



PATRICK KERN, CSCS, USAW

PROFILE

9 years total of experience
Passionate about Progress
Willing to be a Team Player

CONTACT

PHONE:
408-461-1266

EMAIL:
kernstrengthandfitness@gmail.com

HOBBIES

Competing in Olympic Weightlifting
Car Maintenance
Attending Sports Events/Live Concerts
Trying new foods

EDUCATION

Azusa Pacific University

September 2008 – December 2012

Bachelors of Science in Applied Exercise Science, 3.04 GPA in specific coursework

WORK EXPERIENCE

Leland High School (San Jose, CA) Head Strength and Conditioning Coach

September 2019–Present

Responsible for Program Design for all teams on campus, and for management of weight training facility.

Saint Francis High School (Mountain View, CA) Assistant Sports Performance Coach

September 2018–June 2019

Assisted with program design and facility upgrades for Saint Francis Athletics Program.

Cisco Systems Via Optum/Plus One Personal Trainer/Exercise Specialist

May 2016–November 2019

Responsible for the implementation of Personal Training programs for Cisco employees, and the creation of the Olympic Weightlifting program for beginners. Also coached Weightlifters and Powerlifters in competitions around the Bay Area.

Extended work experience available upon request

SKILLS AND CERTIFICATIONS

Microsoft Office (Word, Excel, Powerpoint, Outlook)

Data Entry and Management

NSCA - CSCS,*D

USA Weightlifting Level 2 Coach

NASM – PES

Functional Movement Screen

TRX Suspension Trainer

American Red Cross – Adult/Pediatric First Aid/CPR/AED (March 2020)