

Cameron Wilson

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Atlanta, GA 30316

Dynamic, performance-focused, and dedicated young professional, offering comprehensive knowledge in Exercise Science. Recognized for unrivaled work ethic and exceptional ability to quickly adapt to diverse work environments. Known for keen eye for detail, working independently, improving patient quality of life and critical thinking skills. Equipped with articulate communication and interpersonal skills in building positive work relationships with diverse individuals.

SKILLS

Social Media Marketing
Salesperson/ Customer Service

Verbal/Written Communication
Microsoft Office

Time Management
Attention to Detail

WORK EXPERIENCE

StretchLab, Atlanta, GA

June 2024-Present

Stretch Practitioner

- Conduct initial assessments to determine clients' flexibility, range of motion, and areas of tightness
- Provide guided stretching sessions using proprioceptive neuromuscular facilitation, dynamic stretching, and static stretching to improve clients' flexibility and mobility
- Develop and implement customized stretching programs tailored to individual client needs, goals, and physical conditions
- Ensure client safety during all sessions, monitoring for signs of discomfort or pain, and adjusting techniques as necessary.
- Maintain accurate records of client progress, session details, and any adjustments made to their stretching plans
- Engage in clear and effective communication with clients to understand their goals, provide feedback, and encourage adherence to their stretching regimen
- Ensure all stretching equipment is clean, properly maintained, and used according to safety guidelines

Benchmark Physical Therapy, Atlanta, GA

Sept 2023-July2024

Physical Therapist Technician

- Greeted patients as they enter/exit the facility
- Assisted patients with prescribed exercises and activities
- Ensured treatment areas were organized and sanitized
- Assisted in daily clinic recovery, before, during and after each session
- Completed administrative duties including scheduling, maintaining patient records, and payment transactions

Designer Shoe Warehouse, Atlanta, GA

June 2022-Feb 2023

Stock Associate

- Ensured the stockroom was clean, organized and merchandise labeled correctly
- Maintained an accurate log of in-store merchandise
- Assisted with unloading shipments from docking truck
- Replenished merchandise on the sales floor
- Complied with store safety policies and procedures
- Created price labels for items and placing items on store shelves

EDUCATION

Georgia State University, Atlanta, GA

Bachelor of Science, May 2024

Major: Exercise Science (Accredited CAAHEP Program)

Georgia Military College, Milledgeville, GA

Associate degree, 2021

Major: General Studies

Northern High School, Owings, MD
High School Diploma, 2019

ACTIVITIES

Entrepreneur- Indifferent Customs (clothing brand)

- Self-Made Designs and Clothing -Orchestrate day to day operations from marketing, selling and shipping products

Content Creator

- Personalize and record videos promoting fitness, health, and wellness
- Plan new strategies to reach a wide variety of people and influence them with my creations

CERTIFICATION

- Basic Life Support (CPR and AED)