

# DESMOND O. SUMPTER

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## EDUCATION

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### Winthrop University

College of Education  
B.S. Exercise Science

Rock Hill, SC

May 2018

**Certifications:** CPR Certified, Group Exercise Certification Workshop

## PROFESSIONAL EXPERIENCE

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### General Nutrition Center (GNC)

*Assistant Manager*

Fort Mill, SC

June 2017 – Present

- Responsible for depositing money, creating merchandise signs for marketing strategies
- Conducted conference calls and meetings with region store associates
- Maintain inventory of vitamins and supplements to make sure customers got products that are needed
- Presented knowledgeable information to customers on different products

### Europa Sports Products, Inc.

*Fitness/Wellness Coordinator Intern*

Charlotte, NC

December 2017 – Present

- Conducted individual health coaching sessions and led wellness activities.
- Assisted with health promotion activities including, lectures and workshops on a variety of health and wellness topics.
- Organized and participated in personal training, assisted members in reaching fitness goals.
- Managed the operations of a corporate fitness center servicing approximately one hundred members.

### Piedmont Medical Center

*Patient Transport*

Rock Hill, SC

May 2017 – September 2017

- Analyzed medical conditions to identify proper transport
- Evaluated and transported inpatients and ICU patients to various locations throughout hospital
- Communicated with family members, reported vital information regarding patient care

### Winthrop University Coliseum

*Assistant Strength & Conditioning Coach Volunteer*

Charlotte, NC

August 2014 – May 2016

- Supervised, instructed and demonstrated the execution of proper weight lifting techniques.
- Educated the athletes on the importance of specific exercises, the benefits of the lifts and what muscles are being used.
- Properly stretch athletes and provided clients with an appropriate program.
- Worked with coaches to create programs in support of all athletic teams.

## LEADERSHIP EXPERIENCE (ENTREPRENURSHIP)

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### “Lifting Our Youth” Non-profit Organization

Co-Founder

Georgetown, SC

February 2017 – Present

- Coordinate community service events and strategic marketing aimed to increase public awareness.
- Mentor youth within communities by motivating and empowering them to have youth limitless vision.

### “Man of Resilience” Scholarship

Founder/*Carvers Bay High*

Georgetown, SC

June 2017 – Present

- Presented a \$500.00 scholarship award to deserving male graduate.
- Provide leadership skills to male graduates to help them develop and achieve future goals.

## HONORS & MEMBERSHIPS

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- Student Athlete (2013 - 2017)
- Gentlemen’s League
- NAACP
- Exercise Science Club
- The “I am H.I.M.” Foundation Community Service Award
- Co-Founder of “Lifting Our Youth” Non-profit Organization
- Founder of “Man of Resilience Scholarship”
- Educational Talent Search
- Alpha Kappa Psi Professional Business Fraternity Inc.
- “Save Our Youth” Back to School Expo Speaker