



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 lower body training.

Work Experience

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

- Instruct various strength-training classes ranging from 5-25 diverse attendees
- Apply principles of periodization, including macro, meso, & micro cycles to client programming
- Facilitate 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 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 (NASM), Gilbert, AZ

Education

PhD, Learning Sciences with Gender & Sexuality Studies 8/2023-Present
Penn State, State College, PA

MEd, Higher Education, 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, GND

Research Experience

Malcolm, B., & Richardson, K. Student-athlete experiences navigating NIL: Identity and intersectionality (*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