

ANNA ATHLETE

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EDUCATION	Berry College , Mount Berry, Georgia, Anticipated Graduation: May 2018 Bachelor of Science, Exercise Science Major, Psychology Minor, GPA: 3.82/4.00
TRAINING	NSCA Certified Personal Trainer, AASDN Nutrition Specialist, CPR & AED Certification (Adult & Child), First Aid Certified, USAV IMPACT Coaching Certified
INTERNSHIP EXPERIENCE	Resurgens Orthopaedics Rehabilitation , Kennesaw, Georgia Intern, May 2017 – August 2017 <ul style="list-style-type: none">• Prepared upcoming therapy sessions by organizing location based on patient's needs• Helped patients move from area to area and watched their development over time• Observed transcutaneous nerve and electrical stimulation, ultrasound, traction and iontophoresis Floyd Medical Center – Outpatient Physical Therapy and Rehab, Rome, Georgia Physical Therapy Intern, July 2016 – August 2016 <ul style="list-style-type: none">• Observed Physical Therapists and assisted them in demonstrating therapeutic exercises to patients• Experienced and participated in the rehab of injured athletes at many age levels• Discussed various methods and long and short term outcomes with therapists
RELATED EXPERIENCE	Berry College Sports Medicine Department , Mount Berry, Georgia Personal Trainer Student Supervisor, August 2017 – Present <ul style="list-style-type: none">• Screen clients for CHD risk factors and contraindications to exercise through use of PARQ, medical questionnaires, and health evaluations.• Perform fitness/wellness assessments to assess client's health and training capabilities. Assessments included blood pressure, resting heart rate, body composition, Functional Movement Screens, strength and cardiovascular tests, and all entered into MicroFit software• Manage four other trainers assisting them in scheduling, exercise prescription, and workshop prep• Work with various populations (overweight, hypertensive, special populations (blind and amputee), injury recovery, back pain, strength development) and develop 7-week fitness plans to meet client's personal goals, health needs, and schedule Rome City School Physical Therapist , Rome, Georgia Team Member, January 2017 – May 2017 <ul style="list-style-type: none">• Attended monthly IEP meetings to learn diagnoses and worked with team to ensure compliance, confidentiality, and success• Shadowed orthotic fittings for children and kept journal with various perspectives Berry College Athletic Administration , Mount Berry, Georgia Athletics Concession/Game Day Staff, August 2016 – May 2017 <ul style="list-style-type: none">• Prepare concessions for on-campus sporting events such as football, basketball, and soccer• Attend the gate entrance to sporting events and admit entry to students, faculty, and visitors
ATHLETIC EXPERIENCE & LEADERSHIP	NCAA Division III Women's Volleyball , SAA Conference Champions, SAA All-Conference Team, SAA Defensive Player of the Week – 2016/2017; SAA Conference All-Tournament Team, 2017 Kinesiology Club , President, 2017 – Present, Plan/coordinate annual Color-Me-Berry 5K event Athletes Bettering the Community , November 2016 – Present The Free Clinic of Rome , Volunteer, August 2017 – Present Allied Health Club , September 2016 – Present