

ZEUS JOHNSON

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Education

Bachelor of Science in Exercise Science
Lander University
Emphasis in Pre-Physical Therapy

Expected Graduation: May 2022
GPA: 3.7

Related coursework:

Anatomy & Physiology
Injury Prevention & Care

Biomechanics
Psychology of Sport

Health & Wellness Promotion
Sports Nutrition

Related Field Experience

Prisma Health, HeartLife

Cardiac Rehab Intern

Columbia, SC
August 2020 – January 2022

- Assisted in designing and implementing individualized exercise programs for clients recovering from injury, surgery, or chronic conditions under supervision of licensed professionals.
- Monitored client performance and vitals during exercise sessions, ensuring safety and correct form to minimize risk of injury.
- Recorded and tracked client progress using fitness assessments, range of motion tests, and strength/endurance benchmarks.

Certifications

Basic Life Support (BLS)
American Heart Association
First Aid
American Red Cross

Certified May 2019

Certified May 2019

Work Experience

Lander University, Campus Recreation

Yoga Instructor, Student Worker

Greenwood, SC
May 2019- Current

- Design and lead weekly yoga classes for students and faculty, promoting physical wellness, stress reduction, and mental clarity.
- Manage class logistics including setup, equipment sanitation, attendance tracking, and communication with Campus Recreation staff.

Cashier

Publix Super Markets

August 2018- August 2021
Greenwood, SC

- Provided friendly, efficient customer service in a fast-paced retail environment, processed 100+ transactions per shift.
- Maintained a clean and organized work area, restocked front-end supplies, and assisted with closing procedures.
- Demonstrated reliability and punctuality, met scheduling expectations while balancing a full college course load.

Campus Involvement

Peer Tutor in Mathematics 102
Student Success Center

August 2020 - Current