

VICTORIA C ORTIZ

EXERCISE SPECIALIST | NASM CERTIFIED

EDUCATION

BACHELOR OF SCIENCE EXERCISE AND SPORT SCIENCE

NOVA Southeastern University
Dr. Pallavi Patel College of Health
Care Sciences | December 2023




ASSOCIATE DEGREE IN ARTS

Indian River State College
May 2021

CERTIFICATIONS

NASM – Certified Personal Trainer
BLS – Health & Safety Institute
CPR – EMS Safety Services
Adult First Aid – HSI
Emergency Medical Oxygen – HSI
Strength Development – LES Mills

CONTACT

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 5015 Marble Egret Dr S
Jacksonville, FL 32257

PROFESSIONAL SUMMARY

Former NCAA Division II National Championship swimmer and NASM Certified Personal Trainer with experience developing individualized training programs, conducting performance assessments, and motivating individuals to achieve their goals. Combines national-level competitive swimming experience with a strong foundation in exercise science, athlete development, and movement instruction. Passionate about helping swimmers build confidence, refine technique, and reach their full potential through positive coaching and mentorship.

COACHING & ATHLETE DEVELOPMENT EXPERIENCE

LEAD PERSONAL TRAINER – LIVESTRONG PROGRAM YMCA | March 2024 - Present

- Lead structured 12-week training programs for groups of 7-12 participants, providing individualized instruction and ongoing performance assessment
- Conduct pre- and post-program fitness evaluations to measure progress and guide program modifications
- Demonstrate proper movement mechanics and exercise techniques while ensuring participant safety
- Motivate individuals to achieve personal goals through consistent coaching, encouragement, and accountability
- Adapt training plans to meet varying fitness levels, abilities, and physical limitations

PERSONAL TRAINER

YMCA | February 2024 - Present

- Perform fitness and functional movement assessments
- Design individualized training programs based on performance goals and physical capabilities
- Teach proper technique, body mechanics, and injury prevention strategies
- Supervise training sessions and provide real-time feedback to improve performance and safety
- Build positive relationships that foster confidence, discipline, and long-term success

CORE STRENGTHS

- Athlete Development
- Swim Technique Instruction
- Performance Assessment
- Strength & Conditioning
- Training Program Design
- Race Preparation
- Leadership & Mentorship
- Goal Setting & Motivation
- Injury Prevention
- Team Building
- Exercise Science
- Positive Athlete Development

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COMPETITIVE SWIMMING EXPERIENCE

NCAA DIVISION II STUDENT-ATHLETE

NOVA Southeastern University | 2021-2023

- NCAA Division II National Championship Qualifier (2022, 2023)
- Member of the program's first NCAA Women's National Championship Team (2023)
- Sunshine State Conference Champion Team (2022, 2023)
- Competed in the 200, 500, 1000, and 1650 Freestyle events
- Developed advanced knowledge of training methodologies, race strategy, goal setting, and athlete development

NJCAA STUDENT-ATHLETE

Indian River State College | 2019-2021

- National Champion in the 200, 500, 1000, and 1650 Freestyle events (2020, 2021)
- 500 Freestyle National and School Record Holder
- Recipient of the Best Female Athlete of the Year Award