

Breneil Malcolm, PhD, MEd (they/them) | Fitness & Wellness Coach

Professional Summary

Fitness professional with 7 years of experience in the fitness and wellness industry. Experience working with a diverse range of clients through one-on-one, online, & group instruction bases. Utilizes a strong evidence-based approach to practice, specializing in strength-training and a biopsychosocial holistic wellness model.

Personal Information

breneil.com
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breneil.malcolm

Skills

CPR & AED
Program design
Wellness coaching
Fitness coaching
Basic nutritional coaching
Group fitness instruction
Critical thinking
Teaching
Leadership
Team player

Interests

Bodybuilding
Wellness training
The psychology of fitness
Diversity, equity, and inclusion
Research and design

Research & Design

Qualitative & quantitative
Mixed methodologies
Biopsychosocial fitness model
Sociopolitics of the body
The body as art and expression
The body as gender expression
The body as sexual expression

Work Experience

Athletic/Recreation Services Support for Fitness & Well-being — 9/2026-Present
Penn State Campus Recreation, University Park, PA
- Design health, fitness, and wellness programs using a biopsychosocial model
- Apply assessment equipment and technologies including EMS and bioimpedance testing

Board of Directors Chair of Finance & Development — 2/2026-Present
International Association of Trans Bodybuilders and Powerlifters, Atlanta, GA
- Lead education, athlete development, research, and organizational strategy within competitive strength sports
- Lead mixed-methods research on athlete development, coaching, inclusion, and participation through study design, assessment, and participant recruitment

Personal Trainer & Group Fitness Instructor — 5/2024-8/2025
Penn State Campus Recreation, University Park, PA
- Instructed various strength-training classes ranging from 5-30 diverse attendees
- Facilitated fitness branding presentation at meetings as part of professional development

Fitness Instructor — 1/2020-7/2023
St. George's University Fitness & Wellness, St. George, GND
- Instructed biweekly Butt Builder classes of 15-100 attendees with the goals of increasing gluteal strength and mass, facilitating fat loss, and enhancing endurance
- Led warmup sessions for biannual 5k Breast Cancer Run with 100+ participants

Founder & Coach, B.Authen.Fit — 11/2019-7/2023
St. George, GND
- Provided fitness and wellness support for 100+ clients from diverse backgrounds
- Created programs, including training plans and basic nutrition recommendations
- Managed online platforms, administration, and correspondence throughout coaching

Certifications

National Academy of Sports Medicine (NASM)

Certified Personal Trainer	2026-2028
(AFAA) Certified Group Fitness Instructor	2026-2028
Behavior Change Specialization	2026
Certified Wellness Coach	2022-2025

International Sports Sciences Association (ISSA)

Group Exercise Instructor	2024-2026
Certified Glute Specialist	2021-2026
Certified Personal Trainer	2020-2026

Education

PhD, Learning, Design, & Technology, Women's, Gender, & Sexuality Studies — 2026
Penn State, University Park, PA

MEd, Higher Education, Leadership (*Distinguished Graduate*) — 2021
American College of Education, Indianapolis, IN

BSc, Psychology (*summa cum laude*) — 2017
St. George's University, St. George, GND