

Fallon First-Year

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

Education

Bachelor of Science in Kinesiology

University of Massachusetts Amherst, Amherst, MA - May 2024
Certifications: CPR/AED, American Red Cross, expires March 2022

High School Diploma

Mallya Aditi International School, Bangalore, India - June 2020
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 2020

- 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 2020

- 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 - Sept. 2020 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

References Available Upon Request

SKYLAR SOPHOMORE

413-413-4134, skylarsophomore@umass.edu

EDUCATION

- Bachelor of Science in Kinesiology**, University of Massachusetts Amherst, MA May 2023
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 2019

KINESIOLOGY EXPERIENCE

- Lab Assistant**, Physical Activity/Nutrition in Children Laboratory, UMass Amherst May – Aug. 2020
- 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. 2019
- 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

- "Kids to College" Initiative Coordinator**, Health Center Internship, Holyoke, MA Jan. 2019 – 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
- Career Ambassador Peer Advisor**, Office of Career Services SPHHS, UMass Amherst Sept. 2020 – 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
- Faculty/Tutor Counselor Intern**, Upward Bound Summer Academy Program, Gill, MA June – July 2019
- 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

413-413-4134 • Jordanjunior@umass.edu • www.linkedin.com/in/JJunior

EDUCATION

Bachelor of Science in Kinesiology – University of Massachusetts Amherst – 05/22

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 2022

KINESIOLOGY EXPERIENCE

Lab Assistant - Physical Activity Laboratory, Dept. of Kinesiology, UMass Amherst – 06/20 to 08/20

- 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 – 09/19 to 12/19

- 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 – 09/17 – 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 – 09/20 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 – 09/19 to 12/19

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

Sydney Senior

10 Kinesiology Avenue
Amherst, MA 01003

413-413-4134
sydneyseunior@gmail.com

Education

University of Massachusetts Amherst
Bachelor of Science in Kinesiology (5/21)
Cumulative GPA 3.2

Syracuse University Comparative Health Policy Program
International Healthcare Systems study abroad Kenya (1/20)

Certifications and Affiliations

ACE Personal Trainer
AFPA Personal Trainer
American Red Cross First Aid/CPR/AED
American Fitness Professionals & Associates, member
American Council on Exercise, member

Research Experience

Minority Health International Research Program, Brown University, Providence RI

Research Assistant (5 – 8/20)

- 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, 6/20 – 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
- Assist with cleaning and proper sanitation of equipment and general maintenance
- 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 – 9/19)

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

Orange Recreation Department, Orange, MA

Summer Tennis Instructor (5 – 8/18)

- Administered tennis lessons to children and teens ages 10–18
- Modified lessons to meet individual's needs and skill level
- Utilized organizational skills in planning and implementing summer tournaments