

Two Resumes below:

- Danielle Noble
- Whitney Hammonds

DANIELLE NOBLE

(440) 242-8885 - dnoble1995@outlook.com

CURRENT ADDRESS | 36874 Chestnut Ridge Road North Ridgeville, OH, 44039

EDUCATION

BOWLING GREEN STATE UNIVERSITY | Bowling Green, OH May 2017

College of Education and Human Development

Bachelor of Education in Exercise Science

Magna Cum Laude

OHIO UNIVERSITY | Athens, OH August 2018

College of Health Sciences and Professions

Master of Science in the Clinical Physiology of Exercise

Master's Project: Exercise Testing and Prescription in Individuals with Valvular Heart Disease

CLINICAL EXPERIENCE

UNIVERSITY HOSPITALS ST. JOHN MEDICAL CENTER May 2018-August 2018

Cardiopulmonary Rehabilitation: Clinical Exercise Physiologist Intern

- Completing 600 hours of direct patient contact
- Administered exercise tests and assessments to determine the appropriate aerobic intensity for patients exercise prescription
- Developed individualized exercise prescriptions to strengthen the lifestyles of those with chronic disease and disorders
- Educated patients about proper nutrition and exercise habits adhering to current guidelines
- Conducted measurements and evaluations of exercise-related outcomes to progress treatment plans

OHIO HEALTH O'BLENESS HOSPITAL July 2017-May 2018

HeartWorks Cardiopulmonary Rehabilitation: Clinical Exercise Physiologist Intern

- Completed 75 hours of direct patient contact
- Measured and monitored vitals including heart rate, pulse oximetry, and blood pressure along with signs and symptoms of impending emergencies
- Developed exercise prescription including progression of individualized treatment plan, demonstrated and taught various strength and flexibility exercises
- Instructed patients on proper electrode placement for accurate telemetry monitoring

OHIO UNIVERSITY August 2017-December 2017

Well-Works: Wellness Coach Intern

- Completed 45 hours of direct client contact
- Multitasked health promotion and education administration responsibilities
- Provided a continuum of lifestyle services for at-risk individuals in the risk-reduction program
- Redefined the design of the practicum for the next group of students

BLANCHARD VALLEY HOSPITAL January 2017-May 2017

Cardiopulmonary Rehabilitation: Clinical Exercise Physiologist Intern

- Completed 600 hours of direct patient contact
- Safely lead, instructed, and monitored patients through progressive exercise regiments

- Evaluated exercise responses and expanded skills to proficiently interpret exercise electrocardiograms
- Studied the impact of stress on the cardiovascular system along with yoga poses designed to strengthen the cardiovascular system
- Promoted and lead stress reduction yoga classes tailored to a clinical population

PROMEDICA FLOWER HOSPITAL

January 2016-May 2016

Cardiopulmonary Rehabilitation: Clinical Exercise Physiologist Intern

- Completed 135 hours of direct patient contact
- Enhanced interpersonal and professional communication skills
- Provided exercise leadership and counseled patients on lifestyle modifications and take-home exercises
- Obtained resting and exercise heart rate, blood pressure, pulse oximetry, and rate of perceived exertion values

TEACHING EXPERIENCE

OHIO UNIVERSITY

August 2017-May 2018

School of Applied Health Science and Wellness

Graduate Teaching Assistant – American Heart Association Basic Life Support Instructor

- Successfully organized and conducted course components for the BLS program including lecture, skill demonstration and practice, class activities, and situational scenarios
- Educated students on the skills needed to perform high quality First aid, CPR and AED services
- Oversaw the progress of students throughout the course, and provided corrective feedback and encouragement consistent with lesson materials

FIELD-RELATED SKILLS

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| <ul style="list-style-type: none"> • Blood Pressure Measures • Electrocardiogram interpretation • BodPod Body Composition Analysis • Anthropometric Measurements (Skinfolds, BIA) • New Patient Orientation and Assessment • 12-lead Electrocardiogram Hookup | <ul style="list-style-type: none"> • Proficient in ScottCare Cardiovascular Solutions • Various Flexibility and Strength Measures • Operate ParvoMedics, MedGem, MGC Diagnostics Metabolic Analyzers • Exercise Testing and Prescription • Proficient in Microsoft Word, Excel, and PowerPoint |
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CERTIFICATIONS/AFFILIATIONS

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| • American Heart Association Basic Life Support Instructor | Expiration July 2019 |
| • American Heart Association Basic Life Support Provider | Expiration July 2019 |
| • American College of Sports Medicine Certified Clinical Exercise Physiologist | Expected August 2018 |
| • American College of Sports Medicine Member | April 2018-Present |
| • Inclusive Leadership | May 2017 |

RELEVANT COURSEWORK

- Electrocardiogram Interpretation and Medications
- Advanced Physiology of Exercise and Metabolism
- Special Topics in Clinical Exercise Physiology
- Advanced Biomechanics
- Patient Centered Practice in Clinical Exercise Physiology
- Exercise Testing and Prescription for Special Populations
- Nutrition for Sport and Fitness
- Psychological Aspects of Exercise and Fitness
- Research Methods and Statistics
- Organization and Administration of Exercise Programs
- Advanced Laboratory Techniques
- Structure and Function of Human Movement
- Motor Learning and Development
- Medical Terminology
- Fitness Leadership
- Sports Conditioning
- Drug Use and Abuse

SERVICE

PHI EPSILON KAPPA | Kinesiology Club

August 2013-May 2017

- Provided academic leadership, networking, along with extracurricular and service opportunities
- Furthered knowledge in the Kinesiology field by executing activities dealing with various aspects of human movement

ALPHA LAMBDA DELTA-PHI ETA SIGMA | National Honor Society

January 2014-May 2017

- Encouraged superior academic achievement and promoted intelligent living along with a continued high standard of learning
- Focused on academic scholarship, leadership, and community service

FRIENDS OF THE WOOD COUNTY HUMANE SOCIETY

August 2016-May 2017

- Dedicated to furthering the Wood County Humane Society through volunteering and fundraising
- Devoted to improving the well-being and safety of animals in the Bowling Green area by providing care for the animals

REFERENCES | AVAILABLE UPON REQUEST

Whitney Hammons
2813 Sandersville Road #120
Lexington, Kentucky 40511
whitney_hammons11@eku.edu
(606) 595-0901

EDUCATION AND CERTIFICATIONS:

Eastern Kentucky University, Richmond, Kentucky

- Master of Science in Physical Education with a concentration in Exercise Science and Wellness. Graduated in May 2016.

University of Kentucky, Lexington, Kentucky

- Studied Exercise Physiology. Attended from August 2013-December 2014.

Eastern Kentucky University, Richmond, Kentucky

- Bachelor of Science in Psychology. Graduated in May 2013.

National Strength and Conditioning Association

- Certified Personal Trainer.

American Heart Association

- Basic Life Support CPR and AED
- Advanced Cardiac Life Support

ACADEMIC EXPERIENCE:

- **KHP 600: Exercise Stress Testing and Prescription**---Introduced the knowledge required for the administration of an exercise stress test with implications for writing an exercise prescription.
- **KHP 640: Laboratory Methods in Exercise Science**---Introduced measurement techniques used in exercise science.
- **KHP 620: Advanced Exercise Physiology**---Aimed at the development of in-depth understanding of the acute and chronic adaptations of the human body to the stress of exercise.
- **KHP 550: Principles of Resistance Training**---Addressed the fundamental principles of exercise science specifically as they relate to the conditioning of athletes.

WORK EXPERIENCE:

KentuckyOne Health, Exercise Physiologist, Lexington, Kentucky

- Developed individual exercise prescriptions and treatment plans. In addition, I assisted with patient assessments, running cardiac rehab classes, healthy lifestyle education, and ECG monitoring.
- December 2016-Present

Wallingford Broadcasting, Social Media Director/Assistant to the Operations Manager, Richmond, Kentucky

- Executed the elements necessary to broadcast live sporting events as well as Sunday morning gospel programming. In addition, I am responsible for the upkeep of our social media sites as well as assisting the operations manager.
- August 2010-Present

OTHER EXPERIENCES:

Gill Heart Institute: Cardiopulmonary Rehabilitation, Exercise Physiology Intern, Lexington, Kentucky

- Assisted with the development of patient exercise prescriptions and individual treatment plans as well as taking patient vitals, 3 lead ECG and tele-monitoring, 6-minute walk tests, strength training, and balance assessments.
- August 2015-November 2015.

University of Kentucky, Research Assistant, Lexington, Kentucky

- Assisted with the placement of 12-lead EKG electrodes, DEXA scans, and submaximal graded exercise testing.
- October 2014-January 2015.