

SAM SOCCAR
1200 Algonquin Road
Palatine, IL 60067
847.555.5555
ssoccar@gmail.com

OBJECTIVE

To obtain a position as a **Personal Trainer**

CERTIFICATIONS

American Council on Exercise (ACE), Personal Training Certification July 20xx
American Heart Association, Basic Life Support (BLS) Certification May 20xx

EDUCATION

Harper College, Palatine, IL
Associate in Arts Degree Expected Graduation May 20xx

RELEVANT COURSEWORK

| | |
|---|--------------------------------------|
| Basic Weight Training | Sports Performance Fitness |
| Care and Prevention of Athletic Injuries | Sports Psychology |
| Personal Training / Fitness Assessment Procedures | Personal Training / Exercise Science |
| Personal Training/Functional Exercise Instruction | Sports Nutrition |

SKILLS

Bilingual: Spanish and English
Microsoft Office: Word, Excel and PowerPoint

EXPERIENCE

Front Desk Greeter / Floor Host

Lifetime Fitness, Schaumburg, IL September 20xx to Present

- Provide highest level of customer service to members, prospective members, and guests by professionally answering questions and engaging clientele
- Scan membership ID's, answer phones, update members' accounts and maintain orderly lobby area
- Assist members in cardio area with TVs and fitness equipment technology
- Return equipment to its proper place
- Promote and direct members to special events

Sales Associate / Cashier

IKEA, Schaumburg, IL May 20xx to September 20xx

- Provided visitors with a positive shopping experience by meeting or exceeding all customer service standards
- Ensured that returns and exchanges completed accurately and in timely manner
- Followed all cashier balancing policies and procedures

VOLUNTEER EXPERIENCE

Volunteer Coach

Palatine Park District, Palatine, IL June 20xx to Present

- Coach individuals with disabilities in recreational environment
- Referee soccer and lacrosse games