

Scott Berkowitz

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Education:

Master of Science: August 2011
Stephen F. Austin State University
Kinesiology

Bachelor of Science: May 2009
Stephen F. Austin State University
Kinesiology

Skills:

- Supervision and management of personal trainers, group fitness instructors, and fitness programs
- Instructing workshops to new trainers, instructors, and floor staff
- Conducting fitness assessments to measure cardiovascular efficiency, muscular strength and endurance, flexibility, and body composition.
- Currently teach the American Council on Exercise Personal Trainer Prep Course (2010-2016)
- Experience training new personal trainers, group fitness instructors, and fitness floor staff

Professional Experience

Sam Houston State University, Huntsville, TX: January 2014-present

Assistant Director of Fitness

- Supervise and manage 1 Graduate Assistant, personal trainers, and group fitness instructors
- Recommend and oversee a \$100,000 fitness budget
- Lead trainings for all trainers, instructors, and student staff including ACE Prep Course and Group Fitness Instructor Training
- Interview, hire, and train new personal trainers and group fitness instructors
- Develop new programs to improve the experience the campus community
- Assess fitness programs and events to justify future programs and events
- Stay up to date on the most current fitness trends and bring popular trends to campus
- Lead Risk Management and Safety Audits for Fitness Staff
- Ensure the safety of participants by creating and assessing an emergency action plan
- Work through two floods that completely took 2 rooms off-line for 6+ months
- Create leadership trainings for Rec Sports student staff
- Teach Health and Fitness workshops throughout campus

Lecturer Pool for Kinesiology: Fall 2014-present

- Teach Lifetime Health and Wellness to over 50 students in each class
- Teach Weight Training and Conditioning to over 30 students in each class
- Develop and create projects, exams, and lessons

Heartland Community College, Normal IL.: August 2012-December 2013

Community Education Instructor

- Instruct the ACE Personal Training Prep Course
- Instruct group fitness classes
- Conduct personal training sessions and fitness assessments

Illinois State University, Normal IL.: August 2011-December 2013

Coordinator of Fitness Programs

- Supervisor and manage personal trainers and floor staff
- Recommended and oversaw a \$120,000 budget

- Led trainings for personal trainers, group fitness instructors, and floor staff
- Developed new assessment protocols for fitness programs and events
- Proposed and oversaw the development of the personal training studio

Certifications

- PiYo *August 2014-2016*
- American Council on Exercise Personal Trainer *since August 2008*
- AFAA Primary Group Exercise *September 2010-2016*
- TRX Group Suspension Trainer *since September 2011*
- AFAA Kickboxing *since February 2013-2015*
- INSANITY Certification *since August 2013*
- Yoga Fit Level 1 certification *since November 2013*
- American Red Cross CPR, AED, and First Aid Instructor *since November 2011*
- American Red Cross CPR, AED, First Aid *since 2002*

Professional Development

- SHSU Year Round Staff Development Committee for Student Affairs 2016-2017 school year
- Insanity Workshop *August 2016*
- Leadercast *May 2014-2016*
- Chair of Recreational Sports Student Leadership Retreat *Summer 2016*
- NIRSA School of Collegiate Recreation Level 1 *June 2015*
- TexFit 2008-2011, 2014-2016
- NIRSA Triventure Fitness and Wellness Institute Planning Committee 2015, 2017
- NIRSA Region IV Conference and Student Lead On *October 2014*
- PiYo Workshop –*August 2014*
- Yoga Fit Level 1 *November 2013*
- NIRSA Fitness and Wellness Institute *October 2013*
- Student Mental Health and Suicide Prevention *July 2013*
- Polar Tech Camp *July 2013*
- NIRSA Annual Conference 2010, 2012-2016
- Student Affairs Diversity Workshop *January 2013*
- AFAA Kickboxing Workshop *February 2013*
- ISU Student Affairs Professional Development Committee *Spring 2012-2013*
- Welcome and Transition Committee - New Professionals of Higher Education – *2011 – 2013*
- IIRSA Member *2011-present*
- IIRSA State Workshop *2011-2013*
- Midwest Fit Fest *2011-2013*
- EMPOWER National Fitness Conference in Chicago, IL *March 2012*
- TRX Group Suspension Training Workshop and Certification *September 2011*
- QPR Suicide Prevention Training *March 2011 and September 2012*
- NIRSA Member *2010-present*
- AFAA Primary Group Fitness Workshop *September 2010*
- ACE Personal Training Prep Course *Spring 2008*
- TexFit 2008-2011

Presentations

- Guest Lecturer for Kinesiology and Freshmen level courses on Rec Sports and Fitness *2015-2016*
- NIRSA Triventure – Train and Gain – *October 2015*
- NIRSA Region IV Professional Staff Panel – *October 2014*
- The Wall: Breaking Down Stereotypes - *April 2014 and August 2014*
- Understanding and Addressing Over Exercising in Your Collegiate Recreation Center - *October 2013*
- Brain Aerobics – Cognitive Wellness and Aging – *April 2013*

- Live Healthy Heartland Community College, Lose the Weights body weight training – *February 2013*
- IIRSA State Workshop Presenter – Maximizing the Potential of Your Fitness
- Midwest Fit Fest Presenter – TRX Body Sculpt *February 2012*
- Guest lecturer in Fitness Management class for Kinesiology and Recreation department at Illinois State University. Topic included how to manage a comprehensive Group Fitness and Personal Training Program *August 2011-present*
- TexFit 2011 – How Music Enhances Your Fitness Performance *February 2011*
- Health Screenings at Four Seasons Hotel– *May 2009, 2010*
- Region IV Student Lead On – How Music Enhances Your Fitness Performance – *January 2010*
- BOSU Ball Workshop – *January 2008*

Notable Accomplishments and Volunteer Work

- NIRSA Annual Conference COC volunteer 2015-2016
- SHSU Student Affairs Exceptional Work with Students Award *2015*
- Freshman Leadership Program Selection Committee *July 2016*
- NIRSA Expo Volunteer *2015*
- NIRSA Fitness and Wellness Institute Planning Committee *2015, 2017*
- William N. Wasson Student Leadership & Academic Awards Committee *2013-2015*
- My Loveable Angels Pet Adoption *2013-2014*
- IIRSA Presentation Proposal Committee *2013-2014*
- Tough Mudder Course Volunteer *May 2013-2014*
- NIRSA National Conference Registration Volunteer – *March 2013*
- NIRSA National Conference Expo Volunteer – *March 2013*
- NIRSA National Conference T-Shirt Competition Judge – *March 2013*
- Nominated for a STAR (Staff That Are Remarkable) award for the Healthiest Winner fitness program at Illinois State University *April 2012*
- IIRSA Social Committee *2011-2012*
- Habitat for Humanity through ISU Student Fitness Center – *2012 - 2014*
- Professional Development Committee at Illinois State University *August 2011-2014*
- Graduated with Honors: Cum Laude *May 2009*
- Jump Rope for Heart volunteer at Austin Parkway Elementary School (*2002-2010*)

