

Emily Enos
emenos@gmail.com

Education

University of Michigan, School of Kinesiology, Ann Arbor, MI
Bachelor of Science, Movement Science, May 2010

Certifications

- USA Weightlifting Level 1 Sports Performance Coach
- CrossFit Kettlebell, Olympic Lifting, Nutrition
- First Aid & CPR/AED
- NSCA-CSCS (in progress)

Relevant Coursework

Exercise Physiology, Motor Control, Anatomy, Physiology, Biomechanics, Biology, Sports Nutrition, Motor Behavior and Developmental Disabilities, First Aid and Emergency Response, Worksite Wellness

Training Experience

University of Michigan Athletic Department Ann Arbor, MI October 2010-Present
Graduate Assistant Strength and Conditioning Coach

- Execute women's swim strength and conditioning program
- Assist coaches with men's and women's track & field and baseball
- Daily upkeep and maintenance of weight room equipment

U-Move Fitness Ann Arbor, MI September 2009-Present
Kettlebell Instructor, Strength and Conditioning Trainer

- Plan and instruct group Kettlebell and strength and conditioning classes
- Clean and organize gym area
- Educate clients in health and wellness

CrossFit Griffin Ann Arbor, MI May 2009-Present
Strength and Conditioning Trainer

- Plan and instruct group Kettlebell, Olympic Lifting, and CrossFit classes
- Educate clients in health and wellness
- Clean and organize gym equipment

University of Michigan Athletic Department Ann Arbor, MI November 2009-October 2010
Strength and Conditioning Intern

- Assist coaches with workouts for Olympic Sport Teams
- Stretch and supervise athletes during workouts
- Daily upkeep and maintenance of weight room equipment
- Maintain supplements and nutrition area

Mary Stack Ann Arbor, MI January 2009-May 2009
Fitness Assistant

- Assist Paralympic Athlete with weight training
- Enhanced interpersonal skills by facilitating conversations with athlete

Additional Experience

U-Move Fitness & KidSport Ann Arbor, MI September 2007-Present
Administrative Assistant and Registrar

- Assist with planning and marketing of fitness classes, KidSport summer programs, U-Meet the Athlete program
- Perform daily office operations including: processing payments for classes and various workout equipment, greeting customers, answering phones
- Create mass mailings with new schedules and specials

Activities

Pre-Physical Therapy Club University of Michigan, Ann Arbor, MI
Vice President, Fundraising chair

- Assist President run club meetings and daily operations
- Plan and execute club social events
- Create and organize club fundraisers

University of Michigan Dance Marathon Ann Arbor, MI
Dancer, Dancer Captain

- Raise funds and awareness for the needs of pediatric rehabilitation
- Organize and lead team of 15-20 dancers
- Accompany families to therapy programs at Mott Hospital