

Daniel Semprini

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EDUCATION

University of St. Augustine of Health Sciences

Austin, TX

Doctorate of Physical Therapy, (Expected Graduation 2024)

State University of New York College at Cortland

Cortland, NY

Master of Science, Exercise Science

May 2018

State University of New York College at Plattsburgh

Plattsburgh, NY

Bachelor of Science, Individualized Studies, Concentration in Kinesiology

Minor: Business

May 2016

RELAVENT EXPERIENCE

Texas A&M University-Commerce

Commerce, TX

July 2019-Current

Coordinator of Fitness & Wellbeing

- Create and collaborate with interdepartmental staff to sustain a dynamic and inclusive fitness and wellbeing program for the A&M Commerce community by implementing personal training, group fitness, small group training, and special events
- Train, supervise, evaluate, and lead a student staff of 20+ undergraduate students and one Graduate Assistant of Fitness & Wellbeing
- Recruit, hire, train, schedule, supervise, process payroll, and evaluate 20+ group fitness instructors, personal trainers, program managers, and fitness assistants
- Develop first known Morris Recreation Center equipment inventory tracking system and provide recommendations on equipment selection, layout, maintenance, and replacements
- Serve on multiple departmental and campus committees and councils such as: Student Appreciation, Risk Management, Student Scholarship, Policies & Procedures, Diversity, Equity & Inclusion and Wellness Council
- Effectively instruct a relevant 8-12 week courses from American Council of Exercise on personal training topics such as, basic anatomy, corrective exercise, exercise technique, programming, and assessment/consultation strategies
- Analyze monetary trajectory and fiscally maintain three fitness and wellbeing annual budgets
- Direct and plan fitness and wellbeing events to promote campus wide physical health/activity

The Knox School

Nissequogue, NY

Head Performance Coach

October 2018-May 2019

- Created the school's first ever strength and conditioning program that accomplished team unity and cohesion
- Evaluated 40 male and female elite high school athletes using the Functional Movement Screen to determine baseline statistics of movement dysfunction
- Planned an effective and safe training schedule for the Men's Prep Basketball and Varsity Basketball teams during their pre and in-season phase
- Supervised and guided students to perform safe and secure gross movement patterns for lifting techniques such as squatting, deadlifting and bench pressing

State University of New York College at Cortland

Cortland, NY

Graduate Assistant of Fitness/Personal Training

August 2017-May 2018

- Oversaw day to day operation of the SUNY Cortland Student Life Center; a 150,000 square foot facility with the Assistant Director of Fitness
- Recruited, hired, trained, scheduled, supervised, evaluated and processed payroll for a staff of 55 personal trainers and fitness supervisors
- Taught the Fitness Development major program courses and created a continued education presentation series called "Training the Trainer" for a 23-person staff
- Coordinated and hosted regionally organized workshops and certifications from National Academy of Sports Medicine & National Strength & Conditioning Association

SUPPLEMENTAL EXPERIENCE

M.S. Athletics, LLC Smithtown, NY

Co-Owner /Trainer

June 2018-June 2019

- Educated, and instructed the execution of safe and proper weight lifting form and fundamental movement patterns
- Enhanced the athlete's overall performance in their sport through speed, agility strength, endurance and power drills
- Developed and created sport specific strength and conditioning plans for soccer, softball, and baseball athletes
- Organized and scheduled weekly client sessions while communicating with parents about their child's progress toward their fitness goals

Sports and Fitness Performance

Islip, NY

Performance Coach

May 2018-April 2019

- Evaluated and assessed new clients using the Functional Movement Screen to determine each individual's asymmetries, imbalances, and movement dysfunctions
- Coordinated an effective exercise plan for each client using Trainerize App using methods of periodization, correctives, movement preparation, and activation
- Coached adult group classes consisting of 15 participants and 3 athletes in a semi-private session by utilizing methods of work capacity, endurance, recovery, and strength

State University of New York College at Cortland Cortland, NY

Personal Trainer/ Fitness Supervisor

August 2016-May 2018

- Performed fitness consultations and assessments and created customized programs for 15+ clients of all fitness levels
- Taught and motivated 15+ clients comprehensive exercise technique and movement patterns
- Supervised safety of up to 2,000+ members entering the Student Life Center daily by understanding over 50 pieces of cardio and resistance training machines
- Enforced rules and regulations observing and patrolling the two-story 150,000 square foot Student Life Center for potential problem situations while providing excellent customer service

State University of New York College at Plattsburgh Plattsburgh, NY

Student Athletic Trainer

October 2013-May 2016

- Supported the collegiate teams with the set-up of necessary support at both games and practices (male/female hockey, lacrosse, baseball, softball, basketball, and soccer athletes)
- Maintained a presence on the sideline at collegiate sporting events to assist the AT with potential athlete injuries
- Assisted athletes with general onsite care including: supplying ice bags, heating pads, cool compression, electro-stim, ultrasound, laser treatment, PNF stretching and tapping appendages when needed
- Created effective programming for injured athletes to successfully complete rehabilitation programs of various injuries

CERTIFICATIONS

- **American Council of Sports Medicine**, Exercise is Medicine Partner, 2021-Current
- **Dr. John Rusin**, Pain Free Performance Specialist Certification, 2021-Current
- **National Academy of Sports Medicine**, Corrective Exercise Specialist, 2020-Current
- **TRX**, Suspension Training Course, 2020-Current
- **American Council of Exercise**, Fitness Nutrition Specialist, 2020-Current
- **Certified Functional Strength Coach**, Certified Functional Strength Coach Level 1, 2020-Current
- **American Council of Exercise**, Group Fitness Instructor, 2020-Current
- **American Red Cross**, Professional Rescuer First Aid/CPR/AED Instructor, 2019-Current
- **Functional Movement Systems**, FMS Level 1, 2019-Current
- **National Academy of Sports Medicine**, Certified Personal Trainer, 2018-Current
- **American Red Cross**, Adult and Pediatric First Aid/CPR/AED, 2014-Current

PROFICIENCY SKILLS

- Microsoft Office Programs (Word, Excel, PowerPoint, Outlook, Teams)
- Fusion, IM Leagues, SubItUp
- Social Media: Facebook, Instagram, Twitter, LinkedIn, GroupMe