

## **Fallon First-Year**

10 Kinesiology Avenue, Amherst, MA 01003  
(413) 413-4134 | fallonfirstyear@umass.edu

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### Education

#### **Bachelor of Science in Kinesiology**

University of Massachusetts Amherst, Amherst, MA - May 2027  
Certifications: CPR/AED, American Red Cross, expires March 2023

#### **High School Diploma**

Mallya Aditi International School, Bangalore, India - June 2023  
Indian CGPA: 8/10 = U.S. GPA 3.3

### Coaching Experience

#### **Assistant Coach of 12-under Tournament Team**

Bangalore Youth Football League (BYFL), Bangalore, India – June to August 2023

- Coordinated and facilitated practices and tournaments efficiently
- Provided positive mentorship and role modeling behavior
- Educated young children on fundamentals of sports and sportsmanship behavior
- Interacted energetically with diverse group of parents and kids (24-28 children)

### Additional Experience

#### **Sales Representative**

Mattingly Sports, Bangalore, India – March to July 2022

- Organized and attended sponsored clinics
- Sold Mattingly equipment at booths, tournaments and clinics
- Researched and contacted possible teams for hopeful sponsorships
- Made sales calls to prospective clients and shipped out orders efficiently

### Community Involvement

#### **Dancer**

Dhadak Fusion Dance Team, University of Massachusetts Amherst, Amherst, MA - September 2023 to Present

- Collaborate with 12-17 team members to choreograph dance numbers set to music
- Promote cultural diversity and healthy and active lifestyle by performing in front of audiences on campus and at local elementary schools

### Additional Skills

Native fluency in Kannada, Tamil, English and Hindi languages

Proficient in Microsoft Word, Excel, and PowerPoint, Google Docs, Instagram, Apple iMovie

## SKYLAR SOPHOMORE

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### EDUCATION

**Bachelor of Science in Kinesiology**, University of Massachusetts Amherst, MA May 2026  
Individual Concentration in Civic Engagement and Health Care Systems  
Certifications: First Aid /CPR/AED Adult and Child, American Red Cross, expires June 2020  
Language Skills: Bilingual English/Spanish and basic conversational Arabic

**High School Diploma**, Northwestern Regional #7 High School, Burlington, MA June 2022

### KINESIOLOGY EXPERIENCE

**Lab Assistant**, Physical Activity/Nutrition in Children Laboratory, UMass Amherst May – Aug. 2023

- Performed and observed experiments involving child participation in physical activity using community-based intervention and conducted literature reviews
- Recorded and analyzed data collected from interventions
- Researched information on physical activity and childhood obesity prevention

**Team Member**, Body Shop Fitness Center, UMass Amherst Sept. – Dec. 2022

- Managed office data and helpdesk while simultaneously offering exemplary customer service
- Organized, sanitized and maintained exercise equipment in proper working order
- Ensured safety of gym members, provided instruction on equipment usage and lifting techniques

### ADDITIONAL EXPERIENCE

**Career Ambassador Peer Advisor**, Office of Career Services SPHHS, UMass Amherst Sept. 2023-Present

- Deliver thoughtful resume, cover letter, and personal statement critiques to peers both in person and via email
- Introduce students to materials and resources available for career planning and exploration
- Demonstrate how to use internships and jobs database

**"Kids to College" Initiative Coordinator**, Health Center Internship, Holyoke, MA Jan. 2021-Present

- Create sustainable program that aids in Holyoke Health Center adolescent patients' graduation from high school and promotes interest in college
- Assist in student's college and career preparation by proofreading essays and applications

**Faculty/Tutor Counselor Intern**, Upward Bound Summer Academy Program, Gill, MA June – July 2020

- Instructed Biology II course: prepared lesson plans, created tests and quizzes, graded papers, conducted demos and laboratory experiments
- Facilitated tennis elective where students learned fundamentals of sport

## JORDAN JUNIOR

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### EDUCATION

**Bachelor of Science in Kinesiology** – University of Massachusetts Amherst – 05/25

Commonwealth Honors College, GPA 3.5

Relevant Coursework: Anatomy and Physiology I & II, Clinical and Public Implications of Obesity, Human Nutrition and Performance, Motor Control, Biomechanics

Certifications: First Aid /CPR/AED Adult and Child, American Red Cross, expires June 2023

### KINESIOLOGY EXPERIENCE

**Lab Assistant** - Physical Activity Laboratory, Dept. of Kinesiology, UMass Amherst – 06/23 to 08/23

- Performed and observed experiments involving child participation in physical activity using community based intervention
- Recorded and analyzed data collected from interventions
- Researched information on physical activity and childhood obesity prevention

**Team Member** - Body Shop Fitness Center, UMass Amherst – 09/21 to 12/22

- Managed helpdesk while offering exemplary customer service and inputting membership and office data accurately
- Organized and maintained equipment for future use
- Ensured safety of gym members while exercising and using equipment

### LEADERSHIP EXPERIENCE

**Varsity Swim Team, College Swimming Coaches Association of America (CSCAA) All-Academic Team**

- UMass Amherst Swimming and Diving – 09/21 – Present

- Devote 35+ hours per week to athletics in addition to holding full-time student status
- Exercise leadership skills along with practicing self-discipline in and out of pool
- Practice excellent teamwork skills and strong work ethic by promoting camaraderie
- Demonstrate commitment and responsibility toward fellow players and coaches through genuine respect and dedication

### VOLUNTEER EXPERIENCE

**Associate Coordinator** – BOLTWOOD Project, UMass Amherst – 09/21 to Present

- Provide administrative oversight for student-run civic engagement and leadership program
- Organize weekly enrichment activities and socialization games for adults and children who are intellectually or physically challenged

**Member** – Community Scholars Program, UMass Amherst – 09/22 to 12/22

- Advocated for social change projects throughout western Massachusetts in collaboration with team of 12 students and community members

## Sydney Senior

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### Education

University of Massachusetts Amherst

**Bachelor of Science in Kinesiology** (5/24)

Cumulative GPA 3.2

Syracuse University Comparative Health Policy Program

**International Healthcare Systems study abroad Kenya** (1/22)

### Certifications and Affiliations

ACE Personal Trainer

American Fitness Professionals & Associates, member

AFPA Personal Trainer

American Council on Exercise, member

American Red Cross First Aid/CPR/AED

### Research Experience

Minority Health International Research Program, Brown University, Providence RI

**Research Assistant** (5 – 8/23)

- Performed isolation of Peripheral Blood Mononuclear Cells from peripheral blood to screen for aflatoxin B1 biomarker in hepatitis B or C positive patients and patients clinically diagnosed with hepatocellular carcinoma in Ghana
- Recruited participants for aflatoxin-liver disease study
- Conducted interviewer-administered questionnaires with study participants
- Collaborated with health professionals to review medical records of patients
- Demonstrated critical thinking and problem-solving skills during cell counting
- Executed following biomedical techniques: immunoblotting/SDS PAGE, Polymerase Chain Reaction, Gel Electrophoresis, Tissue culture

### Kinesiology Experience

YMCA, Greenfield, MA

**Assistant Fitness Instructor** (part time, 6/22 – Present)

- Conduct fitness assessments and evaluation sessions for members
- Develop personal exercise programs based upon fitness assessment
- Advise members on correct method of exercising with weightlifting equipment, exercise bikes, treadmills and other exercise machines
- Supervise progress and provide additional guidance as needed
- Counsel clients and provide suggestions regarding diet and nutrition
- Provide assistance to front desk, set appointments and respond to general inquiries about facility in professional and courteous manner

24-Hour Fitness, Orange, MA

**Fitness Training Intern** (5 – 9/23)

- Developed individual weight-lifting fitness plans for gym members
- Demonstrated safe and proper weightlifting techniques
- Inspected gym equipment and scheduled maintenance as needed