

# BIG RED CARDINAL

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## EDUCATION

Lamar University  
Bachelor of Science, Exercise Science & Fitness Management  
*Minor: Health*

August 2018  
GPA 3.88

## RELEVANT COURSES/PROJECTS

Exercise and Aging, Health Promotion and Program Planning, Biomechanics, Special Topics, Nutrition, Exercise Physiology, Fitness Evaluation and Exercise Prescription, Clinical Aspects of Exercise

## CERTIFICATIONS:

First Aid, CPR, and AED  
Personal Trainer, **ACSM**

Expires: December 2013  
Valid December 2013

## FIELD EXPERIENCE

**Rosehill Residential Living Facility, Beaumont, TX**

*Intern*

- Created a dietary analysis and nutrition plan
- Created exercise prescriptions for middle aged and older adults through case studies
- Designed exercise prescriptions through case studies
- Developed a health promotion program to create awareness of strokes among seniors

## RESEARCH EXPERIENCE

Department of Health & Kinesiology, Lamar University, Beaumont, TX  
*Research Assistant*

September 2014- Present

- Responsible for the preparation of charts of research participants to include confide
- Assisted with collecting data and
- Experience with monitoring of vital signs and utilizing specific equipment to measure participants.

## RELEVANT EXPERIENCE

Lamar University, Beaumont, TX  
*Certified Peer Health Educator*

Fall 2013 – Current

- Developed projects targeting the college population about substance abuse, disease, smoking, etc.
- Designed health promotion programs to create awareness of health-related topics to present to LU students
- Created a one-day event to promote and raise mental health awareness

Pediatric Rehab of Texas/Pediatrics Plus, Beaumont, TX  
*Physical Therapy Tech*

January 2013- September 2014

- Application of physical therapy prescription as given by doctor or physical therapist including
- Entrusted to perform range of motion stretching, strengthening exercises for both upper and lower extremities and core, balance and proprioception training, and functional rehabilitation.
- Daily preparation of charts as well as progress tracking of each patient.
- Filing, scheduling, and preparation of billing sheets.

Vitamin World, Beaumont, TX  
*Manager*

June 2010-December 2013

- Oversee all aspects of daily operation of nutritional supplement retailer including scheduling and training.
- Monitored inventory, tracked ordering and assessed sales growth.
- Training and development of crew and management staff.