**Daniel R Sebo**

3223 Hennepin Ave South APT 3, Minneapolis MN, 55408

**Phone:** 507-450-4298 **Email:** Daniel.sebo@ymcatwincities.org

**WORK EXPERIENCE**

**Southdale YMCA,** Edina, MN **05/2014-Present**

* Full Time Lead Personal Trainer
* Group fitness, cycling, rock wall Instructor
* Developed adult rock climbing group, Adult Fitness Field Trips, and Friday Fitness Challenge

**Minnesota National Guard**, New Ulm, Minnesota, United States **11/2008 – Present**

*Combat Medical Sergeant (68W20)*

Primary Duties

* Medical Squad Leader whose responsibilities included supervising and coordinating clinic operations
* Manage and ensure proper certification and education of subordinate medical personnel.
* Implemented and maintained the MC4 medical tracking system on Camp Patriot Kuwait valued at over 50,000 dollars.

Secondary Duties

* Master Fitness Trainer-P.O.S.E. running instruction. Exercise testing and prescription, group and individual fitness instruction. Body composition testing (Bod Pod, Hydrostatic weighing, electrical impedance, girth, and caliper methods).
* Unit Hand-to-Hand Combatives Instructor level II certified (120 hours of combatives school)
* Combat Lifesaver Instructor (Military first responder training)
* Wellness Center Coordinator & Non-Commissioned Officer in Charge (body fat composition, BMR, lifestyle changes, and diet planning)
* Tobacco Cessation Instructor

**University Of Michigan Health System,** Ann Arbor, MI **01/2014-05/2014**

* As an Exercise Physiology Intern in Preventative Cardiology I am conducting nutritional and stress management Counseling as well as Fitness Evaluations, older adult personal and group fitness training, as well as spin class instruction. I conduct Metabolic Syndrome Programming, VO2 stress testing, stress echo testing and Phase II/III cardiac rehabilitation.

**Practicum in Cardiopulmonary Rehabilitation,** Winona, MN **01/2013-09/2013**

* When necessary administer ECG during exercise
* Monitor stage II, III and pulmonary clients in an outpatient rehabilitative setting

**City of Winona Parks & Rec**, Winona, Minnesota **05/2005 - 09/2010**

* Pool Manager/Head Guard/Swim instructor
* Coach
* Recreation Supervisor

**EDUCATION**

**Concordia University** Seward, Nebraska **Currently attending**

* Masters of Public Health: Community Health emphasis
* Coursework includes:
	+ Health policy and management
	+ Programming and evaluations in public health
	+ Marketing public health

**Winona State University** Winona, Minnesota **Graduation Date: 05/2014**

* Bachelor of Science Degree in Exercise Science: Cardiopulmonary Rehabilitation

**APRD at West Point Military Academy** West Point, New York **Graduation Date: 07/2013**

* Certified Master Fitness Trainer and battalion subject matter expert on proper physical fitness and nutrition. The course focused on the application of kinesiology and physiology.

**U.S. Army Warrior Leader Course** Salt lake City, UT **Graduation Date: 08/2013**

* Attended the army leadership development course where I graduated on the Commandants List (top 20% of class), and won the Command Sergeants Major Award for distinguished leadership and graduated 1st in the class of 160 Noncommissioned Officers

**U.S. Army Medical Department** Fort Sam Houston, Texas **Graduation Date: 07/2009**

* Attended 16-week Health Care Specialist (Combat medic) course.
* Graduation Status: Honor Graduate

**Basic Combat Training** Fort Knox, Kentucky **Graduation Date: 04/2009**

* Completed Army Basic Combat Training, which provided leadership, teamwork, and basic medical skills.
* Graduation Status: Distinguished Honor Graduate

**CERTIFICATIONS**

* USATF level 1 coach
* NREMT-B
* CPR-AED/BLS Instructor
* Lifeguard/Swim Instructor
* Spinning & ICG cycling Instructor
* MFT (Army Master Fitness Trainer)
* ACSM Group Exercise Instructor
* ACSM Personal Trainer

**AWARDS/ACHIEVEMENTS**

* Army Achievement & Commendation Medals
* Distinguished Honor Graduate from Basic Combat Training
* Honor Graduate From AIT (Healthcare Specialist Course)
* Distinguished Leadership Award winner from the Army Warrior Leader Course
* Competed in Sprint and Olympic distance U.S. triathlon National Championships
* Two time Ironman Finisher

**References Available Upon request**