**Margie Fitness**

731 Twenty-First Avenue South ~ Campus Box 345 ~ Minneapolis, MN 55454 ~ 612.330.6232 ~ fitness@augsburg.edu

**EDUCATION**

**Bachelor of Arts,** Augsburg College, Minneapolis, MN, May 20XX

**Major**: Health Fitness

**GPA:** 3.58

**Academic Honors**: Dean’s List, NSCAA/ADIDAS Division III Honorable Mention Scholar

**Athletic Honors:** Minnesota Intercollegiate Athletic Conference Sportsmanship Award, Augsburg College Women’s Soccer Letter Winner

**RELATED EXPERIENCE**

**Trainer,** The Edge Sports Training Facility**,** Minnetonka, MN, March 20XX – Present

* Prepared high-level athletes for their sports by administering speed and agility, plyometric, and strength training.
* Developed a nutrition informational packet for athletes in order to maintain, gain, or lose body mass.
* Provided information to athletes on calorie content in common food, key vitamins and minerals, and specific calorie intake.
* Created and administered a survey determining the effects of training at The Edge on mental toughness in the athletes’ sports.

**Varsity Soccer Goalkeeper Coach,** Columbia Heights High School, Columbia Heights, MN, August 2008 – October 2008

* Planned and facilitated goalkeeper training sessions for up to three athletes throughout the season.
* Administered drills that were meant to improve technical, tactical, and fitness components of the goalkeeper position.
* Communicated with the head coaches in order to create coherence between the field players and the goalkeeper.

**Women’s Soccer Office Assistant**, Augsburg College, Minneapolis, MN, November 20XX – November 20XX

* Recruited potential soccer athletes by maintaining contact through phone calls, letters, emails, and informational mailings.
* Assisted in producing and running off-season training sessions for the soccer team.
* Created and held teammates to the required standards set by the captains and coaches.
* Transcribed interviews with men’s and women’s coaches speaking to the differences between coaching men’s and women’s teams.

**Athletic Facilities Office Assistant**, Augsburg College, Minneapolis, MN, November 20XX – May 20XX

* Supervised athletic events for each athletic department to ensure that the events operated smoothly.
* Created, updated, and revised schedules for athletic teams.

**RELATED RESEARCH AND PROJECTS**

**Exercise Prescription Project**

* Tested, prescribed, and introduced a six week fitness program to a student interested in completing a 5k run.
* Succeeded in getting the student to complete the 5k and to make exercise a priority in her life.

**Colligate Women’s Varsity Soccer Seasonal Body Composition Comparison Research**

* Tested and compared data on body composition from the beginning to the end of a colligate soccer season using a Bod Pod air displacement chamber.
* Discovered that, on average, there was a decrease in body fat percentage and an increase in muscle mass from the beginning to the end of the season.

**LEADERSHIP EXPERIENCE**

**Captain**, Augsburg Women’s Soccer Team, August 20XX – December 20XX

**Secretary**, Augsburg College Student Athletic Advisory Committee, September 20XX – May 20XX