**EDUCATION
University of Arkansas** – Fayetteville, AR **Aug 2018**

Masters in Kinesiology

**Ouachita Baptist University** – *Arkadelphia, Arkansas* **May 2016**

Bachelor of Arts:Pre-Professional Kinesiology

**PrepMD November 2022**

Completed the PrepMD cardiac device and technical training focusing on cardiac rhythm management, electrophysiology, structural heart and interventional cardiology.

**EXPERIENCE**

**Cardiac Rehab Exercise Physiologist**

**Baptist Health North Little Rock – North Little Rock, Arkansas** Dec 2021-present

* Conducts education sessions for cardiovascular exercise and other therapy as needed.
* Develops curriculum and prepares lesson plans for individual and group education.
* Operates long term within the guidelines and practices of the American College of Sports Medicine, and American Association of Cardiovascular and Pulmonary Rehab.

**Emergency Department Technician – Searcy, Arkansas** Jun 2021-Dec 2021

**Unity Health hospital of Searcy**

* Assist emergency department nurses and doctors with non-medicine related nursing skills.
* Common tasks include, performing EKGs, lab draws, insertion of foley catheters, applying splints, assist during codes, and other nursing tasks.

**Rehabilitation Therapy Technician**

**HEALTHSOUTH Rehabilitation Hospital of Texarkana –** *Texarkana, Texas* Aug 2016 – July 2017

* Assist rehabilitation nurses and therapists with rehabilitation treatment and patient care according to hospital, state, professional and federal regulations and guidelines.
* Requires effective communication skills for working with patients, families, caregivers, and departmental and interdepartmental relationships.

**Laborer** Jan 2007 – present **Heritage Constructors –** *Texarkana, Texas*

* Prepare sites to ensure maximum optimization of construction work procedures
* Customer service answering phones and other miscellaneous office duties as assigned

**Baseball Coach/Exercise Coach**  May 2013-August 2017

* Coached a summer baseball team and lead the team in summer workouts to help prepare them for the rigorous life of being a student athlete.

**Substitute Teacher – Pleasant Grove Independent School district** August 2016 – July 2017

* To fill in for sick or unavailable teachers for grades k-12.

**Student Leader – WOW and NSR Leader** August 2014, 2015  **Ouachita Baptist University –** *Arkadelphia, Arkansas*

* Foster a positive transition to campus life for new students by creating an atmosphere in which students can get to know each other and feel comfortable interacting with each other

**Certifications**

* ACSM Certified Exercise Physiologist
* CPR/BLS, and ACLS certified
* Certified lifeguard

**INVOLVEMENT**

* Ouachita Baptist University Baseball Student Athlete, 2012-2016
* Recipient of the Jerry Forehand Recognition Award to the Sr. Athlete displaying outstanding character, leadership and dedication through participation in their sport.
* Kinesiology Club Member, 2012-2016
* Mu Alpha Theta Math Honor Society Member, 2011-2012
* Phi Epsilon Kappa Honor Society Member, 2015-2016
* Kappa Chi Social Club, 2013-2016
* Eagle Scout, 2007

**VOLUNTEER**

* Ouachita Baptist University Special Olympics Volunteer, 2012 - 2016
* Ouachita Baptist University Tiger Serve Day
* Habitat for Humanity
* Women’s Domestic Violence Center
* Coordinated a cleanup of the spillway at a local Texarkana park. Led a team of roughly fifty volunteers to remove the debris from the spillway, rebuild and paint the foot bridge, remove the graffiti and beautify the entryway.
* Over 120 physical therapy observation hours