

Fernando S.



Certified Personal Trainer
Team Member Since: 2013

Education & Certifications

- MS in Exercise Science- Performance Enhancement and Injury Prevention from California University of Pennsylvania
- BS in Kinesiology- Athletic Training from California State University, Long Beach
- AED (Automated External Defibrillator)
- CPR Certification
- National Academy of Sports Medicine - Performance Enhancement Specialist
- National Athletic Trainers Association - Athletic Trainer Credential

Hobbies and Achievements

- Working with our State Youth Soccer Olympic Development Program
- Strength Training
- Mountain Climbing
- Played baseball for 2 years at Ventura Junior College



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Club ID: 150

