

Katelyn Bryant

katelynbryant57@gmail.com

Mobile: (757)-892-4404

Campus Address: 111 Appomattox Street, Apt. B, Farmville, VA 23901

Permanent address: 10539 White Hill Trail, Ivor, VA 23866

Educational Objective

To pursue undergraduate studies in Kinesiology with a goal to obtain a Masters in Athletic Training.

Education

Cormier Honors College at Longwood University, Farmville, VA

GPA: 3.80

Year: Senior, Class of 2023

Degree: Bachelor's Degree in Science; Kinesiology

Concentration: Applied Health Sciences

Smithfield High School, Smithfield, VA (Grades 9 - 12): Class of 2019

GPA: Weighted: 4.2966 / Unweighted: 3.99

Work Experience

- **Longwood University Campus Recreation Group Fitness Instructor/ Personal Trainer/ Fitness Supervisor**, Aug. 2020 to Current
Longwood University Campus Recreation, Farmville, Virginia
 - Construct workouts for group fitness classes and one-on-one training sessions.
 - Educate clients on wellness and fitness.
 - Perform fitness assessments; take resting blood pressure, body mass index, and strength testing.
 - Assist supervisor with maintenance jobs and paperwork.
- **Riverside Fitness Instructor**, May 2021 to June 2022
Riverside Health and Wellness Center, Newport News, Virginia
 - Assist members with fitness exercises and form.
 - Clean machines and exercise equipment.
- **YMCA Wellness Coach/ Group Fitness Instructor**, April 2021 to Current
Luter Family YMCA, Smithfield, Virginia
 - Construct workouts for group fitness classes.
 - Assist members with fitness exercises and form.
 - Construct SMART starts and youth orientations.
 - Clean machines and equipment.
- **Nansemond Swim Club Coach**, May 2022 to Current
Nansemond Swim Club, Suffolk, Virginia
 - Demonstrate proper swimming techniques.
 - Interact with the swimmer's families and coaches.
 - Construct swimming events for swim meets.
 - Attend every swim practice and swim meet.
- **Longwood University Peer Mentor**, June 2020 to Jan. 2021

Longwood University, Farmville, Virginia

- Interacted with new students and parents.
- Informed new students of Longwood's rules and policies.
- Motivated new students to get involved on campus.
- Familiarized new students with campus.

Skills & Special Training

CPR & First Aid Certification: Red Cross (2021)

AED Certification: Red Cross (2021)

ACE Group Fitness Instructor Certification: (2020)

ISSA Personal Training Certification: (2022)

NASPA Peer Educator Certification: (2020)

Excellent communication and organizational skills

Extracurricular Activities & Volunteer Activities

Phi Epsilon Kappa Honors Fraternity (2021-Current)

Zeta Tau Alpha: Alpha Chapter (2021-Current)

Longwood Ambassador: Activities and Socials Committee Head (2020-2022)

Honors & Awards

Awarded President's List (Spring 2021)

Awarded Dean's List (Fall 2019, Spring 2020, & Fall 2020, Fall 2021, Spring 2022)

Joan of Arc Award Award for Excellence (2022)

Awarded Longwood Continuing Residential Citizen Award (2021)

Awarded Citizen Leader Award (2021)

Member of Alpha Lambda Delta (2020-Current)

Member of Cormier Honors College (2019-Current)