**Nicholas Giuffre**

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**Career Objective**

Dedicated to assisting individuals in planning and implementing a program to improve their physical fitness, conditioning, and well-being through an exercise regimen integrating flexibility, strength and cardio training.

**Education**

**Associate of Arts**

**Schreiner University, Kerrville, Texas August 2019**

Coursework included:

Introduction to Sport Management, Measurement and Evaluation in Exercise Science, Sport Facility

Design and Operation, and Athletics Administration

**Professional Certification**

**Certified Personal Trainer October 2020**

**American Council on Exercise**  (Certification No. T254684)

**Work Experience**

**Independent Contractor, Houston, Texas June 2019 - Present**

Personal Cross-Trainer

* Meet weekly or bi-weekly with client for hour-long session to guide work-out with weights, exercise equipment, and a floor routine
* Assist client with questions regarding personal fitness

**Spectrum Fusion, Houston, Texas May 2018 - Present**

*Power Fusion - Exercise Class*

* Weekly alternate co-leader conducting an hour-long exercise class with young adults on the autism spectrum and community members. Focused on flexibility and cardio training.

*Healthy Fusion - Cooking Class*

* Weekly alternate co-leader for class dedicated to promoting healthy lifestyles. Selected appropriate recipes, purchased ingredients, and prepared meal with a team of young adults on the spectrum with each participating in the process.
* Delegated responsibilities to each team member to assist in preparing meal. Concluded the session with a discussion of the recipe with the team.

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**Discover Gymnastics, Houston, Texas** **Summer 2017, Summer 2018**

Assistant Coach

* Supervised elementary school-age children on the use of the trampoline, tumble track, uneven bars, rings, balance beam, vault, and the gymnastics floor to insure proper technique and safety
* Organized and staffed weekend birthday party events in the gym

**Other Relevant Experience**

* Four-year letterman in basketball, track & field, and cross country, Lutheran High North, Houston, TX
* Trained under Larry Gatewood, Baylor Hall of Fame Basketball Player, from 2009 - 2016
* Participated in basketball skills camps at Rice University, University of Houston, and University of St. Thomas
* Participated in state-wide Point Guard College skills camp 2013 and 2014
* Trained in gymnastics and tumbling from 2003 – 2012