

Sarah Wieser

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PROFESSIONAL SUMMARY

Results-oriented leader with over 5 years of proven experience with working in an athletic setting. Experience in communication, goal setting, and motivational strategies.

EDUCATION

Marian University – Indianapolis, IN

May 2018

Pursuing a Bachelor of Arts in Exercise Science

RELEVANT EXPERIENCE

Public Safety Medical – Indianapolis, IN

May 2017 – Present

Student Intern

- Perform Sub-max and Max treadmill cardiorespiratory evaluations, EKG interpretation, muscular strength and endurance testing
- Gain experience in exercise prescriptions and patient consultations
- Foster and promote interest in health education to emergency personnel clients within the exercise field
- Participate in various projects to develop health and exercise career-related skills while simultaneously adding value to customers' experience

Excel Lowell – Lowell, IN

May 2014 – Present

Associate

- Promote healthier lifestyles for customers by presenting nutrition options, such as meal replacement shakes
- Provide exceptional customer service in a fast-paced environment by being friendly, knowledgeable and accommodating
- Navigate fast-paced environment through successful time management and organization

Methodist Hospital – Merrillville IN

May 2016 – August 2016

Cardiac Rehabilitation Internship

- Completed a three phase program of comprehensive evaluation, prescribed exercise and lifestyle counseling
- Exposed to Cardiovascular Evaluation, Lifestyle Assessment, Prescribed Supervised Exercise, and EKG monitor

Lowell High School – Lowell, IN

May 2014 – May 2016

Volunteer Assistant Cross Country Coach

- Assisted with goal setting for 10 high school cross country runners
 - Worked in conjunction with head coach to coordinate practice game plans
 - Collaborated closely with high school students to identify needs and challenges and provided ideas and suggestions for solutions
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CO-CURRICULAR EXPERIENCE

Marian University Women's Track and Cross Country

August 2014 – Present

- Utilize time management, determination, and discipline to balance demands of academics and athletics
- Chosen by teammates and coaches as the team captain
- Awarded All Conference Team in 2017

Marian University National Society of Leadership and Success

May 2016 – Present

- Join success-oriented leaders to participate in lectures, group discussions, and serve the community
- Chosen by university staff members to provide exceptional leadership around the community and university

Marian University Best Buddies

August 2014, 2015

- Collaborated with others to educate students with disabilities through different activities
 - Provided opportunities for students with disabilities to feel special while teaching them to adapt to various life situations
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ADDITIONAL EXPERIENCE

Tri-Creek School Corporation – Lowell, IN – Summer Maintenance Crew

May 2014 – August 2017