

Isaac E. Williams

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Education

- Graduate of Creekside High School in Fairburn, GA 30213
 - GPA: 3.75
 - Number 4 rank in graduating class | Graduated Spring 2016
- Bethune-Cookman University in Daytona Beach, FL 32114
 - Bachelor of Science Health and Exercise Science: Pre-Clinical
 - GPA: 3.7
 - Acquired credits: 127.00 | Graduated Fall 2019
- Currently Enrolled at Life University: DC Program Summer 2020
 - Student ID: 0264812
 - Current GPA: 3.0

Experience

August 2019 – March 2020

Internship | DME Wellness Center/Sports Academy | Daytona Beach, FL

During this internship I shadowed under physical therapist, personal trainers, and chiropractors to gain a better understanding of rehabilitation in the medical field. I learned many skills and techniques as well as earned a certification in personal training. During my time, I trained children and teens between the ages of 6th grade to college seniors. I was also tasked with creating an athletic assessment pamphlet for new athletes entering the facility for the first time. In assessing the athlete, we are able monitor progress and development throughout their training. In all, I collected 450 hours interning in the facility and had a very unforgettable experience. Due to COVID-19 all activities were paused for the safety of the athletes and workers in the facility.

December 2019 – March 2020

Server | P.F Changs China Bistro | Daytona Beach, FL

While working as a trainer, I was also a server for P.F Changs China Bistro. My job included serving customers and providing suggestions on the best meal based on our wide variety of food.

Awards & Acknowledgements

- Head Drum-Major in the Bethune-Cookman Marching Wildcat Band
- FSGLAMP (Florida-Georgia Louis Stokes Alliance for Minority Participation) science student at Bethune-Cookman University
- Member of Health Occupants Students of America (HOSA)
- Member of Bethune-Cookman University Band Program: Marching Band, Concert Band, Jazz Combo Band, Livewire Band
- Member of Sigma Alpha Pi National Honors Organization
- 500+ Hours of community service
- Member of Progressive Black Men Incorporated

Skills

- Musician: Skilled in playing the Saxophone, French Horn, and Piano
- Personal Training Experience/ Advanced knowledge of Strength Training & Corrective Exercise
- Computer Knowledge: Very capable of using computers and using different programs such as Microsoft Office, Photoshop, Movie Maker
- CPR/First Aid: I am CPR certified through Red Cross and have a general knowledge of the anatomy and physiology of the body

- Public Speaking: I have taken a course in Public Speaking and am knowledgeable in the usage of different concepts to deliver a speech successfully for both individuals and groups

Course Work

- Analytical Trigonometry
- Pre-calculus
- Biology I & II
- Biology Lab I & II
- Physics
- Physics Lab
- Chemistry
- Chemistry Lab
- Kinesiology
- Theory of Strength and Conditioning
- Program Design in Exercise Science
- Pathophysiology of Exercise Science
- Health Assessment & Appraisal
- Personal & Community Health
- Facility Management
- Human Anatomy & Physiology
- Sports Medicine
- Principles of Nutrition
- Sports Nutrition
- Motor Development