

**Lindsey K. Hood**  
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**Objective**

To obtain a position with a reputable company in order that I may utilize my knowledge in Exercise Science and develop new skills that will benefit my employer and provide me with opportunities to grow both personally and professionally.

**Summary of Qualifications**

- B.S. Degree in Exercise Science
- Good work ethic
- Proven leadership skills
- Team oriented
- High standards and ethical values
- Self motivated

**Education**

- Lander University- Greenwood, SC  
Bachelor of Science in Exercise Science May 2008
- AFAA Personal Trainer Certification Course (test results pending) May 2008
- Pendleton High School- Pendleton, SC May 2004

**Internship/Volunteer Work**

- Wesley Commons Retirement Community Wellness Center, Greenwood, SC January 2008-April 2008  
~ Instructor for yoga, aerobics, line dancing and stretching classes 96 Hours  
~Coordinator for a motor scooter assessment for residents
- Self Regional Healthcare Physical Therapy Department, Greenwood, SC August 2007- November 2008  
~Assist staff with various patient assessments 96 hours  
~Review patient charts
- Anmed Health Youth Volunteer/ Pediatric Therapy Works Volunteer, Anderson, SC Summer 2003

**Work Experience**

- Anmed Health, Anderson, SC May 2006-Present  
Position: Rehab Aide  
Duties: Assist Physical Therapists with patient assessments  
Organize supplies and maintain cleanliness in department  
Perform clerical duties as needed
- Premier Athletics, Anderson SC April 2004-April 2007  
Position: Competitive Cheerleading Coach  
Duties: Taught children the fundamentals of cheerleading  
Choreographed cheerleading routines

**Activities/Honors**

- Phi Mu Fraternity 2005-2008  
~Membership Director –organized, planned, supervised recruitment efforts 2006-2007
- Deans List, Lander University 2007-2008
- Exercise Science Club, Lander University 2006- 2008
- AAHPERD member 2005- 2008  
(American Alliance of Health, Physical Education, Recreation and Dance)
- Head Cheerleading Coach for Premier Athletics 2005
- National Cheerleading Championship 2005
- Region II-A Athlete of the Year, Competitive Cheerleading 2004
- Representative to Palmetto Girls State 2003

- National Honor Society
- Beta Club

2001-2004  
2001-2004