

Keith Gosline, ACSM, LMT, CKTP,

1969 Summer Street
Falcon Heights, MN 55113
(651) 492-3477

Professional Experience

President and CEO, Personal Fitness Systems, Inc.
March 1997 – present

- Provide personal fitness training, massage therapy, and kinesio taping services for clients in corporations, schools, clinics, private homes, and fitness centers.
- While I began providing personal fitness training services in 1992, I created the PFS, Inc. in March 1997 and added the additional services as I received training and certification.

Director, Sister Rosalind Gefre School of Massage, St. Cloud, MN
August 2002 – September 2003

- Create a new, high-quality, efficient and profitable school of massage for the St. Cloud area through corporate planning, budgeting, instructor/student recruitment, marketing of massage services, and corporate goal creation and implementation.
- Teach science and hands-on courses, supervise table and chair massages performed by students, and supervise and advise instructors in their lectures and hands-on instruction.
- Perform table and chair massages.
- Develop, maintain, and implement mission statement, policies and procedures of the school.

Director, Sister Rosalind Gefre Schools and Clinic of Massage, Fargo, ND
February 2000 – August 2002

- Performed the same duties as above but in a pre-existing school and clinic environment.
- Initiated and oversaw the process of school accreditation (ACCSCCT) (IMSTAC).
- Assisted in revising state statutes in massage and reflexology with the ND of Massage and Reflexology boards.
- Expanded funding resources for students through state assisted programs.

Instructor, Professional Institute of Massage Therapy, Fargo, ND
August 1999 – February 2000

- Instructor for classes in kinesiology, gross anatomy, systems anatomy & physiology, nutrition, and business.

Customer Service Manager, Wal-Mart, Fargo, ND
June 1995-September 1998

- Supervised cashiers and operations of checkout lines, returns, layaway center, financial transactions in all areas of store, reconciled customer grievances, submitted reports of daily operations.

Weight Room Supervisor, West Acres Sports Center, Fargo, ND
January 1992 – December 1992

- Set up memberships, maintained equipment, developed exercise routines and supervised clients to ensure safety and prevention of injury.

Education and Training

- B.S., Physical Education, Fitness, and Sports Science, Moorhead State University, Moorhead, MN, May, 1998. Worked an average of 30 hours per week throughout schooling. Completed internships in cardiac rehabilitation, (Summer 1996 - 258 hrs), and exercise performance laboratory, (spring 1997 - 80 hrs).
- A.A.S., Accounting, Northwest Technical College, Moorhead, MN, November, 1998.
- Diploma, Accounting Microcomputer Specialist, Northwest Technical College, Moorhead, MN, November, 1994.
- Diploma, Massage Therapist, Sister Rosalind Gefre Schools and Clinics of Massage, Fargo, ND, 2002
- Diploma, Reflexology, Sister Rosalind Gefre Schools and Clinics of Massage, Fargo, ND, 2001.
- Licensed Massage Therapist, North Dakota 2002, Saint Paul, 2003, Roseville, MN 2004, Falcon Heights, MN 2008
- Licensed Reflexologist, North Dakota 2001-2010.
- American College of Sports Medicine (ACSM) Certified Health and Fitness Specialist (1999). re-certified until 2013.
- Certified Kinesio Taping Practitioner (CKTP) June 2010.