**Evan Exercise**

Evan.exercise987@topper.wku.edu | (706) 542-5555 | @evanworksout

# OBJECTIVE

Obtain an internship with Velocity Sports Performance Group to apply my research experience and expand my knowledge in the field of exercise science and sports medicine.

# EDUCATION

**Western Kentucky University** Bowling Green, KY

*Bachelor of Science in Education* May 2023

**Major**: Exercise and Sport Science GPA: 3.80/4.00

# SHADOWING EXPERIENCE

**WKU Career Center Education Excursion** Bowling Green, KY

*Shadowing* March 2022

* Explored healthcare careers with professional networking visits to the Kentucky Department of Public Health, Shepherd Center, and Children’s Healthcare of Frankfort
* Attended 3 panels with public health professionals, physical/occupational therapists, speech language pathologists, rehabilitation therapists, and child life specialists
* Gained insight regarding collaborative and interdisciplinary approaches to healthcare
* Accompanied professionals on site tours and observed daily protocol, patient interactions, and use of assistive technology and rehabilitative devices

**WKU Sports Care Center and Rehab**Bowling Green, KY

*Shadowing* August 2021 - May 2022

* Assisted patients in 1-hour appointments with stretching and exercises for 15 hours weekly
* Recorded and filed daily logs of patients’ activities and progress
* Prepared patients and equipment for electrical stimulation treatments
* Applied ice, heat packs, and proper wrappings for patients

**RESEARCH EXPERIENCE**

**Non-Invasive Exercise Muscle Physiology Lab** Bowling Green, KY

*Research Assistant* August 2022 – Present

* Study how activity and inactivity influence health of people with chronic diseases
* Gather arm and leg cardiovascular measurements to determine muscle blood flow
* Use equipment to assist electrical stimulation training of people with spinal cord injuries

# LEADERSHIP EXPERIENCE

**WKU Sport Management Club** Bowling Green, KY

*President* January 2022 - Present

* Lead 75+ members in bi-weekly meetings through industry discussions
* Recruit club members and appoint all 5 officer positions
* Oversee fundraising efforts with a team of 4, raising $300 per semester
* Write and send weekly emails to Correspondence Officer for distribution to club members

*Member* August 2020 - Present

* Build relationships with local business leaders in the sports management field
* Network with professionals in the field by attending bi-monthly Networking Nights

**Warren County Parks and Recreation** Bowling Green, KY

*Basketball Camp Coach/Coordinator* May-July, 2021 - 2022

* Instructed 60-70 1st – 9th grade athletes on skills development for 10-12 hours weekly
* Designed 90-minute interactive sessions to help youth understand safe techniques
* Collaborated with 4 coaches in a team-related environment
* Created camp schedules for distribution to coaches, referees, and volunteers