

MEI LING

Athletic Trainer

(456) 789-1234 | mei.ling@sample.com | New York, NY | bandana.co/profile/meiling

PROFESSIONAL SUMMARY

Committed Certified Athletic Trainer with a passion for promoting health and safety. Brings experience from physical therapy, a strong understanding of body mechanics, and a proactive approach to injury prevention. Successfully assisted in reducing joint and muscle injuries in previous roles by developing innovative stretching routines.

WORK EXPERIENCE

PHYSICAL THERAPY ASSISTANT New York Health & Wellness Center, NY · August 2020 – Present

- Participated in development and delivery of therapeutic exercise programs, improving patient recovery times by 20%.
- Conducted initial patient evaluations which included determining injury severity and potential treatment plans.
- Assisted with patient education initiatives focused on proper post-injury care and preventive measures, contributing to a 30% reduction in repeat injuries.
- Worked closely with athletic trainers to understand sport-specific needs and preventive techniques.

ASSISTANT COACH & FITNESS COORDINATOR Local High School, NY · May 2018 – July 2020

- Coordinated fitness and strength-training routines for the school's basketball team.
- Administered basic first aid and injury assessment during games and practices.
- Organized seminars about injury prevention and nutrition for athletes, reaching over 200 students annually.
- Gained experience working alongside the school's Athletic Trainer.

EDUCATION

Bachelor of Science in Kinesiology, New York University New York, New York

SKILLS / LANGUAGE / CERTIFICATIONS

- *Hard skills:* Basic Injury Assessment, Therapeutic Exercise Knowledge, Strength Training Program
- *Soft skills:* Communication, Patient Education, Collaboration, Critical Thinking, Problem-solving
- *Language:* English (Native), Mandarin (Fluent)
- *Certifications:* First Aid/CPR Certified

INTERESTS

Volunteer at Local Community Garden, Yoga Instructor, Reading Health and Wellness Blogs, Cooking Vegetarian Meals

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