Derek Simmons

Fitness Coach

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SUMMARY

Fitness coach with 3 years leading small-group strength and conditioning classes and 1-on-1 training. Coaches 14 classes a week, handles program design for the whole coaching team, and tracks member results in Excel so coaching stays on target. NASM certified, with strong time management across early and late shifts.

EXPERIENCE

Fitness Coach

04/2024 - Present

Scioto Strength & Conditioning

Columbus, OH

Small-group training gym with 650 members and 9 coaches.

- Coach **14** small-group classes a week of 12-18 members, cueing form and pacing for each level.
- Write 6-week strength and conditioning blocks that all 9 coaches at the gym teach from.
- Track attendance and benchmark lifts in Excel, flagging 30 at-risk members a month for follow-up calls.
- Run personal training for 10 clients, with 9 of them renewing their packages in 2025.

Assistant Strength Coach

06/2023 - 03/2024

Capital City Sports Performance

Columbus, OH

Sports performance center for high school and college athletes.

- Ran speed and strength sessions for 40 high school athletes during the off-season.
- Recorded sprint and jump testing for 6 teams in Excel and shared reports with head coaches.
- Organized equipment and floor layout for 3 sessions a day of up to 25 athletes.
- Conducted fitness assessments for incoming athletes and set their starting training loads.

SKILLS

Strength and Conditioning

Small-Group Classes

Program Design

Fitness Assessments

Personal Training • Excel

Speed Training • CPR/AED

Time Management

Communication

EDUCATION

Bachelor of Science

05/2023

The Ohio State University

Columbus, OH

Exercise Science

CERTIFICATES

NASM Certified Personal Trainer (CPT)

National Academy of Sports Medicine

08/2023

CPR/AED

American Heart Association

05/2025