Dustin Pendel

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Collegiate Strength & Conditioning Coach

* Tennessee Tech University graduate offering a strong academic with internship experience.
* Consistently recognized for troubleshooting skills and cost-effectively resolving challenging issues.
* Quickly learn and master new technology; equally successful in both team and self-directed settings; and proficient in a range of computer systems, tools and testing methodologies.

Education

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| Tennessee Tech University – Cookeville, TN | Graduated 5/11 |
| B.S. in Exercise Science – GPA: 3.2/4.0 |  |

Experience

Personal Trainer/Fitness Staff April 2011 to Present

Vestavia Country Club-Birmingham, AL

* Daily reasonability’s include working the fitness room floor and overseeing all the members request and guiding them through workouts. Also, teach one-on-one training sessions for members who sign up for this option. Oversee teaching of workout group fitness classes. Increased personal training participation by 15%. Started successful health seminar program, along with Crossfit program

Internships

Averitt Worksite Wellness December 2010 to February 2010

Cookeville, TN

* Managed facility floor when worked. Instructed fitness classes in the areas of circuit, core, and Crossfit training classes. Assisted team members in health promotion of the facility, Assessments that included BMI, Body Fat %, Hip-waist ratio. Taught nutritional classes to members, along with proper weight lifting techniques, and development of workout routines.

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| TTU Strength & Conditioning-Cookeville, TN | Jan 2010 to April 2011 |

* Instructor of two weight training class offered by the university, worked with university professors on a research project that dealt with class design of new procedures of PHED 1730 classes. Duties include assisting head strength coach in teaching proper weight-lifting procedures, assisting student athletes, cleaning the weight room, answering phones, and filling daily paper work out on weight training classes.
* Research Project was published in National Teaching Journal for Physical Education.

**Crossfit Level 1 Coach, Mobility, and Olympic Lifting, also. Over two and a half years’ experience in the field of exercise related jobs in the areas of research and development, athletic training, worksite wellness, and training for performance in collegiate sports. I am currently working on NSCA C.S.C.S. certification, Crossfit Coach’s Prep Course, along with second degree in Nutrition to become registered dietitian.**

Skills & Interest

**International Fraternity of Phi Gamma Delta**

* Active member since 2006, positions of leadership held in brotherhood activities, rush, community service, graduate relations

**M.S. non-profit organization-**Help raised over $3,000 for 3 consecutive years

**Blood Insurance-**Continual donor

**Relay for Life-**Participate in TTU relay for life for 4 consecutive years, helped raise a total of $7,000 for this organization.

**Member of the ACSM (American College Sport Medicine), CPR/ AED certified, extensive training in health promotion, health assessment, exercise prescription, advanced anatomy of human body. Excellent ability in Microsoft Word, Excel, PowerPoint, and Publisher; Interests in outdoors, cooking.**