

# Robert Athlete

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## EDUCATION

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

Bachelor of Science in Kinesiology

Dean's List (Multiple Semesters)

May 2018

GPA: 3.56

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## ATHLETICS & LEADERSHIP

**The Pennsylvania State University, Division 1 NCAA Football**

September 2015-Present

Athlete, University Park, PA

- Committed 20-30 hours per week to weight training, skill work, practice, conditioning, film study, and meetings
- Mentored 5 new team members on how to balance athletics with academics
- Improved communication among team members by leading team building exercises
- Earned a full scholarship
- Competed as a two-year starter

**Nittany Lions Intramural Department**

August 2014-August 2015

Rock Climbing Leader, University Park, PA

- Individually motivated and coached climbers to meet goals
- Trained junior co-leaders: developed team-building and leadership activities included in programs' first staff training manual
- Led rock climbing lessons for students and adolescents, helping participants build self-esteem

**Red Cross**

September 2014-Present

Certified Medical First Responder, Anyplace, MD

- Manage general medical complaints, altered mental status, seizures, environmental emergencies, behavioral emergencies and psychological crises
- Trained in providing first aid services during medical emergencies
- Obtained CPR certification

**Nittany Reads**

March 2012-May 2014

Team Leader, Anytown, PA

- Managed a team of 5 in creating and implementing a reading schedule for elementary aged students
  - Read stories to elementary school children on a monthly basis
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## CAMPUS INVOLVEMENT

- Member, Penn State Student Athlete Advisory Board

May 2016-Present

- Volunteer, Special Olympics

January 2015

- Student Liaison, Penn State Kinesiology Department

August 2016-Present

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## SKILLS

Languages: Bilingual (English and Spanish), French (Beginner)

Computer: Microsoft Excel, Adobe Photoshop, Adobe Illustrator