

Alex Kaseman

Objective: To obtain a full-time teaching position as a physical education teacher

Professional Portfolio: <https://alexkaseman.weebly.com>

EDUCATION:

Bismarck State College, Bismarck, ND

Graduated May 2020 with an Associate of Arts

University of Mary, Bismarck, ND

Anticipated Graduation in May 2023 with a bachelor's in Physical Education

Dean's List junior – senior year

Education Experience:

09/2022-10/2022 30 Hour Diversity Practicum with Dr. Michael Taylor

01/2022-04/2022 45 Hour Practicum at Bismarck High School in Physical Education with Mr. Drew Thomas

01/2022-04/2022 45 Hour Practicum at Century High School in Physical Education

09/2021-12/2021 45 Hour Practicum at Solheim Elementary School in Physical Education

Skills:

- Leadership
- Patience
- Structuring routines
- Communication
- Time Management
- CPR/First Aid Certified
- Detail Oriented
- Flexible Thinker

WORK EXPERIENCE:

Bismarck Public Schools Substitute Teacher

Bismarck, ND

September 2022 - Present

- Carry out lesson plan that is given for the class.
- Worked with all age groups ranging from K-12th grade.

Sanford Power Internship

Bismarck, ND

May 2022 - August 2022

- Learned to work with athletes of all ages and how to reach their needs through activities, weightlifting, and built relationships
- Created activities/games that helped with athletes training in areas such as speed, change of direction, agility, and strength

Site Coordinator at Central Regional Educational Association

Bismarck, ND

April 2021 – May 2022

- Confer with parents and staff to discuss educational activities and policies, and students' behavioral or learning problems.
- Led group lessons, activities with the students that consisted of gym games, projects, and educational lessons.

Head Middle School Wrestling Coach at St. Mary's Middle School
Bismarck, ND
October 2020- Present

- Structure weekly practices
- Conduct practice plans involving drilling, conditioning, and strength workouts
- Coached athletes to boost confidence and enhance abilities while encouraging everyone to cultivate strong work ethic by demonstrating diligence, patience and respect for others.
- Manages rosters practices, tournaments and duals

Assistant High School Wrestling Coach at St. Mary's High School
Bismarck, ND
December 2020-February 2021

- Prompted proper stretching, warmups and conditioning exercises to prevent sports injuries.
- Assisted with coaching duties including running practice, weightlifting, conditioning and relationship building.

Fitness Associate at Family Wellness Center
Mandan, ND
December 2019-May 2021

- Gave visual/instructional advice on how to properly use weightlifting machines and cardiovascular equipment.
- Cleaned gym equipment
- Motivated clients to achieve their personal fitness goals through developing and modifying routines.