



MARK WILSON

INSTRUCTOR • LOS ANGELES, CA 90291, UNITED STATES • 3868683442

◦ DETAILS ◦

1515 Pacific Ave
Los Angeles, CA 90291
United States
3868683442
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Place of birth
San Antonio

Driving license
Full

◦ LINKS ◦

[Resume.io](#)
[Resume Viking](#)

◦ SKILLS ◦

Understanding of nutrition and
weight management

Knowledgeable of exercise
physiology

Good hearing and sensory sight
abilities

Physical stamina and dexterity

Google Docs

◦ LANGUAGES ◦

Arabic

Italian

◦ HOBBIES ◦

Triathlons, Trail Running, Boxing

• 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.

• EMPLOYMENT HISTORY

Fitness Instructor at Bali Fitness Center, Bossier City

January 2019 — February 2021

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.

Ski Instructor at Afriski, Pemalang

January 2014 — December 2018

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.

• EDUCATION

ADAPT Certified Functional Health Coach, Primal Health Coach Program , Online

February 2021 — February 2021

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

Advanced First Aid Diploma, National CPR Foundation, Miami

January 2018 — November 2019

Red Cross CPR and AED First Aid Certification, American Red Cross, Maclean

January 2016 — December 2016

★ 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.