

Adam Constantilos
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Objective: To obtain a teaching position in health and physical education at the elementary, middle, or high school level.

Education:

Springfield College, Springfield, MA
 Bachelor of Science in Health and Movement and Sport Studies **May 2018**
 Passed the Communication and Literacy section of the MA Tests for Educator Licensure
 Passed the Praxis Physical/Health Education Tests for CT
 GPA 3.7 Magna Cum Laude

Springfield Technical Community College, Springfield, MA
 Liberal Arts Transfer Degree **February 2014**
 GPA 3.89

Teaching Experience:

Central Rock Gym LLC, Glastonbury, CT
Head Coach/Administrator/Instructor **September 2014-Present**

- Coach competitive National level youth climbing team
- Oversee 3 coaches and 20+ children ages 8-18
 - Program climbing specific training for youth climbers and adults
 - Coach at bi-annual National level youth training camps
 - Staff and run 3 other entry level climbing teams
 - Guide outdoor rock climbing for youth summer camps, adults and team trips
 - Instruct high level climbing skill courses for adults and children
 - Teach introductory to lead climbing class
 - Design lessons based off AMGA standards

Student Teacher **August 2017-May 2018**

- Designed lessons based off of Massachusetts Comprehensive Health Curriculum Frameworks and National Standard Grade Level Outcomes
- Used effective group management and behavior management skills

Glastonbury High School, Glastonbury, CT

- Implemented the sport education model in a 10th-11th groups games class and saw an improvement in student engagement and increase in participation and motivation
- Planned and taught lessons on Physical Education and Health Education to grade levels 9-12, integrated a technology based assessment into every health lesson taught

Mabelle B. Avery Middle School, Somers, CT

- Effectively utilized technology for assessment and obtained a high level of student engagement through use of technology and group work scenarios.

Springfield College Teaching Modules

April 2015-April 2016

- Designed lessons based off of Massachusetts Comprehensive Health Curriculum Frameworks and National Standard Grade Level Outcomes
- Used effective group management and behavior management skills

Springfield College Homeschool Physical Education Program, Springfield, MA

- Planned and taught lessons on cooperative games for 30 homeschool students ages 8-10

East Longmeadow High School, East Longmeadow, MA

- Planned and taught lessons to 24 11th grade students in fitness, yoga, and volleyball
- Planned circuit style lessons with visuals and built-in self assessments

Margaret C. Ells Elementary School, Springfield, MA

- Planned and taught lessons for 6-8 Pre-K students, in dance and volleying
- Used a variety of extensions to tailor lessons to each student's individual needs

Birchland Park Middle School, East Longmeadow, MA

- Planned for and peer taught 29 students in grades 5-6 lessons in softball, football, and ultimate frisbee
- Used effective peer teaching strategies to manage class in small groups increasing students' opportunities to respond

Square One Child Care Agency, Springfield, MA

- One-on-one teaching of manipulative and locomotor skills to a Pre-K student
- Utilized visuals and checklists to motivate and help student learn new skills

Professional/Work Experience:

Stop and Shop, Windsor, CT

Stocker

September 2011-August 2014

- Worked as part of a team to ensure product was well stocked

Brockway and Smith (BROSCO), Hatfield, MA

January 2005-March 2011

- Promoted four times in the five years employed
- Responsible for training
- Managed up to 30 employees

Stop and Shop Company, Northampton, MA

Stop and Shop Stocker

January 2001-January 2005

- Delegated responsibilities to a team of 8 or more people as second in charge for all stocking completion on the night shift

Certifications/Skills

- Certified Single Pitch Instructor through the AMGA (American Mountain Guide Association)
- First Aid and CPR certified
- Certified as a coach through USAC (USA Climbing)
- Microsoft Office: Word, Excel, Powerpoint
- Google: Drive, Docs, Sheets, Slides, Forms
- Sheltered English Immersion Endorsement