

DARNELL MARCUS JORDAN

6201 Carriage Gate Lane Mableton, Ga 30126 Cell: 850-264-7236 -
darnelljordan610@gmail.com

Summary

Dynamic personal trainer and fitness consultant with a strong background in assisting clients with their total fitness programs. Skilled in performing body composition screenings and leading educational workshops for fitness staff and fitness-related special events. Execute exercise program design service, which includes fitness assessment testing based on the 5 components of fitness and exercise program design. Established individualized training programs designed to prevent injuries and increase performance.

Highlights

- Certified personal trainer
- Results oriented
- Operations management
- Microsoft Office proficient
- Contract negotiation/renewal
- File/record maintenance
- Fitness and sports specific training
- Reports generation and analysis

Accomplishments

- Managed fitness components for over 50 clients
- Creation and enactment of group metabolic conditioning (20 participants daily average)
- Division 1AA Football Strength & Conditioning/Coaching Internship
- Symposium Speaker on Resistance Training and Calorie Consumption (two events)
- Supernatural Bodybuilding and Fitness Pro Athlete 2015 (Men's physique)

Experience

Strength and Conditioning/Coaching Intern January

2016 -2017 Florida A&M University - Tallahassee, FL

- Assist in the development and implementation of off season football strength and speed conditioning.
- Assist with athlete priming and recovery during practice and game day.
- Administer fitness test to assess athletic improvement.
- Record data to inform coaches of athletic progress.
- Provide practical coaching techniques with position coaches.

Fitness Consultant/Personal Trainer October 2014 to September 2016

Youfit — Tallahassee, FL

- Provide comprehensive one-on-one fitness programs to promote health and fitness through realistic goal setting and education.
- Provide elite performance and functional training for sporting use and daily life.
- Manage client calorie consumption for optimal training results.
- Exceptional customer service.
- Successfully meet assigned personal training sales goals.
- Increased member retention through Youfit's Most Improved Client Program by acknowledging clients fitness achievements.

Club Security June 2015 to Current

Next Door Entertainment Inc — Tallahassee, FL

- Prevent and deescalate potential threats and hazards to club patrons.
- Maintain a safe environment for guests in attendance.

Assistant Manager/Fitness Consultant October 2013 to September 2014

Kinetix Health Club — Tallahassee, FL

- Instrumental in successfully promoting and launching new Kinetix Fitness Club location.
- Provided telephone and direct marketing to achieve promotion strategies.
- Successfully met new membership goals of 25 agreements per month.
- Facilitated a 60-day Boot Camp/Weight Lost Challenge.

Fitness Coach September 2012 to September 2013

Titus — Tallahassee, FL

- Provide elite performance training for approximately 60 students weekly.
- Act as a mentor, providing support and encouragement to youth participants.

Physical Fitness Assistant/Personal Trainer August 2009 to May 2012

Florida A&M University — Tallahassee, FL

- Assisted clients in establishing peer-review personal fitness plans.
- Monitored recreational facility and equipment to ensure client and staff safety.

Personal Trainer January 2009 to Current

Tallahassee, FL

Conducted telephone interviews while also providing individualized programming for clientele. Developed unique resistance and nutrition plans for clients. Prior to any training, administer pre-fitness readings to assess current fitness status.

- Contact potential clients via telephone or email to establish new members.

Research Assistant September 2008 to June

2010 Kerr Downs Research — Tallahassee, FL

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Education

Bachelor of Science : Interdisciplinary Studies, 2016

Florida A&M University — Tallahassee, FL

Associate of Science, Physical Education, 2012

Certifications

AAFP (American Association of Fitness Professionals), 150101 (2015)