

Samantha (“Sam”) Washington

(773) 500 - 5000 • Chicago IL • samanthaw@uic.edu • <https://www.linkedin.com/in/samwashington123>

PROFILE

Strengths-oriented Personal Trainer with outstanding leadership skills and communication abilities. Experienced in creating physical fitness programs for individuals from all ages, fitness levels, and populations including support to achieve fitness goals.

EDUCATION

University of Illinois-Chicago (UIC), Chicago, IL

Bachelor of Science in Kinesiology and Nutrition, Minor in Psychology, May 2023

GPA 3.5/4.0; Dean’s List 2/3 semesters

Malcolm X College, Chicago, IL

Associate of Arts in Health Science, May 2018

GPA 3.8/4.0; Dean’s List all semesters; Phi Theta Kappa

CERTIFICATIONS

ACSM (American College of Sports Medicine) Personal Trainer, Expected October 2022

SKILLS

Fitness Testing: Assessing/calculating Body Mass Index (BMI) and Body Fat Percentage (BF%), Skinfolds, Pre-Health evaluations, Cardiorespiratory fitness testing (VO₂max, YMCA Bike Test), and Athletic training assessments

Exercise Programming: Calculating metabolic equations, Intensity levels/incorporation of intervals in relation to the FITT principle (Frequency, Intensity, Time, Type),

Computer: Microsoft Office (Word, Excel, PowerPoint, Teams, Access, and Outlook), Google Suite (Docs, Sheets, Slides, Meet, Forms and Drive), Zoom, WebEx

PHYSICAL TRAINING RELATED EXPERIENCE

Personal Training Consultant (Volunteer), virtual and in person, March 2020 - Present

- Construct detailed programs for 10+ friends and family members during the COVID-19 pandemic including weight management, strength training, weight loss, at home workouts, support, and encouragement
- Provide guidance on how to help each person maintain and achieve their physical fitness goals
- Utilize FaceTime to meet with 10+ friends and family members for assistance with utilizing at home materials to aid in physical activities (strength training) while workout facilities were closed
- Demonstrate proper form and function of exercises with the reopening of gyms and in person interactions

WORK EXPERIENCE

Server & Head Trainer, **Gibson’s**, Chicago, IL, January 2019 - Present

- Work 30 hours/week during college to help finance bachelor’s degree at one of Chicago’s busiest and most iconic restaurants
- Communicate with customers in a professional manner and take their orders efficiently, noting any special requests
- Train 15+ new staff members in adhering to restaurant protocols, and detailed menu information (food and drinks)
- Collaborate with management, other servers, bartenders, and service staff to facilitate excellent customer experience
- Assist in providing exceptional customer experience at both onsite and offsite events, including charity galas and receptions

HIGHLIGHT: Recipient of Gibson Group Top Server Award for highest service scores in 2019 & 2020

LEADERSHIP EXPERIENCE

Peer Leader, **UIC Exercise Science (ES) 101**, Chicago, IL, January - March 2021

- Collaborated with Professor and three Teaching Assistants (TAs) to assist with lesson planning, classroom activities and labs
- Held weekly office hours to facilitate student engagement including answering questions about homework and class projects
- Guided students (50+) during interactive classroom activities and provided supplemental support for classroom lectures
- Facilitated weekly group study sessions (15+ students) to reinforce course content and answer questions about key concepts
- Responded to student questions via email and class group chat to assist students with understanding course topics and connecting students to on-campus tutoring and academic support resources as appropriate

HIGHLIGHT: Selected for Peer Leader position due to active engagement (academic and leadership) in ES 101 as a student