

CURRICULUM VITAE

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Academic Training

M.S. Exercise Science and Health Promotion
Exercise Physiology Track
Florida Atlantic University, 2010

B.G.S. Bachelor of General Studies
Concentrations in: Exercise Science, Biology, Political Science
Kent State University, 2008

Professional Employment

Florida Atlantic University

Instructor; Department of Exercise Science & Health Promotion
August 2012 –

Visiting Instructor; Department of Exercise Science & Health Promotion
August 2011 – August 2012

Adjunct Instructor; Department of Exercise Science & Health Promotion
May 2011 – August 2011

Graduate Assistant; Department of Exercise Science & Health Promotion
January 2009 – August 2010

Broward County Public Schools

Teacher; Hallandale Adult Community Center
August 2010 – June 2011

Teaching & Relevant Experience

Secondary School Teaching

Integrated Science I
Integrated Science II
Integrated Science I Lab
Integrated Science II Lab

Undergraduate Teaching

Health Fitness for Life
Exercise Leadership II
Advanced Methods of Strength & Conditioning
Introduction to Exercise Science & Health Promotion
Kinesiology
Management Principles in ESHP
Practicum Lab Component

Florida Atlantic University

Relevant Experience

Proficient in the use of the Bod-Pod, Metabolic Carts, Lactate Analyzers, Spirometers, and alternate methods of body composition.

Experienced in administering tests using the above equipment to a diverse population range, such as but not limited to Lactate Threshold Tests, RMR, and $\text{VO}_{2\text{max}}$ Tests.

Skilled in performing athletic strength, speed, and agility tests, as demonstrated by performing body composition analysis on athletes training for the NFL Combine, working with the FAU Men's Tennis Team, and numerous instructional duties with students.

Developed and implemented a lab component to the Practicum class. This was designed to give the ESHP seniors more experience with testing and lab equipment prior to their internship and introduce them to more advanced testing methods and equipment.

Maintained and calibrated lab equipment. Converted the underwater weighing tank from an analog scale to a digital scale, this involved wiring, programming, and designing the necessary equipment.

Professional Memberships

National Strength & Conditioning Association

2010 – Present

Southeast Chapter of the American College of Sports Medicine

2012 – Present

Licensure & Certifications

National Strength & Conditioning Association

Certified Strength & Conditioning Specialist

Florida Department of Education

Licensed Teacher, Biology 6-12

American Red Cross

Adult CPR/AED