

Camille D. LeCompte

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EDUCATION

Bachelor of Science: Exercise Physiology

May, 2018

Ohio University, College of Health Sciences and Professions

Athens, OH

- Minor: Biology
 - GPA: 3.2
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RESEARCH EXPERIENCE

Pediatric Exercise Physiology Service Learning Project

Spring 2018

Ohio University

Conducted research on adolescent swimmers. The purpose of this study was to determine if there is a relationship between swimming experience, technique and speed.

Pediatric Exercise Physiology Physical Fitness Assessment

Spring 2018

Ohio University

Complete a health related physical fitness assessment on prepubescent children. Through this study an adolescent specific testing protocol was developed and implemented for the five areas of physical fitness. Work included data collection, interpretation and reporting.

PROFESSION EXPERIENCE

Alexander High School Junior Varsity Volleyball Coach

2016-2018

Albany, OH

I planned and executed skilled based practices in order to help improve the athlete's overall performance on and off the court. I developed and implemented a preseason conditioning regimen that addressed the major aspects of volleyball which include, core strength, agility, vertical power, and leg strength. I also developed a team dynamic between JV and Varsity to allow for peer criticism, self-correction of errors and positive reinforcement to develop trust on and off the court.

South East Volleyball Club 13's

2017-2018

Athens, OH

Conduct skills based practices that focus on the development of skills that can be transferred to other sports. I implement fun games that work on agility, core strength, endurance, and

acceleration and deceleration. My goal with this team is to provide an atmosphere that is competitive but still fun and will keep the girls interested in playing.

Adolescent Physical Therapist Intern

Summer 2017

Camden, DE

While shadowing a Pediatric Physical Therapist in a School setting I gained hands on experience working with special needs children. I helped the children work on core strength and other deficits in a playful manner that aided their ability to focus and function in school.

Premier Physical Therapy and Sports Performance

2015-Present

Dover, DE

I aid patients in completing exercises meant to better their overall physical health and strengthen and muscular deficits.

WellWorks Risk Reduction Personal Trainer

2016-Present

Athens, OH

I work with clients who are at a greater risk of developing cardiovascular disease that want to better their overall health through exercise and goal setting.

TEACHING EXPERIENCE AND OUTREACH

Office for Multicultural Student Access and Retention

2015- 2017

Ohio University

Peer Mentor

Assisted freshman with similar majors in finding and obtaining on campus resources and provided tutoring assistance in entry level Biology, Chemistry, Algebra, and Exercise Physiology courses.

RELAVENT COURSEWORK & SKILLS

- Pediatric Exercise Physiology
- Biomechanics and Applied Kinesiology
- Exercise Physiology
- Exercise Testing and Prescription
- Biomechanics and Applied Kinesiology
- Exercise Physiology Cardiovascular Assessments
- Motor Development
- Ex Physiology in Special Populations
- Child and Adolescent Psychology

- American Sign Language
- Health Insurance Portability and Accountability Act of 1996 training
- First Aid and CPR
- Microsoft Excel, Word, PowerPoint
- Leadership and Service Certificate

REFERENCES

Dr. Cheryl Howe

Ohio University

1 University Terrace, Grove Center E154

Athens, OH 45701

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Mr. Wayne Woodzell

Premier Physical Therapy

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Mrs. Nikki Ohms

Alexander High School

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