

Isabella Garcia

Stillwater, Oklahoma

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SUMMARY

Seeking position as Exercise Physiologist in a Sports Training facility.

Ability to perform fitness and stress tests as well as measure blood pressure, oxygen, and heart rhythm.

EDUCATION

Bachelor of Science in Applied Exercise Science

Pre-Professional Option

Oklahoma State University – Stillwater, Oklahoma

Anticipated May 2020

CERTIFICATIONS

CPR Certification

Personal Trainer Certification

EXPERIENCE

Internship

Spring 2019

Mercy Health Systems – Edmond, Oklahoma

- Perform fitness tests, measure blood pressure and other health indicators.
- Work with patients to develop exercise programs to improve health.
- Record patient information and complete medical reports for Primary Physician.

Observation

November 2018

Mercy Health Systems – Edmond, Oklahoma

- Observed Exercise Physiologist and Primary Physician working with patients of all ages.
- Assisted with stress test and learned how to read results and work with medical equipment.
- Helped patients with paperwork and visited with them between appointments.

Volunteer

Dates

Hillside Retirement Community – Sooner, Oklahoma

- Designed and instructed exercise classes to engage the senior population.
- Performed fitness tests and advised individuals of results which included an action plan for healthier living.