**Maxwell Gains**

Kennesaw, GA 30144 - (770) 423-6555 - maxgains@email.com

**OBJECIVE**

Seeking a full-time position in the exercise science and wellness field to apply my skills in fitness instruction, with a focus on creating safe and effective programs for special populations

**EDUCATION**

Bachelor of Science, Exercise Science Expected: May 2028

Kennesaw State University Kennesaw, GA

**CERTIFICATIONS**

American Red Cross: CPR, First Aid, and AED, American Red Expires: June 2028

**RELEVANT COURSES/PROJECTS**

*Physiology of Exercise*

* Created exercise prescriptions for middle aged and older adults through case studies

*Biomechanics*

* Developed a health promotion program to create awareness of strokes among seniors

*Physical Activity in Health and Disease*

* Interpreted cardiovascular, respiratory, and muscular responses to acute and chronic exercise

**RELEVANT EXPERIENCE**

*Peer Health Educator* Fall 2025 - Current

Student Affairs, Kennesaw State University Kennesaw, GA

* Facilitate interactive workshops and presentations on topics such as mental health, substance use, and stress management to support student well-being
* Design educational materials and social media content to engage students in health promotion initiatives
* Collaborate with campus departments to organize health awareness events and outreach campaigns reaching over 25,000 students

*Wellness/Health & Fitness Intern* January 2025 - May 2025

YMCA-Marietta, Wellness and Recreation Marietta, GA

* Scheduled and coordinated health seminars for YMCA staff, encouraging workplace wellness and education
* Oversaw daily operations of a fitness facility serving approximately 300 members, ensuring safety and equipment readiness
* Coordinated and promoted a community blood drive, increasing awareness and participation through outreach efforts
* Assisted in building Upward Sports youth teams, contributing to community engagement and program growth

**VOLUNTEER EXPERIENCE**

*Activities Volunteer* May 2024 - Present

Friendship Manor, Assisted Living Roswell, GA

* Provided companionship and engaged senior residents in board games and conversation to support emotional well-being
* Led groups activities to encourage social interaction and cogitative stimulation among residents
* Aided with the planning and facilitation of outdoor recreational activities, promoting physical activity and enjoyment in a safe environment