Imran Jameel

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Huntsville, TX 77341

936-294-1713 student@shsu.edu

OBJECTIVE

Motivated leader pursuing a position as a personal trainer at a reputable fitness center

EDUCATION

Sam Houston State University Huntsville, TX

*Bachelor of Arts in Kinesiology, 3.20*  December 2016

*Minor in Health*

Relevant Coursework:

* Exercise Physiology
* Anatomy Physiology I & II
* Medical Terminology
* Sports Medicine
* Microbiology
* Biomechanics

RELATED EXPERIENCE

Joe’s Gym Huntsville, TX *Personal Training Intern* September 2014- Present

* Evaluate and assess new and existing members
* Integrate nutritional components into fitness programs
* Educate members on proper use of equipment
* Facilitate instructional workshops on fitness techniques related to strength training

Sam Houston State University Huntsville, TX

*Basketball Team Captain*  March 2013 - June 2015

* Prepared teammates on physical as well as mental level
* Assessed the strengths and weaknesses of opponents
* Encouraged 25 teammates to meet team goals

SKILLS

* CPR certified for children and adults
* Basic knowledge of calisthenics and weight training
* Ability to speak and read Spanish

AWARDS & ACTIVITIES

* First Team All-American Nominee 2014-Present
* Team Most Valuable Player 2013-2014
* Boys and Girls Club-*Basketball Trainer* 2012-2014