

NICHOLAS BELLOSI

OBJECTIVE Looking to make a career change using the skills I have gained in my current and previous job.

EXPERIENCE **PERSONAL TRAINER, 24 HOUR FITNESS, NEWPORT BEACH, CA**

February 2013 - Present

- Interview clients and record information about their medical and exercise history.
- Demonstrate the correct techniques, form and posture using machines, free weights and functional exercise equipment.
- Follow through company protocol on how to train new clients.
- Get potential clients to sign up for personal training, whether it be “working the floor” or making phone calls.
- Grocery shop with clients who are having difficulty achieving their nutritional goals.

DETENTION OFFICER, DELAWARE COUNTY JUVENILE DETENTION CENTER, LIMA, PA

August 2004 – October 2012

- Worked as a “unit leader”, supervising staff while in the absence of direct supervisors.
- Monitor resident’s behavior/conduct during daily routines which include meals, visitation, showers, recreational activities, school program, movement through facility and resident interaction.
- Process the admittance of juveniles committed by the court, probation officer and/or police.
- Experience working with children who are autistic, self-mutilating, mentally ill and those who are withdrawing from a controlled substance.
- Relate effectively with ethnically diverse residents and co-workers.

EDUCATION **WEST CHESTER UNIVERSITY OF PENNSYLVANIA, WEST CHESTER, PA**

Bachelor of Science; Criminal Justice Minor; Psychology

CERTIFICATIONS National Counsel on Strength & Fitness; Personal Training
National Counsel for Certified Personal Trainers; Personal Training
International Sports Sciences Association; Fitness Nutrition
National Posture Institute; Certified Posture Specialist
Helping Hands; CPR, First Aid & AED