

Mark Wilson, Instructor

1515 Pacific Ave, Los Angeles, CA 90291, United States, 3868683442, email@email.com

Place of birth	San Antonio	Driving license	Full
----------------	-------------	-----------------	------

LINKS	Resume.io , Resume Viking
-------	---

PROFILE	<i>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.</i>
---------	--

EMPLOYMENT HISTORY

Jan 2019 — Feb 2021	Fitness Instructor, 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.

Jan 2014 — Dec 2018	Ski Instructor, 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.

EDUCATION

Feb 2021 — Feb 2021	ADAPT Certified Functional Health Coach, Primal Health Coach Program	Online
---------------------	---	--------

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

Jan 2018 — Nov 2019	Advanced First Aid Diploma, National CPR Foundation	Miami
---------------------	--	-------

Jan 2016 — Dec 2016	Red Cross CPR and AED First Aid Certification, American Red Cross	Maclean
---------------------	--	---------

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

LANGUAGES

Arabic

Native speaker

Italian

Very good command

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.

HOBBIES

Triathlons, Trail Running, Boxing