

# Mark Wilson



## Instructor

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**Driving license** Full

**Phone** 3868683442

**Place of birth** San Antonio

**Links** [Resume.io](#), [Resume Viking](#)

## 01 PROFILE

*Certified Ski and Snowboard Instructor with over 16 years' experience in assessing and developing skiers in various terrain and tactics. Certified to teach children under the age of 12, beginners, and intermediate level skiers. Coached the USC freestyle squad and developed resources such as manuals and input for certifications and exams.*

## 02 EMPLOYMENT HISTORY

01/2019 — 02/2021

### Fitness Instructor at Bali Fitness Center

Bossier City

*Served as a professional instructor and ambassador for the Breckenridge Ski Resort, teaching daily and early evening classes to guests.*

- Choreographed fitness routines for both beginner and intermediate level groups
- Chose specific music to suit the general age group of the class and was open to their suggestions.
- Recorded group and individual progress through the 11-week training program.
- Closely monitor activities in the swimming area to prevent accidents and provide assistance to swimmers.
- Educate swimmers about water safety and rescue techniques.

01/2014 — 12/2018

### Ski Instructor at Afriski

Pemalang

*Instructed both group and private lessons to new and experienced adult snowboarders. Totaled up nine classes per day and ten classes on the weekends, all in one season.*

- Developed lesson plans based on the skill level and athleticism of students.
- Kept lessons safe and entertaining while maintaining outstanding guest service at all times.
- Worked with a group of students aged 6-12 every weekend to accelerate their growth and allow them to experience more advanced terrain.
- Encouraged students to continue progressing and offered further private lessons to aid the process.

## 03 EDUCATION

Feb 2021 — Feb 2021

### Primal Health Coach Program

Online

ADAPT Certified Functional Health Coach

2017 – ADAPT Certified Functional Health Coach, Primal Health Coach Program Online.

Jan 2018 — Nov 2019

### National CPR Foundation

Miami

Advanced First Aid Diploma

04 SKILLS

Understanding of nutrition and weight management	● ● ● ● ●	Physical stamina and dexterity	● ● ● ● ●
Knowledgeable of exercise physiology	● ● ● ● ●	Google Docs	● ● ● ● ●
Good hearing and sensory sight abilities	● ● ● ● ●		

05 LANGUAGES

Arabic	● ● ● ● ●	Italian	● ● ● ● ●
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06 ACCOMPLISHMENTS

- Programmed group fitness schedules for 12 instructors who had 30-40 classes each week.
- Coached soccer and basketball teams. Won the soccer district championship 2-0 with the 7th-grade team.
- Due to expert leadership qualities, one of only six instructors in the Air Force certified to Instruct Munitions Accountability Systems Officers on Headquarters Air Force, major command and base level munitions accountability operational procedures.
- Provided instructional guidance to 140-165 students per year.

07 HOBBIES

Triathlons, Trail Running, Boxing