

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