

Leah Berscheit

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Objective

Fitness Instructor/Coach who has strong interpersonal skills emphasizing tact, patience and courtesy; ability to establish a professional, effective rapport with any and all people. Possesses strong instructional and management skills.

Education

Bachelor of Science, St. Cloud State University

Anticipated Graduation Date: December 2022

GPA: 3.97

Field Experience

Apollo High School- I observed and taught a lesson in the 9th grade level under the guidance of my cooperating teacher.

South Middle School- I helped assist with Health education in the middle school setting. I helped guide students with class discussions and class content.

South Side Boys and Girls Club- I assisted the local Boys and Girls Club with programming primarily in the gym and outdoor activities. I created and supervised physical activities with the staff to create a fun and inclusive environment for the students.

Work Experience

Water Safety Instructor- Melrose, MN (June 2017 - Present)

Taught children different swimming strokes and helped them to master water skills. Worked with children of all backgrounds and skill levels.

Lifeguard- Melrose, MN (May 2016 - Present) and at YMCA (March 2022- Present)

Stabilized children with various ailments. Helped children who struggled to swim.

Community Advisor- St. Cloud State University (August 2020- May 2022)

Provided support and assistance to college students throughout the semester.

Substitute Paraprofessional- Melrose, MN (March 2020- Present)

Assisted students with special needs in the classroom and around school. Supervised behaviors of all students.

Volunteer Work

National Honor Society

Organized activities, such as walks for sexual assault, Special Olympics activities for special needs individuals, and provided help at activities for elementary students to be involved in with Community Ed.

Boys and Girls Club

Organized activities, such as games and incentives for children of all kinds. Tutored students in all subjects and grade levels

WESS and BEST Security

Trained to assess dangerous situations and defuse tense interactions.

Professional Memberships

MNSHAPE

Certifications

Water Safety Instructor- Certified in March 2017 and recertified in November 2021

Lifeguard- Certified in May 2016 and recertified in May 2018 and 2021

Conferences Attended

MNSHAPE- October 2019 and virtually October 2020

SHAPE America- November 2020

References

Stacey Austing-Jacobson: Community Ed Director, Girls Golf Coach 320-256-6010

Jeff Hagle: SCSU Swim and Dive Coach 320-308-4266

Activities

Student Athlete, Swim and Dive Team, SCSU

August 2019- Present

Shoemaker Community Council President, SCSU

August 2019- May 2020