

Matthew Santos

Education

Texas A&M University - San Antonio TX

Master of Science in Kinesiology May 2019

Texas A&M San Antonio, San Antonio TX.

Bachelor of Science in Kinesiology. December 2016

Employment History

Adjunct Professor – Kinesiology, Texas A&M University – San Antonio 2019 – Present

Primary duties consist of – teaching classes associated with the Kinesiology Department such as Exercise Testing & Prescription, Weight Training, Foundation of Kinesiology, Jogging, and Jog Track III&IV. Organized, prepared, and revised course material and applied technological options for online and course-related software.

D&B Bookkeeper Tax Service- Assistant Bookkeeper 2019 - Present

Primary duties consist of Prepared and recorded daily transactions of D & B Bookkeeping. Increased efficiency and eased workloads by creating Excel financial recording system. Used QuickBooks to track all income and expenses for Various Business.

Recreational Supervisor, Texas A&M University – San Antonio 2017- 2019

Primary Duties consisted of Responsible for opening and closing of facilities. Developed monthly Inventory/Maintenance sheets for Assistants. Designed data analysis of participation with each facility at the end of each semester. Arranged the scheduling of Fitness classes/programs. Developed data analysis for fitness classes/programs. Resolved conflicted in each facility regarding patrons, assistants, professional's employee, and visitors

Personal Trainer- Anytime Fitness – Floresville 2019-2020

Primary duties consist of - Designed specific workout systems for individual clients based on performance ability. Explained exercise modifications and contraindicated movements to participants with history of injury. Experience in Selling personal training to client and retention. Educated customers on preventative care, nutrition, fitness, stress management, and ergonomics.

Related Experience:

Volunteer Research Assistant for the Texas A&M University – San Antonio Kinesiology Department 2021-Present Involved in both Human research study & Animal Studies involving Laboratory Rat.

Professional Growth

Professional Society Memberships (Current)

International Sports Sciences Association

American Society of Exercise Physiologist

American College of Science & Medicine

Professional Society Meeting Attendance

Regional

2017 NIRSA Regional Conference, Lubbock Texas

Annual

2019 NIRSA Annual Conference Boston, Massachusetts

Teaching Interests:

Exercise Physiology, Biomechanics, Foundations of Kinesiology, Concepts of Wellness & Fitness

Research Interests:

The impact of Biomechanics in exercise performance. Exercise performance and Recovery. How Nutrition affects body fat loss and exercise performance.