

Victoria Smith

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EDUCATION

Elon University, Elon, NC

May 2022

Bachelor of Science: Exercise Science; Minors: Public Health Studies and Psychology

GPA: 3.51

Study Abroad: Ghana, Africa

January 2020

CERTIFICATIONS

- AFAA Certified Personal Trainer
- Red Cross Certified in CPR and First Aid for past 8 years

RESEARCH EXPERIENCE

Examining the myPlaybook Initiative: A Correlational Epidemiological Case Study on Collegiate Substance Abuse and NCAA Athletes Spring 2019-present

Conduct original research initiative evaluating the myPlaybook substance education initiative and its impact on factors that influence high-risk alcohol use in NCAA athletes at Elon

CLINICAL EXPERIENCE

Stewart Physical Therapy, Burlington, NC

Spring 2020-Present

- Assist with daily activities including preparation of modalities for patients, stretching patients, guiding patients through daily treatments, and documenting progress for patients

Alamance Chiropractic, Burlington, NC

Summer 2020

- Observed the daily workings of a privately owned clinic
- Received firsthand experience with chiropractic clinic, massage therapy and acupuncture

Alamance Regional Medical Center Pediatric Physical Therapy, Burlington, NC

Summer 2019

- Facilitated motor development in children who suffer from illnesses including cerebral palsy, spina bifida, or torticollis through treatments such as balance training, functional skills training, or gait training

Alamance Regional Medical Center Cardiac Rehabilitation Clinic, Burlington, NC

Spring 2019

- Monitored patients during daily workout routine by taking pulse and recording vital signs
- Developed and walked patients through a core exercise routine and cool down

LEADERSHIP & CAMPUS INVOLVEMENT

Campus Recreation, Elon University

Spring 2019-Present

Team Leader of Fitness, Personal Trainer

- Hire, train, supervise and evaluate 20+ student employees focusing on creating a diverse staff; supervise fitness area and enforce gym policies
- Assist participants in proper technique or spotting
- Act as a personal trainer and work with clients to help them achieve fitness goals

Exercise Science Society, Elon University - *Secretary*

Spring 2019-Present

Koenigsberger Learning Center, Elon University - *Anatomy Tutor*

Fall 2019

- Tutored and advised students in Human Anatomy
- Explained and provided support to students for PRIMAL 3D anatomy software

Elon African Society, Elon University – *Vice President*

Fall 2020-Present

- Facilitated virtual meetings with executive board members and constituents in absence of the president
- Planned programming activities for the Winter and Spring 2021 semesters
- Delegated responsibilities and engaged in conflict management to achieve organizational goals