

# MARK WILSON

INSTRUCTOR

## DETAILS

### ADDRESS

1515 Pacific Ave  
Los Angeles, CA 90291  
United States

### PHONE

3868683442

### EMAIL

email@email.com

### 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, Bali Fitness Center

Bossier City

Jan 2019 — Feb 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, Afriski

Pemalang

Jan 2014 — Dec 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

Feb 2021 — Feb 2021

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

### Advanced First Aid Diploma, National CPR Foundation

Miami

Jan 2018 — Nov 2019

## **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.