**Madison Cutten**

madison.cutten@live.longwood.edu | (207)310-4906 | 11 Over Drive, Raymond, Maine 04071

**Education**

**Bachelor of Science in Kinesiology**

Concentration: Exercise Science

Longwood University, Farmville, VA May 2019

GPA: 3.6, *Dean’s List*

**Member of the Cormier Honors College**

**Work Experience**

**Fitness Supervisor**

Longwood Health and Wellness Center, Farmville, VA August 2017-Present

* Assist the Fitness and Wellness Coordinator in the management, design, and implantation of programs
* Supervise instructors, prepare class schedules, and assist in marketing
* Distribute evaluations and surveys to monitor effectiveness of programs
* Implement, design, and lead 6-week workshops on topics of Women on Weights and Fit After 50

**Group Exercise Instructor**

Longwood Health and Wellness Center, Farmville, VA January 2017-Present

* Design and implement safe and effective group exercise classes for students, faculty, and staff
* Total Body Toning, Kettlebell Conditioning, and Functional Fitness Class Instructor
* Provide a motivating and enjoyable environment for participants while giving positive reinforcement
* Substitute instructor for classes that include: Butts and Guts, Ab Attack, and Circuit Blast

**Personal Trainer**

Longwood Health and Wellness Center, Farmville, VA March 2016-Present

* Work with individuals and groups of all ages to help them achieve their wellness goals
* Coach and advise clients throughout their sessions and offer ways to continue progression through documentation
* Administer pre and post assessments that follow ACSM protocol

**Powerlifting Supervisor**

Longwood Health and Wellness Center, Farmville, VA March 2016-Present

* Supervise participants using the powerlifting and Olympic lifting room
* Assist students and faculty by teaching and spotting lifts to ensure safety
* Clean and maintain the facility and equipment through daily documentation

**Achievements**

* Mortar Board National College Senior Honor Society February 2018-Present
* Exercise Science Honors Fraternity Phi Epsilon Kappa April 2017-Present
* Member of Longwood’s Late-Night Committee September 2016-Present
* Alpha Lambda Delta Honor Society January 2016- Present
* Recipient of the Head of School Award May 2015
* Full Merit Scholarship to North Yarmouth Academy September 2011

**Certifications**

CPR AED and First Aid Certified September 2017-Present

*American Red Cross*

Personal Trainer Certified September 2016-Present

*National Exercise Trainers Association*

CPR AED and First Aid Certified January 2016-January 2018

*National Heath Care Provider Solutions*

**Key Skills**

* Fitness Assessments
* Personal Training
* Group Exercise
* Student Evaluations
* Team Building
* Teaching

**References are provided on the following page.**

* Organization
* Communication
* Event Planning

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**References**

Nicholas Jillson General Manager at IDEXX Fitness Center Phone: (207) 556-6828

 E-mail: nicholas-jillson@idexx.com

Alina Cioletti Fitness and Wellness Coordinator Phone: (434) 395-2336

 at Longwood University E-mail: ciolettiac@longwood.edu

Jo Morrison Associate Professor, Exercise Science Phone: (434) 395-2539

 E-mail: morrisonjp@longwood.edu