



Breneil Malcolm, PhD, MEd (they/them) | Fitness & Wellness Coach

Professional Summary

Fitness professional with 7 years of 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 practice, specializing in strength-training and a biopsychosocial holistic wellness model.

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

Research & Design

Qualitative & quantitative
Mixed methodologies
Biopsychosocial fitness model
Sociopolitics of the body
The body as art and expression
The body as gender expression
The body as sexual expression

Work Experience

Board of Directors-Research, Finance, & Development 2/2026-Present
International Association of Trans Bodybuilders and Powerlifters, Atlanta, GA

- Lead education, athlete development, research, and organizational strategy within competitive strength sports
- Lead mixed-methods research on athlete development, coaching, inclusion, and participation through study design, assessment, and participant recruitment
- Coordinate fundraising and grant proposals ranging \$5,000-\$20,000

Personal Trainer & Group Fitness Instructor 5/2024-8/2025
Penn State Campus Recreation, State College, PA

- Instructed various strength-training classes ranging from 5-30 diverse attendees
- Applied principles of periodization, including macro, meso, & micro cycles to client programming
- Facilitated fitness branding presentation at meetings as part of professional development

Fitness Instructor 1/2020-7/2023
St. George's University Fitness & Wellness, St. George, GND

- Instructed biweekly Butt Builder classes of 15-100 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 100+ participants

Founder & Coach, B.Authen.Fit 11/2019-7/2023
St. George, GND

- Provided fitness and wellness support for 100+ clients from diverse backgrounds
- Created programs, including training plans and basic nutrition recommendations
- Managed online platform, including all administration and correspondences throughout coaching processes

Certifications

National Academy of Sports Medicine (NASM)

Behavior Change Specialization In progress
Certified Wellness Coach 2022-2025

International Sports Sciences Association (ISSA)

Group Exercise Instructor 2024-2026
Certified Glute Specialist 2021-2026
Certified Personal Trainer 2020-2026

Education

PhD, Learning Sciences with Gender & Sexuality Studies 2026
Penn State, State College, PA

MEd, Higher Education, Leadership (*Distinguished Graduate*) 2021
American College of Education, Indianapolis, IN

BSc, Psychology (*summa cum laude*) 2017
St. George's University, St. George, GND