

# Andrew Thomas Reid

## Objective

To obtain a position that leverages my educational background while at the same time challenges my skill set and provides opportunity for growth and advancement.

## Professional Experience

### **Corrective Exercise Specialist**

*Definitions Personal Fitness, Inc.; New York, NY*

**July 2013 - Present**

- Recruit and retain clients by providing reason behind my exercise selection and flexibility to modify exercises in order to instill comfort and confidence in client
- Develop and administer exercise programs unique to individuals' personal fitness goals and physical limitations while implementing periodization and progression
- Employ hands-on one-on-one instruction with individuals ensuring proper form, technique and execution of each prescribed movement, creating a controlled workout environment to minimize risk of injury and maximize exercise effectiveness

### **Intern: Golf Fitness**

*Penn State's Professional Golf Management; University Park, PA*

**November 2012 - May 2013**

- Assessed and prescribed exercise programs for six clients through Titleist Performance Institute (TPI)
- Designed and led workouts for group fitness classes focusing on golf specific exercises

## Education

### **The Pennsylvania State University, University Park, PA**

**August 2009 - May 2013**

*The School of Health and Human Development*

- Bachelor of Science in Kinesiology: Fitness Studies

## Certifications

### **American College of Sports Medicine**

*Health Fitness Specialist*

**June 2014**

### **National Strength and Conditioning Association**

*Certified Strength and Conditioning Specialist*

**June 2013**

**National Association of Sports Medicine**  
*Corrective Exercise Specialist*

**December 2014**