

Samantha Appleby

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EDUCATION

The George Washington University, Milken Institute School of Public Health, Washington, DC
Master of Science in Exercise Science, Concentration: Strength & Conditioning, August 2017 – Present, 3.64 GPA

Salisbury University, Universities at Shady Grove Campus, Rockville, MD
Bachelor of Science in Exercise Science, Minor in Health, May 2016, 3.68 GPA

Montgomery College, Rockville, MD
Associate of Arts in Health Fitness, August 2016, 3.29 GPA

PROFESSIONAL CERTIFICATIONS

NSCA Certified Strength and Conditioning Specialist, December 2016 - Present

ACSM Certified Personal Trainer, August 2014 - Present

American Safety & Health Institute Certification in CPR and AED, Expires December 2022

RELEVANT EXPERIENCE

The George Washington University, Milken Institute School of Public Health, Washington, DC
Lifestyle, Sport and Physical Activity (LSPA) Program Assistant, August 2017 – Present

- Supports the Program Director in the organization of 100 activity courses, with over 50 instructors.
- Manages day-to-day administrative tasks.
- Handles maintenance of facilities and equipment.
- Provides assistance to over 1200 student, faculty, and staff participants.
- Supports students with course advising and registrar paperwork.
- Aids in the promotion and marketing of LSPA courses to the GW Community.
- Collaborates with other GW departments and offices to organize special events for the GW Community

The George Washington University, Milken Institute School of Public Health, Washington, DC
Department of Exercise and Nutrition Sciences (EXNS) Acting Administrative Assist., July 2020 – December 2021

- Managed listservs for all EXNS students, faculty, and staff.
- Edited and updated information on EXNS webpage.
- Organized departmental meetings, seminars, interest meetings, and other events.

The George Washington University, Milken Institute School of Public Health, Washington, DC
Lifestyle, Sport and Physical Activity (LSPA) Instructor, January 2016 – Present

- Instructs High Intensity Training and Weight Training classes for college level students.
- Educates students on the importance of health and fitness.
- Teaches and coaches students on how to properly execute various exercises.
- Advises students on creating and further developing their own resistance training programs.

The George Washington University, Milken Institute School of Public Health, Washington, DC
Group Exercise Instructor for Older Adults Exercise Class, June 2016 – August 2018

- Designed exercise programs to meet the needs of the elderly population.
- Directed workouts to accommodate for participants' special requests/needs.
- Ensured safety and well-being for all participants.

Montgomery College / Holy Cross Hospital, Rockville, MD

Holy Cross Hospital Fitness Instructor for Montgomery College Wellness Program, October 2014 – August 2017

- Supervised the Fitness Center for faculty and staff.
- Provided health and fitness information for participants.
- Demonstrated to participants how to utilize the exercise equipment.
- Created and instructed total body training and abdominal training classes.

Montgomery College, Rockville, MD

Fitness Instructor for Montgomery College Recreation Program, October 2012 – December 2015

- Supervised the Fitness Center five days a week for over 180 participants.
- Designed and implemented total body circuit training class for participants from various populations.
- Taught participants proper techniques when performing exercises.
- When needed, instantly made modifications to workouts to suit individual participant's demands.
- Oversaw Badminton, Floor Hockey, Volleyball, and Wiffle Ball programs.
- Responsible for safety and well-being of all participants
- Provided additional assistance to non-native speaking participants.

Montgomery College, Rockville, MD

Montgomery College Strength & Conditioning Coach Assistant, 2011-2013

Montgomery College, Rockville, MD

Track & Field Discus and Shot Put Thrower, 2011-2013

Magruder High School, Rockville, MD

Varsity Track & Field Discus and Shot Put Thrower, 2008-2011

OTHER PROFESSIONAL EXPERIENCE

Lawn Care Business Owner, Montgomery County, MD

Landscaper, March 2008 – December 2016

- Independently planned, budgeted, and executed jobs consisting of mowing, mulching, planting, weeding, pruning, brush/leave removal, and masonry work.
- Managed project and job schedules for 30 clients.

Town of Washington Grove, Washington Grove, MD

Maintenance and Forestry Beautification Employee, July, 2012 – 2015

ACHIEVEMENTS

- Salisbury University Dean's list, 2014 - 2015
- Outstanding Exercise Science Major Award at Montgomery College, 2013
- Montgomery College Women's Track & Field Team Captain, 2013
- Competed at NJCAA Outdoor Track & Field Nationals for Discus Throw and Shot Put for Montgomery College Women's Track & Field Team, 2012, 2013

RELEVANT SKILLS

- Teaching, Organization, Administration, Communications, Facility Management, Marketing, Business
- Proficient in Microsoft Office and G Suite
- Exercise, Stress Management and Nutrition Program Design
- Body Composition and Fitness Assessment Implementation and Evaluation.
- Higher education experience in scientific method and research ethics.