CONDITIONING COACH | Vestal High School (September. 2021 to Present)

- o Led and instructed plyometrics, mobility, conditioning, and weight training routines
- o Created and implemented programs that aided in the development and maintenance of general preparation and sport related performance.
- o Worked with all teams most notably football, baseball, lacrosse, softball, field hockey, men and women's basketball, indoor track, cross country, volleyball, soccer & tennis.
- o Performed periodic fitness test to ensure proper development and injury prevention

SEASONAL STRENGTH & CONDITIONING COACH | Baltimore Orioles (March. 2021 to Present)

- o *Aided in the creation and implementation of physical training programs for Orioles' athletes*
- o Led and instructed plyometrics, mobility, conditioning, and weight training routines
- o Created and implemented programs that followed a baseball periodization scheme
- o Administered professional baseball players' day-to-day schedule: education, conditioning, baseball activities, meals, etc.

Volunteer Strength Coach | Cortland Crush Youth Baseball Teams Winter 2020-Present

- o The goal of this experience was to decrease the number of injuries during the season. The boys learned the basic movements required to improve strength, mobility, and power. They also gained a better understanding of arm care and lifting tempo.

Volunteer Baseball Coach | Cortland High school Spring 2020

- o I ran baseball practice for varsity high school athletes. I helped organize and implement, hitting, fielding and running related skills and strategies.

Field Experience

Elementary Placement field experience | Spring 2020

- o I shadowed elementary physical education classes as well as online zoom PE

Related Experience

Cornell TCI Training (Therapeutic Crisis Intervention) | April 2020

- o **TCI** is a training that uses crisis preventative techniques to avoid physical and verbal outburst from children by setting positive organizational conditions.
- o **Certificate of Recognition** “Who’s Who Among Students in American Junior Colleges”

Skills & Abilities

Personal Trainer | Vine Health & Fitness and SUNY Cortland Student Life Center | October 2019-Current

- o As a trainer I conducted comprehensive fitness assessments for all clients. I also provided them with detailed fitness programming that helped meet their individual goals. My goal as a trainer is to improve posture, mobility, stability and strength for a longer fulfilling life.
- o Bilingual (Fluent in Spanish; speaking, writing, & reading)
- o Certified First Aid CPR | Expiration August 2021
- o General computer skills
- o Exceptional Customer services skills

References

- o Robert Gneo | Host teacher at BJM elementary | **(607) 351-0787**
- o Ben Albright | Cortland High School PE teacher & Head Baseball Coach | **(607) 591-1216**
- o Louise Mahar | Former Boss & Mentor at SUNY Cortland SLC | 2017-2021 **(607)753-8625**
- o Joe Brown | SUNY Cortland Head Baseball Coach | **(607) 753-4950**
- o Carmen Skrine | High School Coach | 2009-2012 **(347)220-8207**
- o Matthew Kiechle | Advisor at TC3 | 2014-21016 **(607)220-7167**

- o Gerri Relyea | Former Coworker & Friend | **(607) 708-0221**