

Scott Berkowitz

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Education:

Master of Science: August 2011
Stephen F. Austin State University
Kinesiology

Bachelor of Science: May 2009
Stephen F. Austin State University
Kinesiology

Professional Experience

Sam Houston State University, Huntsville, TX: January 2014-present

Assistant Director of Fitness

- Oversee day-to-day operations of a fitness program that offers over 30 classes per week, conducts over 900 personal training sessions each year, small group training, and a nutrition program
- Supervise and manage 1 Graduate Assistant, 15 part time instructors and trainers, and interns
- Develop and manage the Fitness budget including all expenditures for the fiscal year
- Verify and approve student and Graduate Assistant payroll
- Develop and lead trainings for all trainers, instructors, and student staff including ACE Personal Trainer Prep Course, Group Fitness Instructor Training, and development workshops
- Assess fitness and wellness programs and events to justify future programs and events, improve participation, increase satisfaction in the fitness program, and further educate the campus community on fitness
- Interview, hire, and train new personal trainers, group fitness instructors, supervisors, and graduate assistant
- Created a Dietetic Internship rotation with SHSU Family and Consumer Sciences program. Interns work in two week rotations throughout the fall and spring semester and provide free nutrition education to students, faculty, and staff
- Collaborate with other departments on campus including Kinesiology, Family and Consumer Sciences, Office of Health Promotion, the Health Center, and Campus Food Pantry
- Develop new programs to improve the experience of the campus community and educate them on ways they can improve their health, reduce stress, and succeed in college
- Provide monthly professional development opportunities to fitness staff through education hours, presentations, group workouts, and team building
- Lead risk management and safety audits for fitness staff
- Ensure the safety of participants by creating and assessing an emergency action plan
- Worked through two floods that damaged two fitness rooms for over 6 months each time
- Assist marketing with securing sponsorships to support events such as Fit Fest, 5K races, incentive programs, and golf tournaments
- Organize custom fitness classes to students groups, athletics, and departments around campus including Greek Life, SHSU football, basketball, and volleyball, and academic programs
- Represent SHSU Rec Sports at Freshmen Orientation by presenting to parents and students
- Serve on various campus committees include hiring, professional development, wellness, and dietetic internship committees

Lecturer Pool for Kinesiology: Fall 2014-present

- Teach Lifetime Health and Wellness course to over 120 students in each class
- Teach Weight Training and Conditioning to over 30 students in each class
- Assess students risk factors for disease, illness, and other health issues and determine goals to help reduce risk factors

Orangetheory Fitness, Conroe, TX: January 2018-March 2020***Coach***

- Lead classes to a diverse group of individuals with varying fitness levels
- Provide guidance to all participants in order to complete each exercise and workout safely
- Maintain a high level of customer service through utilizing at least 80% of the studio space and closing 60% of prospective members
- Multitask throughout the duration of class by coaching the strength for and treadmills at the same time
- Volunteer at special events including such as races and running clubs
- Assist with sponsorships

Illinois State University, Normal IL: August 2011-December 2013***Coordinator of Fitness Programs***

- Supervised a graduate assistant, 12 personal trainers, 30 group fitness instructors, and 35 fitness floor staff
- Recommended and oversaw the fitness budget including all expenditures for the fiscal year
- Led trainings for personal trainers, group fitness instructors, floor staff, and graduate assistant
- Assessed fitness programs to improve satisfaction, participation, and customer service
- Developed key performance indicators, learning objectives, and goals for the fitness program
- Provided Emergency Action Plan training to all Campus Recreation Staff
- Created Over Exercise and Body Image Awareness protocol with the Office of Health Promotion, Dietetic, Counseling, and Health Center
- Proposed and instructed the ACE Personal Trainer Prep Course
- Developed new assessment protocols for fitness programs and events
- Proposed and oversaw the development and construction of the personal training studio
- Collaborated with the Kinesiology department, Office of Health Promotions, Freshmen Orientation, and various program areas including Facilities, Aquatics, and Outdoor.
- Oversaw a community fitness program for the elderly
- Assisted with special events such as obstacle course runs, freshmen orientation, and 5K runs

Certifications

- American Council on Exercise Personal Trainer *since August 2008 - present*
- Orangetheory Fitness Coach *since December 2017 – March 2020*
- Yoga Fit Level 1 certification *since November 2013 - present*
- American Red Cross CPR, AED, and First Aid Instructor *November 2011- present*
- TRX Group Suspension Trainer *September 2011 - present*
- American Red Cross CPR, AED, and First Aid Certification *2002-present*