

Vincent Doud

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515-729-6316

Authorized to work in the US for any employer

Work Experience

Personal Trainer

University of Iowa - Iowa City, IA

August 2018 to Present

Iowa

- Conducted fitness assessments, orientations, and health consultations while maintaining client confidentiality
- Designed individualized programs to meet the participant's interests, abilities and goals
- Used the appropriate exercise principles to develop client programs
- Educated participants on proper techniques to maximize safety and effectiveness
- Educated members and guests on fitness and nutrition related topics
- Attended workshops and education classes on fitness-related topics with Department Staff

Caterer/Server

University of Iowa Housing and Dining - Iowa City, IA

May 2016 to August 2019

Set-up and tear-down for events in excess of 400 people.

Table setting.

Buffet set-up, maintenance and tear-down.

Served meals.

Bussing.

Facility Attendant/Facility Manager

University of Iowa - Iowa City, IA

August 2017 to September 2018

Iowa

- Assisted in training and supervision of CRWC Facility Attendant and Member Services positions
- Enforced facility policies and procedures (accessibility issues, rules of activity, etc.)
- Carried out security measures (proper opening and closing duties, accountability for building keys, money handling, etc.)
- Responded to all building emergencies (accidents, injuries, inclement weather, etc.)
- Executed the set-up of activity areas for variety for internal and external groups (includes meeting rooms, volleyball nets, audio/visual, etc.)
- Provided support for special events
- Ensured outstanding customer service
- Worked cooperatively with other areas of the department to achieve established goals
- Promoted a safe, clean, functional, and marketable facility

- Lead facility tours

Fitness Center Attendant

Stuart Fitness Center - Stuart, IA

December 2011 to August 2019

Education

B.A. in Theatre Arts and Communication Studies in Theatre Arts and Communication Studies

The University of Iowa - Iowa City, IA

May 2019

Certifications and Licenses

Certified Personal Trainer

July 2018 to July 2020

American Counsel of Exercise

CPR/AED

April 2019 to April 2021

American Heart Association

driver's license



THE SERVICE
COMPANIES

SERVICE. ABOVE ALL

Name Vincent Dowd

Score 24 / 35

Servers Test

Multiple Choice

- d 1) Food is served on what side with what hand?
a) On the left side with the left hand
b) On the left side with the right hand
c) On the right side with the left hand
d) On the right side with the right hand
- C 2) Drinks are served on what side with what hand?
a) On the left side with the left hand
b) On the left side with the right hand
c) On the right side with the left hand
d) On the right side with the right hand
- d 3) Food and drinks are removed on what side with what hand?
a) On the left side with the left hand
b) On the left side with the right hand
c) On the right side with the left hand
d) On the right side with the right hand
- C 4) What part of a glass should you handle at all times?
a) The stem
b) The widest part of the glass
c) The top
- d 5) When you are setting a dining room how should you set up your tablecloths?
a) Neatly and evenly across the tables
b) The creases should all be going in the same directions
c) The chairs should be centered and gently touching the table cloth
d) All of the above
- A 6) If you bring the wrong entrée to a guest what should you do?
a) Go back into the kitchen and patiently wait in line behind the rest of the servers until it's your turn
b) Inform the guests that you will bring the correct entrée once everyone else in the dining room is served
c) Try to convince the guests to eat what you brought them
d) Go back into the kitchen to the front of the line and inform the expeditor that you need a different entrée

Match the Correct Vocabulary

- | | |
|--------------------------|---|
| <u>D</u> Scullery | <u>A</u> Metal buffet device used to keep food warm by heating it over warmed water |
| <u>G</u> Queen Mary | <u>B</u> Style of service where food is prepared or served individually at the dinner table to fit the customer's specific taste (i.e. providing dressing and pepper for salad or handing out bread to each patron) |
| <u>A</u> Chaffing Dish | <u>C</u> Used to hold a large tray on the dining floor |
| <u>B</u> French Passing | <u>D</u> Area for dirty dishware and glasses |
| <u>E</u> Russian Service | <u>E</u> Large metal shelving unit for prepared food to be held or for dirty trays to be stored |
| <u>F</u> Corkscrew | <u>F</u> Used to open bottles of wine |
| <u>C</u> Tray Jack | <u>G</u> Style of dining in which the courses come out one at a time |



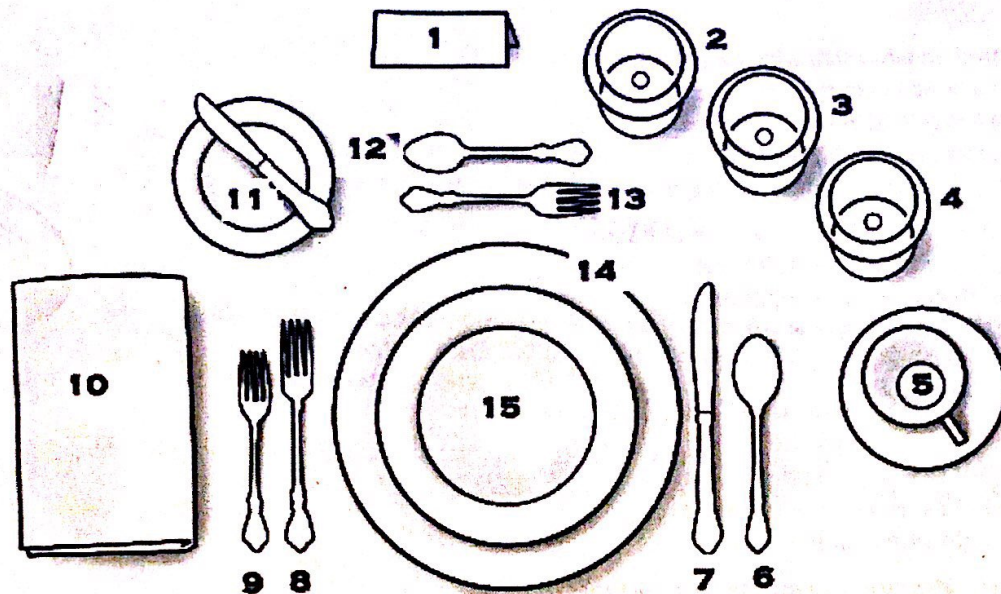
THE SERVICE
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SERVICE. ABOVE ALL

Name _____

Servers Test

Score / 35



Match the Number to the Correct Vocabulary

<u>10</u>	Napkin	<u>8</u>	Dinner Fork
<u>11</u>	Bread Plate and Knife	<u>5</u>	Tea or Coffee Cup and Saucer
<u>1</u>	Name Place Card	<u>7</u>	Dinner Knife
<u>12</u>	Teaspoon	<u>2</u> 4	Wine Glass (Red)
<u>13</u>	Dessert Fork	<u>9</u>	Salad Fork
<u>6</u>	Soup Spoon	<u>14</u>	Service Plate
<u>15</u>	Salad Plate	<u>3</u> 8	Wine Glass (White)
<u>4</u>	Water Glass		

Fill in the Blank

- The utensils are placed 1 1/2 inch (es) from the edge of the table.
- Coffee and Tea service should be accompanied by what extras? water & bev. refills Also Cream & sugar
- Synchronized service is when: All guests are served at once
- What is generally indicated on the name placard other than the name? Meal Selection
- ☒ The Protein on a plate is typically served at what hour on the clock? 10 o'clock 9-3
- If a guest asks for a specialty dinner (i.e. Gluten-Free or Vegetarian) you should do what immediately?
write it down & confirm it w/ the chef/expeditor