Shelley Kumer

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ER RN at Providence Little Company of Mary Torrance

Los Angeles, California, United StatesHospital & Health Care

Previous positions

RN at Providence Tarzana Medical Center

Pilates Instructor at Shelley Kumer Pilates and Body Conditioning

Education

Walden University, Master's degree, Family Nurse Practitioner

Background

Summary

Samuel Merritt University- B.S.N., R.N.

UC Davis - B.S. in Exercise Science, emphasis in Biomechanics

Personal Trainer since 1998

Certified (ACE) 2005

Certified Strength and Conditioning Specialist (NSCA) 2005

Pilates Instructor Training (BASI) 2005

Specialties: Injury Rehabilitation- specializing in back pain/ injuries

Fitness Coaching

Experience

ER RN

Providence Little Company of Mary Torrance

January 2012 – Present(8 years)Torrance

RN

Providence Tarzana Medical Center

October 2010 – December 2011(1 year 2 months)Tarzana, CA

Pilates Instructor

Shelley Kumer Pilates and Body Conditioning

October 2007 – October 2011(4 years)

Pilates/ Personal Trainer

Rehabilitation Specialist

B.S. Exercise Science, emphasis Biomechanics

Recommendations (1)

Pilates Instructor/ Personal Trainer

The Sports Club/LA

June 2006 – June 2008(2 years)

Firefighter/EMT

City of Torrance

December 2001 – September 2003(1 year 9 months)

Education

Walden University

Master's degree, Family Nurse Practitioner

2012 – 2015

Walden University

Samuel Merritt University

BSN, Nursing

2009 – 2010

Samuel Merritt University

University of California, Davis

Bachelor of Science, Exercise Science

1993 – 1997

University of California, Davis

Skills & Expertise

Fitness Training

Pilates

Fitness

Strength

Registered Nurse

Conditioning

Strength Training

Wellness

Operant Conditioning

Personal Training