
AMBER E. LEMASTERS

OBJECTIVE

Seeking an internship in the area of Exercise Science.

EDUCATION

- **Illinois State University (ISU)**, Normal, Illinois.
Bachelor of Science in Exercise Science expected May 2007.
Cumulative GPA: 3.4/4.0, Major GPA: 3.3/4.0
- **Illinois Central College**, East Peoria, Illinois.
Completed general course work. Fall 2003-Spring 2006.
 - Completed Certified Nurse's Aid training Fall 2002-Spring 2003.

RELATED EXPERIENCE

- **Aerobics Instructor/Lifeguard, ISU Wellness Program**, Normal, Illinois. 05/2006-Present.
 - Coordinate and lead aquatic fitness for classes of 5-15 individuals.
 - Organize and direct core fitness classes on a substitute basis.
 - Supervise lap swim and aquatic classes for faculty and staff.
- **Practicum Student, ISU Wellness Program**, Normal, Illinois. 01-05/2006.
 - Created an exercise program for individuals with arthritis.
 - Led warm-up and cool down for aquatic and core fitness exercise classes for faculty and staff.
- **Independent Study, Illinois State University**, Normal, Illinois. 01-05/2006, 08/2006-Present.
 - Plan to research and create a marketing campaign to build a recreational facility for the community of Princeville, Illinois.
 - Preparing to survey ~200 students in Princeville, Illinois to learn more about activity levels in youth.
 - Surveyed students in Princeville, Illinois about activity levels, processed data, and made conclusions.
- **Certified Nurse's Aide, Methodist Medical Center**, Peoria, Illinois. 01-08/2003.
 - Took patient's vital signs and charted findings.
 - Assisted nurses with basic patient care.
 - Maintained sterile work environment.

ACTIVITIES

- **Events Coordinator, Cornerstone Christian Fellowship**, Illinois State University. 12/2004-Present.
 - Coordinate events for 80+ people.
- **Vice President, JC Divas Dance Troupe**, Illinois State University. 09/2004-Present.
- **Volunteer, Wesley Weekend Program**, Princeville, Illinois. 08/1999-Present.
 - Plan weekend retreat for 60+ members each summer.

WORK EXPERIENCE

- **Daycare Provider, The Clubs at River City**, Peoria, Illinois. 06/2005-01/2006.
 - Supervised children and coordinated recreational activities.
 - Provided customer service.
- **Student Worker, College of Arts and Sciences**, Illinois State University, Normal, Illinois. 08/2004-05/2006.
 - Performed general office duties.
 - Answered phones and directed calls to appropriate personnel.
- **Shift Supervisor, Gloria Jean's Coffee**, Peoria, Illinois. 10/2003-08/2005.
 - Trained new employees on daily operating procedures.
 - Provided customer service and resolved customer concerns.
 - Performed opening and closing procedures.
- **Sales Associate, Country Bride**, Peoria, Illinois. 07/2001-Present.
 - Assist customers with merchandise selection to point of sale.

CERTIFICATIONS

- Lifeguard, American Red Cross, 05/2006.
- CPR, American Red Cross, 05/2006.
- AED, American Red Cross, 05/2006.
- First Aid, American Red Cross, 05/2006.
- Scheduled to take Primary Group Exercise, Aerobics and Fitness Association of America, 11/2006.

REFERENCES

Nikki Brauer
Director
ISU Wellness Program
309.438.8845

Patty Parrett
Manager
Country Bride, Inc.
309.691.5151

Tony Amorose
Associate Professor
Illinois State University
309.438.8590

James Harwood
Regional Manager-Primerica Financial Services
Youth Pastor-Princeville Presbyterian Church
309.645.5356

John Meuser
Sheriff (Retired)
Illinois State Police
309.385.4696