

## Sally Student

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### QUALIFICATION PROFILE

- All pre-requisites completed with 3.9+ GPA
- Three year CNA experience while maintaining full time student status
- Averaging 20+ hours at hospital with 15-19 hour course load
- Top student ranking among class of X students

### EDUCATION

Appalachian State University, Boone, NC  
*Bachelor of Science* – Health Promotion  
Minor: Exercise Science; GPA: 3.94

May 2007

### PATIENT EXPERIENCE

CNA

Watauga Medical Center, Boone, NC

December 2003 - Present

- Employed in Med-Surg department, floated to IMCU, ICU, Pediatrics, and Birthing Center
- Assist patients in rehabilitation programs, measuring input and output, and documenting all changes in vital signs, skin color, behavior, eating habits, etc.
- Aid nurse with pre-op and post-op patient assessments
- Shadowed CRNA in operating room
- Experience in caring for special populations such as geriatrics, mentally challenged patients, patients with CVA, CHF, COPD, cerebral palsy, amputated limbs, dementia/Alzheimer's disease, etc.

### RESEARCH and RELATED PROJECTS

- Wellness Facility Proposal, included assessing the need for a specific wellness facility, designing/developing the program, blueprint and budget; presenting proposal for approval and acquiring funding(Fall 2005)
- Validation study of handheld BIA machine vs. manual skinfold (3-site) testing in determining percent body fat in children (Fall 2005)
- Health Fair Booth- Assessing sleep cycles of ASU population and providing relevant health advice for improvement of behavioral patterns (Spring 2003)

### HEALTH VOLUNTEER & LEADERSHIP ACTIVITIES

- Health Professions Club (Spring 2003-present)
- Executive Board of Health Professions Club (Fall 2004-Spring 2005)
- Exercise Science Club (Fall 2005-present)
- Appalachian Brian Estates Assisted Living, assessed the elderly residents' physical capabilities and led weekly warm-up, exercise, and cool-down sessions (Fall 2005)
- Red Cross Blood Drive (Fall 2003)

### SKILLS/

- Maximal Exercise testing via Bruce Protocol on treadmill
- Submaximal graded exercise tests using Astrand and YMCA protocols on cycle

## CAPABILITIES

ergometer

- Percent body fat determination via 3 and 7 site skinfold methods, hydrostatic weighing, circumference measurement, and Bioelectrical Impedance Analysis
- Residual volume estimation
- Calibration of treadmill or cycle
- Analyze dietary intake using ESHA Food Processor

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- Interpretation of blood panels with specific attention to blood lipids and anemia
- Determine risk factors in adults based on family history, physical activity, and other health indicators
- Design and administer cardio respiratory exercise, resistance training, and flexibility programs
- Assessment of muscular strength and endurance
- Interpret and evaluate statistical figures reported in medical and health care literature using calculations and SPSS
- Administer and assess electrocardiogram at rest and exercise

## OTHER LEADERSHIP & VOLUNTEER ACTIVITIES

- Greek Leadership Conference (Fall 2003)
- Lady Guard of Alpha Phi (Spring 2004-Fall 2004)
- Alpha Phi New Member Education Committee (Spring 2004- Fall 2004)
- Vice President of Chapter Operations for Alpha Phi (Spring 2005-present)
- Alpha Phi Southeast Regional Conference (Spring 2005)
- Collegiate Member of Committee On Leadership for Alpha Phi (Summer 2005-Spring 2006)
- Freshmen Seminar Peer Leader, liaised between students and faculty, assisted instructing and organizing student learning activities(Fall 2005)
- New Directions Conference "A Focus on Students" for ASU professors (August 17,2005)
- Intramural Softball (Spring 2003)
- Walk for Awareness (September 7,2005)
- Alpha Phi Philanthropies (Operation Christmas Child- Fall 2004, Adopt-A-Street-Spring 2003-Fall 2004, Move Your Phi't 3k run-Spring 2004, Eat Your Heart Out Pig Pickin- Fall 2005)
- Humane Society (Spring 2003- Fall 2005)

## HONORS & AWARDS

- Appalachian Honors Association (Spring 2003-present)
- 2<sup>nd</sup> place in French Essay Contest (Spring 2003)
- Dean's List (Fall 2002-present)
- Chancellor's List (Spring 2003-present)
- National Dean's List (2002-present)
- Sigma Alpha Lambda Honor's Organization (Fall 2002)
- Phi Eta Sigma Honors Society (Spring 2004)
- Gamma Beta Phi Honors Society (Spring 2004-present)
- ASU Prestigious Scholarship Program (Spring 2004-present)
- Alpha Chi National College Honor Scholarship Program (Fall 2004-present)
- Phi Kappa Phi Honor Society; Chapter Alpha (Spring 2005-present)

- Special Recognition at the University Academic Honors Ceremony (Spring 2005)
  - Eric DeGroat Scholarship recipient (Fall 2005- Spring 2006)
- Cleone Hodges Scholarship recipient (Fall 2005- Spring 2006)