

SARAH M. ESTRADA

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EDUCATION

1. University of California at Santa Barbara, Ph.D., expected September 2004
 - Materials Department, College of Engineering, GPA 3.92/4.00
 - Major in semiconductor processing for microelectronic devices
2. University of California at Santa Barbara, Certificate for Graduate Program in Management Practice, expected September 2004
 - Coursework in Management Communication Theory and Practice, Financial Management, Marketing, and Management Strategies of Businesses and Organizations
 - 160-hour management internship
3. University of California at Berkeley, B.S. December 1995
 - Double major in chemical engineering and materials science

FITNESS EMPLOYMENT

- Aerobics/group fitness instruction, Santa Barbara, California, since June 2001
Gold's Gym, Fitness Gallery, University of California Physical Activities Dept.
- Cardio-kickboxing, all levels
 - Circuit, all levels
 - Step aerobics, introductory to intermediate levels

FITNESS TRAINING

1. Workshops & Certifications
 - World Fitness Convention, IDEA, July 2001 and July 2002
 - Kick Rock certification, Heavy Air USA, May 2002
 - In-house Reebok Core Board training, UCSB, July-September 2001
 - Kickbox certification, College of Exercise Professionals, May 2001
 - Reebok Final Cuts (F.I.R.E.) workshop, Leigh Crews, March 2001
 - CPR certification, American Heart Association, March 2002-2004
 - First aid certification, Red Cross, June 2001
2. University of California at Santa Barbara, September 2000-present
Academic Courses in Group Fitness Instruction
 - Prepared to teach safe, effective, motivating group fitness cardiovascular conditioning classes based on current standards & research
 - Learned to identify exercisers' goals, needs, learning modes, & levels
 - 30 hours of lecture, 20 hours of lab, 40 hours of internship instruction
3. Martial Arts, 1995-present
Kung Fu (wushu & san soo styles), Tae Kwon Do
 - Shadow boxing
 - Sparring
 - Forms: bare-handed, double daggers, double hooks, flute, straight sword, spear, staff

REFERENCES

1. Kymberly Williams-Evans, MA, Group Fitness Director, Physical Activities Dept.
University of California, Santa Barbara, CA 93106
(805)893-2956, kym@par.ucsb.edu
2. Theresa Stelly, Group Fitness Assistant Director, Gold's Gym
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