



# Breneil Malcolm | Fitness & Wellness Coach

## Professional Summary

Fitness professional with over 5 years' experience in the fitness and wellness industry. Experience working with a diverse range of clients through one-on-one, online, & group instruction bases. Utilizes a strong evidence-based approach to industry, specializing in strength-training for hypertrophy and glute training.

## Work Experience

- Fitness Instructor 5/2024-Present  
Penn State Fitness & Wellness, University Park, PA
  - Instruct various strength-training classes with diverse attendees
- Fitness Instructor 1/2020-7/2023  
St. George's University (SGU) Fitness & Wellness Center, St. George, GD
  - Instructed biweekly Butt Builder classes of 15-80 attendees with the goals of increasing gluteal strength and mass, facilitating fat loss, and enhancing endurance
  - Led warmup sessions for biannual 5k Breast Cancer Run with over 100 participants
- Founder & Coach, B.Authen.Fit 11/2019-7/2023  
St. George, GD
  - Provided fitness and wellness support for 100+ clients from diverse backgrounds
  - Created programs, including basic nutrition recommendations & training plans
  - Managed online platform, including all administration and correspondences throughout coaching processes

## Certifications

- Group Exercise Instructor 5/2024-5/2026  
International Sports Sciences Association (ISSA), Phoenix, AZ
- Certified Glute Specialist 6/2021-5/2026  
ISSA, Phoenix, AZ
- Certified Personal Trainer 3/2020-5/2026  
ISSA, Phoenix, AZ
- Certified Wellness Coach 8/2022-10/2025  
National Academy of Sports Medicine, Gilbert, AZ

## Education

- Ph.D., Learning, Design, & Technology with Gender & Sexuality Studies 8/2023-Present  
Penn State, State College, PA
- Positive Psychology Specialization 5/2022-7/2022  
University of Pennsylvania via Coursera, Philadelphia, PA
- M.Ed., concentration in Leadership (*Distinguished Graduate*) 8/2020-12/2021  
American College of Education, Indianapolis, IN
- BSc., Psychology (*summa cum laude*) 1/2014-12/2017  
St. George's University, St. George, GD

## Research Experience

**Malcolm, B., & Walker, D.** Character strengths and posttraumatic growth in a Caribbean fitness and wellness community (*in progress*).

## Personal Information

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## Skills

- CPR & AED
- Program design
- Wellness coaching
- Fitness coaching
- Basic nutritional coaching
- Group fitness instruction
- Critical thinking
- Teaching
- Leadership
- Team player

## Interests

- Bodybuilding
- Wellness training
- The psychology of fitness
- Diversity, equity, and inclusion
- Research and design