

# Xavier R. Cise

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Ocean Springs, MS • 228-555-5555 • xrcise@gmail.com • www.linkedin.com/xavercise

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## Education

**The University of Mississippi** University, MS  
*Bachelor of Science* May 2017  
Major: Exercise Science  
Overall GPA: 3.5, Major GPA: 4.0

## Relevant Experience

**Student Athletic Trainer** University, MS  
*The University of Mississippi Athletic Department*, August 2015 - Present

- Assist athletes with daily exercises and activities
- Record and file daily logs of athletes' activities
- Prepare athletes for electrical stimulation treatments
- Apply ice, heat packs, and proper wrappings for athletes

**Recreation Therapy Volunteer** Oxford, MS

*North Mississippi Regional Center*, August 2014 – May 2015

- Provided individualized assistance to 15 residents with disabilities
- Assisted residents in developing social skills and mobility
- Monitored and assessed each client's progress

**Coach** Ocean Springs, MS

*Ocean Springs High School Athletic Camp*, Summers 2013 – 2015

- Instructed 60-70 1st-9th grade athletes on proper athletic skills development
- Created interactive and participatory sessions to engage youth and help them understand correct and safe techniques and strategies
- Worked with head coach and other coaches in a team-related environment
- Monitored and evaluated drills and activities to ensure proper safety measures in place (technique, dehydration, foul play, etc.)

## Observation

**Cornerstone Rehabilitation** *Oxford, MS* August – December 2016 (30 hours)

**Gulf Coast Rehabilitation** *Biloxi, MS* December 2015 – January 2016 (15 hours)

## Honors and Activities

- Dean's Honor Roll
- Rotary Club Scholarship
- Exercise Science Club
- Student Wellness Committee
- Ole Miss Ambassador
- Eta Tau Mu Fraternity
  - Leadership Award 2016
  - Public Relations Chair 2015-2016

## Work Experience

**Customer Service Associate** Ocean Springs, MS  
*Game Stop*, Summers 2015 – 2016

- Successfully performed managerial duties during manager's absence
- Trained new employees and conducted company orientations
- Assisted customers with selection and purchase of new products
- Calculated weekly sales reports and transmitted results to home office

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## References:

**Dr. Phillip Johnson**  
**Professor of Exercise Science**

The University of Mississippi  
Department of Health, Exercise Science, and Recreation Management  
215 Turner Center  
P.O. Box 1848  
University, MS 38677  
(662) 915-1111  
philjohn@olemiss.edu

**Mr. Gale Jones**  
**Manager**

Game Stop  
123 Smith Lane  
Ocean Springs, MS 39564  
(228) 234-1234  
gjones@gs.com

**Ms. Jane Smith**  
**Senior Athletic Trainer**

The University of Mississippi  
Ole Miss Athletics  
908 All-American Drive  
P.O. Box 1848  
University, MS 38677  
(662) 915-5555  
janesmith@olemiss.edu