

# James Taylor Dennard

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## Objective

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Tenacious professional with 3 years of experience in conducting personal training, coaching CrossFit, and teaching K-12 Physical Education. Commissioned Officer in South Carolina National Guard. Passionate in the field of cultivating lifelong learners in fitness.

## EDUCATION & CERTIFICATIONS

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**Newberry College**, Newberry, SC

**Bachelor of Science:** Physical Education

C1L1 CrossFit Level 1 Certified

USA Track & Field, Level 1 Coach

K-12 Teacher Physical Education Certified

South Carolina Educator Certification- (Educator ID 502152)

North Carolina Educator Certification- (Educator ID 1281237)

## PROFESSIONAL EXPERIENCE

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**Physical Education Teacher-** Apple Valley Middle School

August 2023- May 2024

- Taught middle school Physical Education to students enrolled in sixth through eighth grade.
- Created and implemented lesson plans to include Field Day programs, instructing classes in physical education concepts to students using the North Carolina Physical Education standards; prepared lesson plans in accordance with NC PE standards.
- Coached the AVMS middle school cross country team.

**Burn Bootcamp Trainer-**Lake Murray

May 2023- July 2023

- Led dynamic function fitness classes for members.
- Worked closely with BBC staff to facilitate the progress of members health journey.
- Collaborated with members to determine nutritional/fitness needs to reach health goals.
- Marketed BBC fitness products/merchandise for BBC community.

**Physical Education Teacher-** Gibbs Middle School/ A.C Flora High School

August 2022- May 2023

- Taught Elementary School Physical Education to students enrolled in kindergarten through fifth grade.
- Created and implemented lesson plans to include Field Day programs, instructing classes in physical education concepts to students using the South Carolina Physical Education standards; prepared lesson plans in accordance with individualized education plans (IEPs) and the functional abilities or needs of students.
- Instructed students, using adapted physical education techniques, to improve physical fitness, gross motor skills, perceptual motor skills, or sports and game achievement.

**CrossFit Instructor, Primordial CrossFit**

August 2021 - October 2021

- Adjusted coaching techniques, based on the strengths and weaknesses of members.
- Instructed individuals or groups in sports rules, game strategies, and performance principles, such as specific ways of moving the body, hands, or feet, to achieve desired results.
- Counseled members on how to improve his/her level of fitness.

**CrossFit Instructor- Athlete's Arena**

August 2020 –October 2020

- Monitored athletes' use of equipment to ensure safe and proper use.
- Explained and demonstrated the use of training equipment for functional fitness.

**Health Coach, South Carolina Army National Guard Health & Wellness Program**

January 2019- May

- 2020 ● Conducted fitness training for SCARNG soldiers to improve physical fitness to achieve Army fitness standards.
- Communicated with soldiers supporting unit to generate specific training needs.
  - Provided quality workout environment for soldiers to conduct physical training.

**Physical Education Teacher - Condor Elementary and Polo Road Elementary Schools**  
2018

August 2017- November

- Taught Elementary School Physical Education to students enrolled in kindergarten through fifth grade.
- Created and implemented lesson plans to include Field Day programs, instructing classes in physical education concepts to students using the South Carolina Physical Education standards; prepared lesson plans in accordance with individualized education plans (IEPs) and the functional abilities or needs of students.
- Instructed students, using adapted physical education techniques, to improve physical fitness, gross motor skills, perceptual motor skills, or sports and game achievement

**MILITARY & LEADERSHIP SERVICE**

**First Lieutenant- United States Army National Guard**

June 2012- Jan 2023

- Advised Commander on morale of unit.
- Provided religious accommodations and services to soldiers.

**ADDITIONAL WORK EXPERIENCE**

**Independent Contractor**

March 2021- July 2023

- Perform routine maintenance, such as inspecting drives, motors, or belts, checking fluid levels, replacing filters, or doing other preventive maintenance actions on machinery to include tractors, mowing equipment, forklifts.
- Adjust functional parts of devices or control instruments, using hand tools, levels, plumb bobs, or straightedges.
- Repair machines, equipment, or structures, using tools such as hammers, hoists, saws, drills, wrenches, or equipment such as precision measuring instruments or electrical or electronic testing devices.
- Operated Forklift to load and unload materials to/from job site
- Used heavy equipment machinery to perform jobs to include: Backhoe, Zero-turn, Forklift

**Case Manager- B&B Care Services**

January 2022-May 2022

- Review care plans for clients enrolled in the EDWP Medicaid waiver program.
- Conduct monthly contact calls to clients and review the services that the clients are actively participating in.
- Work with a cohesive team to ensure the needs of clients are being met, and that services are being rendered.