

## GUEST LECTURER

### Accomplishments

- Heart Zones Level 1 Personal Trainer Galter LifeCenter 2005 - Current DIANA DIMAS PAGE !2 North Park University 2011 Â Current Group Exercise Instructor Certifications: BOSU, Schwinn Cycling, Group Power, Group Step, Group Active, Group Core, Group Ride, R30, Group Groove, Shockwave, Arthritis Chair, Matter of Balnce Galter LifeCenter 2005 - Current North Park Univeristy 2013 Â- Current PUBLICATIONS AND PAPERS Building your Personal Fitness Strategy" Galter LifeCenter Member Newsletter 2010.

### Experience

#### Guest Lecturer

#### Company Name

- Strength and Conditioning 2013, 2014 Personal Health 2014 Guest Speaker: Introduction to Sports Management.

### Fitness Supervisor

January 2014

- Galter LifeCenter 2010 Â Current Responsible for supervising and/or performing the day to day functions of the Fitness Specialists, Fitness Coaches, Interns, Fitness Consults and overall safety on the fitness floor.
- Hire, train, and evaluate fitness specialists and interns, compile and report outcome metrics, and monitor quality in all fitness testing aspects.

### Fundamental Fitness Instructor

- Galter LifeCenter.
- Instructor: Teach the fundamentals of exercise and fitness.
- principles to beginner exercisers and adults with chronic.
- diseases.

### Personal Trainer

January 2011 to Current

#### Education

M.A : Physical Education , 1 2011 North Park University Physical Education

B.A : Psychology and Sports Medicine Fitness Management , 1 2003 North Park University Psychology and Sports Medicine Fitness Management

#### Languages

English Spanish Â speak fluently and read/write with basic competence

#### Skills

basic, Council, English, Instructor, LANGUAGES, Speaker, quality, read, safety, Spanish, supervising

#### Professional Affiliations

ACE Certified Personal Trainer since 2005