
ADAM CARTER EGGERTSEN

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233 Wintersage Circle
Talent OR 97540

Education

Southern Oregon University — Bachelors of Science in Health and Physical Education, 2003 Cum Laude

Southern Oregon University — Masters in Art of Teaching, Incomplete

Experience

Owner Operator, Oregon Strength; Talent, OR — 2014—Present

Responsible for all gym operations, including but not limited to: Fitness evaluation and exercise programming, facilities management, marketing, human resources. Mentoring and development of new coaches for integration into fitness leadership positions. Every aspect of running a successful business and effectively training clients to optimum fitness levels.

Yoga Teacher, Rasa Center for Yoga and Wellness Ashland, OR — 2014—2016

Guided participants through a series of breathing, stretching and strengthening activities designed to facilitate a sense of overall well being. Created daily lesson plans with a specific theme or energetic peak in mind.

Personal Trainer, Superior Athletic Club; Medford, OR — 2006–2014

Provided physical education to clients in one on one, small and large group settings. Developed and taught a wide array of fitness seminars to a diverse population.

High School Soccer Coach, Ashland High School; Ashland, OR — 2008 – 2011, 2016

Girls Junior Varsity coach. Designed and implemented lesson plans for practices. Planned season progression and skill acquisition for players of diverse abilities. Effectively communicated with school administration, athletes and parents. Provided mentorship for developing athletes.

Health Promotion Specialist, Wellness 2000; Medford, OR — 2003–2006

Performed worksite health and fitness evaluations around the western US for diverse populations. Collected, evaluated and presented data via group and individual counseling sessions. Developed and implemented worksite fitness/ health challenges.

Qualifications and Skills

Dedicated fitness professional with expert level experience and knowledge of health and fitness. Direct experience in worksite health promotion, teaching physical education and fitness business ownership. Youth mentor and teacher

Professional Associations and Certifications

National strength and Conditioning Association — Certified Strength and Conditioning Specialist — 2007

American College of Sports Medicine — Certified Health Coach — 2008

CrossFit — Level II CrossFit Certified — 2010

Yoga Alliance — Registered Yoga Teacher 200 — 2011
