

**KirkRyan McFarland**  
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**Fitness Resume**

**American Heart Association**  
Basic Life Support(CPR/AED)  
Heartsaver First Aid  
Valid 09/19-09/21

**California University of Pennsylvania**  
Presidential Scholar  
Bachelor of Science (BS) Exercise Science: Magna Cum Laude  
Master of Science (MS) Exercise Science Sport Psychology/Rehab Science : Summa Cum Laude  
Doctor of Health Science (DHSc) In Progress Fall 2020

**Columbia University**  
School of Professional Studies  
Sports Industries Essentials Certificate

**Cornell University: eCornell**  
Plant Based Nutrition Certificate

**National Academy of Sports Medicine:**  
Certified Personal Trainer (CPT)  
Mixed Martial Arts Conditioning Specialist (MMACS)  
Fitness Nutrition Specialist (FNS)  
Senior Fitness Specialist (SFS)  
Group Personal Training Specialist (GPTS)  
Mental Toughness (MT)  
Women's Fitness Specialist (WFS)  
Youth Exercise Specialist (YES)  
Weight Loss Specialist (WLS)  
Golf Fitness Specialist (GFS)  
Behavior Change Specialist (BCS)  
Corrective Exercise Specialist (CES)  
Performance Enhancement Specialist (PES)

**AFFA: Athletics and Fitness Association of America:**  
AFAA: Kickboxing Skills and Drills  
AFAA: Emergency Response

**National Exercise & Sports Trainers Association:**  
NESTA: Muay Thai Fitness Instructor  
NESTA: TACTIX Instructor  
NESTA: Physique & Figure Training Specialist

**Krav Maga: E.K.M.F.**  
Advanced Brown Belt Instructor

**D.A.M.O:** Defense Against Multiple Opponents