

## **Keith Gosline, ACSM HFS, LMT, CKTP,**

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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.

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 Certified Health and Fitness Specialist (ACSM HFS) since July 1999.
- Certified Kinesio Taping Practitioner (CKTP) since June 2010.
- Certified Advanced Myoskeletal Alignment Technique (MAT) practitioner since March 2011