

# April Pinkney

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## EDUCATION

**University of North Carolina at Charlotte**, Charlotte, NC  
Master of Science, Clinical Exercise Physiology, May 2011  
Overall QPA: 3.5/4.0

**Slippery Rock University of Pennsylvania**, Slippery Rock, PA  
Bachelor of Science, Exercise Science, May 2009  
Magna Cum Laude

## CERTIFICATION

ACSM Registered Clinical Exercise Physiologist (RCEP) May 2011  
Arthritis Foundation: Arthritis Exercise Instructor February 2011 - Present  
American Red Cross – CPR/AED for the Professional Rescuer & First Aid January 2007 – Present

## GRADUATE ASSISTANTSHIP

**Health Suite Coordinator** *Tyvola Senior Center, Charlotte, NC* August 2009-August 2011

- Designed and implemented thrice weekly 30 minute strength, balance, and flexibility exercise sessions
- Record BP, HR, attendance, exercise progression and calculate statistics for state funding

## PRACTICUM EXPERIENCE

Charlotte-Mecklenburg Senior Centers, 1500+ hours	Charlotte, NC	Summer 2010
Presbyterian Cancer Center Rehab and Wellness, 200 hours	Charlotte, NC	Fall 2010
CMC Northeast Cardiopulmonary Rehab, 200 hours	Concord, NC	Spring 2011
Duke Diet and Fitness Center, 480 hours	Durham, NC	Spring 2009

## WORK EXPERIENCE

**Visiting Instructor** *Florida Atlantic University, Boca Raton, FL* October 2011-present

- Exercise Leadership 2 classes
- Advanced Strength and Conditioning classes

**Receptionist/Customer Service Coordinator/Senior Health Insurance Information Program (SHIIP) Coordinator**  
*Tyvola Senior Center, Charlotte, NC* November 2010 – August 2011

- In charge of all membership and program registrations, trained senior aids and volunteers on front desk duties
- Answered and logged all incoming calls, set up for programs, helped with anything Center Director needed
- SHIIP Coordinator- scheduled appointments between seniors and volunteers for Medicare and insurance advice

**Personal Trainer** *Sports & Fitness, Charlotte, NC* June 2010 – March 2011

- Instructed clients during 30 minute sessions to increase muscular strength and aerobic fitness
- Body composition improvements monitored by comparing pre/post weight, BMI, and skinfold measurements

**Waitress/Bartender** *Texas Roadhouse, Washington, PA & Concord, NC* December 2005 – August 2011

- Consistently exceed sales goals by effectively managing sections and multi-tasking
- Recognized as Server Trainer entrusted to train new employees and delegated with closing tasks

**Student Research Assistant** *Hydration Study at Slippery Rock University* Fall 2007 – Spring 2008

- Explained informed consent, testing procedures, and possible risks to subjects
- Administered treadmill VO2 MAX tests using metabolic cart, sub-maximal treadmill tests, BIA, and underwater weighing under the supervision of Dr. Lynn, Dr. Smith, and Dr. Hays

**Applied Anatomy Tutor/Teaching Assistant** *Slippery Rock, PA* Fall 2006 – December 2008

- Tutored students during open laboratory hours on function and location of anatomical structures
- Assisted instructors during class periods as a Teaching Assistant