

EDUCATION

Bachelor of Science in Exercise Physiology

Brigham Young University-Idaho

July 2020
Rexburg, ID

- Emphasis: Program Design and Pre-Physical Therapy
- Related Courses: Anatomy and Physiology, Strength Training and Conditioning Theory, Speed and Agility Training, Sports Medicine, Kinesiology, Health Appraisal and Prescription
- Outdoor Activities Director
 - Planned logistics and budget for 20+ university-sponsored outdoor trips for students
 - Trained 30+ student volunteers to lead many diverse activities across Eastern Idaho

PHYSICAL THERAPY EXPERIENCE

Physical Therapy Intern | 100 Hours

Madison Memorial Hospital

April 2019 – July 2019
Rexburg, ID

- Provided therapists with logistical support for post-surgery evaluations, patient discharge assessments, and range of motion exercises
- Observed basics of wound care and pediatric therapy while simultaneously completing technician responsibilities

Physical Therapy Technician | 220 Hours

Kelly Hawkins Physical Therapy

June 2018 – August 2018
Las Vegas, NV

- Promoted timely recovery by addressing patients' needs and requests before and after therapy sessions
- Operated electrical stimulation and ultrasound machines, applied heating and ice packs, and performed muscular and joint massages under direction of therapists
- Monitored patient exercises and reinforced proper and safe form, technique, and equipment usage

ADDITIONAL WORK EXPERIENCE

Lead Career Preparation Mentor

BYU-I Career Center

April 2018 – April 2019 (Seasonal)
Rexburg, ID

- Conducted one-on-one appointments with 20+ students per week, which focused on principles of effective résumés, cover letters and job interviewing
- Acquired and utilized working knowledge of application guidelines in over 18 professional fields and adapted teaching style to students' field and level of understanding
- Spearheaded and managed career prep video tutorial project to better serve growing online student population
- Planned training meetings, managed schedules, and conducted performance reviews for 12 student employees
- Instilled self-sufficiency and excitement in students by tools for continuous career marketability amid an ever-changing, highly-competitive job market

VOLUNTEER EXPERIENCE

Full-time Volunteer Representative

The Church of Jesus Christ of Latter-day Saints

May 2016 – May 2018
Rochester, NY

- Created weekly statistical reports for headquarter office, using Microsoft Excel, which evaluated team performance and identified future training needs
- Organized 3-hour training meetings with 120 full-time volunteers per month for 7 months
- Trained other full-time volunteers regarding principles of short and long-term goal setting

Eagle Scout Award Recipient

Boy Scouts of America

September 2015
Renton, WA

- Coordinated 25 volunteers and the Renton Parks Department on beautification project in the city's oldest park
- Increased productivity and collaboration by dividing volunteers into 3-4 member teams and delegated work loads