



CONTACT

✉ Clark_John0@hotmail.com

EDUCATION

2024

UNIVERSITY OF SOUTH FLORIDA

Bachelor of Science,
Exercise Science

SKILLS

- Personal Training
- Group Exercise Instruction
- Biomechanics
- Exercise Testing
- CPR/AED/First Aid
- Professional Development
- Leadership
- Teamwork
- Customer Service
- Martial Arts
- Critical Thinking

REFERENCES

Cierra Laxton

Ops Supervisor | FedEx
Phone: (931) 257-2400

Dustin Grasso

GM | Yung Ho Martial Arts
Phone: (813) 298-7619

Maureen Chiodini, DrPH, MPH, M.Ed.

USF Professor
Phone: (813) 924-7528
Email: maureen10@usf.edu

JOHN CLARK

EXERCISE SCIENCE PROFESSIONAL
CERTIFIED PERSONAL TRAINER
MARTIAL ARTS INSTRUCTOR
USMC NCO



ABOUT ME

I am a certified personal trainer and martial arts instructor. After serving in the United States Marine Corps I wanted to increase my knowledge so that I could help others achieve their fitness goals. I chose to increase my knowledge through USF's exercise science program and NASM. I have personal and professional development experience as a martial arts instructor and package handler trainer, as well as leadership experience as an NCO in the Marine Corps.

WORK EXPERIENCE

Crunch Fitness, Palm Harbor, FL
Group Fitness Instructor

- Lead group fitness classes
- Offer different options to accommodate all fitness levels
- Incorporate feedback to improve future classes

FedEx, Tampa, FL
Package Handler

05/2021-10/2022; 09/2024--present

- Work as part of a team to ensure that packages are loaded properly in a safe and time efficient manner while working in a fast paced environment.
- Identify and solve problems. If unable to do so myself, offer possible solution to manager or ask for recommendations.
- Promoted from package handler to trainer after 1 year.
- Received package handler of the month twice before being promoted.
- Train new and transfer package handlers in the standards of operation of our warehouse
- Provide feedback regarding performance and possible areas of improvement.

Yung Ho Martial Arts, Tampa, FL
Martial Arts Instructor

09/2019--present

- Integral part of leadership team, promoted to lead instructor.
- After 2 weeks volunteering, promoted to assistant instructor.
- Create a welcoming atmosphere for students while providing excellent customer service.
- Coordination and implementation of afterschool and summer programs.
- Develop and teach lessons regarding the physical, mental, and philosophical aspects of Tae-Kwon-Do.

Elite Combat & Fitness
Group Fitness Instructor

01/2025-05/2025

- Lead Kickboxing inspired group fitness classes
- Make modifications based on different fitness levels and experience
- Incorporate feedback from participants to improve future classes

Power Design Inc., St. Petersburg, FL
Exercise Science Intern

09/2023-05/2024

- Effectively navigated corporate culture for 1200+ employee multi-trade contractor company by improving their health and well-being.
- Excelled in facility maintenance and organization while providing outstanding service to the members of the wellness center.
- Designed, implemented, coordinated, and executed a wellness program for final semester project.
- Perform subjective and objective assessments to evaluate skillsets and desired outcomes of training.
- Delivered reoccurring weekly personal training for project participants.
- Effective leadership of employee power stretches to help improve company's culture of wellness.

USMC, Okinawa, Japan; Camp Pendleton, CA
Combat Marksmanship Coach, Field Radio Operator

06/2015-06/2019

- Train entry level recruits in combat marksmanship with over a 99% initial qualification rate.
- Operated as part of a small team managing battalion gear and maintaining over a 90% inspection grade.