

Tyler Johnson

Contact Information:

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- Address (Home): 3 Autumn Lane, Hackettstown New Jersey, 07840
- Address (School): 601 Vairo Blvd, Apt 738, State College, PA 16803

Education:

- Undergraduate Degree, Pennsylvania State University; Fall, 2023
 - Major: Kinesiology (Movement Science Option)
 - Specialization in sports related injuries and rehabilitation

Certifications:

- ISSA Certified Personal Trainer; 2020-present
- ISSA Certified Specialization in Strength and Conditioning; 2020-present
- CPR/AED Certification; American Heart Association; 2020-present

Field Experience:

- Personal Trainer at LA Fitness, Easton PA; August 2020-March 2021
- Logged over 70 hours shadowing in the Orthopedic Institute of New Jersey. Worked with Dr. Jason White; Evaluation and rehabilitation of patients; Summer, 2018. Over 30 hours shadowing Dr. Robert Defalco in orthopedic surgery; Summer, 2020
- Logged over 100 hours as a trainer and nutritional consultant for Flex Fitness, Hackettstown, NJ: 2017-2018
- Logged over 80 hours as an assistant trainer/nutritionist at Achieve Fitness, Hackettstown, New Jersey. Programmed workouts and nutrition plans; Summer, 2019
- Logged over 80 hours shadowing Dr. Blaint, Physical Therapy Institute of New Jersey: May 2020- July 2020

Training and Specialization:

- Specialized in sports related musculoskeletal injuries, physical therapy, and muscular rehabilitation; Orthopedic Institute of New Jersey; Summer 2018, Summer 2020

- ISSA Specialization in strength and conditioning training

Jobs/Other:

- Founder/CEO of *Pegasus*: A lounge/streetwear clothing brand; February, 2020-present
- Head Personal Trainer: LA Fitness, Easton PA; August 2020 - April 2021
- Head Personal Trainer: Gold's Gym, Hackettstown NJ; August 2021 - January 2022

Skills:

- Sufficient and Experienced in Finance and Management of money
- Skilled in Social Media of all aspects
 - Receives over 500,000 impressions a week through 5 different Instagram pages
- Enjoy collaborating with other and learning new perspectives
- In depth nutritional consulting based on goal setting and healthy lifestyle
- Team building and facilitating of members and employees in many different fields
- Problem Solving in and out of the work environment

References:

- Colgan Crane: CFO, Pegasus, Hackettstown NJ
- Dena Bippart: General Manager, Gold's Gym, Hackettstown NJ
- Rob Osenkskie: Owner, Victory Sports and Fitness, State College PA