

TRICIA HART CURRICULUM VITAE

CONTACT INFORMATION

Address: 6417 Shenandoah Ave NW
Canton, OH 44718
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ACADEMIC PREPARATION

BS 2015 – 2019 Exercise Physiology and Nutrition; Kent State University

PROFESSIONAL EXPERIENCE

Academic Institutions

Research Aid; Kent State University; Exercise Physiology Lab

September 2017 – Present

- Collected and recorded data from HUMAC and metabolic cart
- Conducted metabolic assessments
- Performed skin fold measures on participants
- Assisted in creation of IRB and conducting Open-Window Study
- Followed graduate student's instructions to help conduct experiments

Non-Academic Institutions

Certified Personal Trainer; Anytime Fitness

August 2017 – Present

- Complete initial consultations, determine risk factors, establish goals with client
- Create safe and effective workout programs for multiple clients

Volleyball Camp Instructor; North Canton YMCA

March 2017 – June 2017

- Planned and executed 2-hour practices for age groups 7-10 and 11-14
- Assisted with skills and techniques to prepare children for tryouts

PROFESSIONAL AFFILIATIONS

- National Strength and Conditioning Association 2018 – Current
- American College of Sports Medicine: Midwest Chapter 2018 – Current
- American College of Sports Medicine 2017 – Current

PROFESSIONAL CREDENTIALS

- Certified Personal Trainer (ACSM)
- CPR/AED Certified (American Heart Association)
- CITI – Biomedical Research – Basic

TRICIA HART

CURRICULUM VITAE

- CITI – Biomedical Responsible Conduct of Research
- CITI – OSHA Bloodborne Pathogens

AWARDS AND HONORS

- President's Award for Educational Excellence
- Dean's List
- 3rd Place in Kent State's Undergraduate Research Symposium
- 2nd Place in Kent State's Undergraduate 3-minute Thesis Competition

LABORATORY TECHNIQUES

Laboratory Assessments

- Strength Assessment
- Isokinetic Assessment
- Body Composition Assessment
- Metabolic Assessment
- Blood Pressure

PRESENTATIONS

National Conference Presentations

1. **Hart TH**, Arroyo E, Followay BN, Vaughan, JA, Glickman EL, Jajtner AR. Effects of Exercise in Different Environmental Conditions on Leukocyte Counts and Subsets. *2019 American College of Sports Medicine Annual Meeting. Orlando, FL.*

Regional Conference Presentations

1. **Hart TH**, Arroyo E, Followay BN, Vaughan, JA, Glickman EL, Jajtner AR. Effects of Exercise in Different Environmental Conditions on Leukocyte Counts and Subsets. *2019 2018 Midwest American College of Sports Medicine Annual Meeting. Grand Rapids, MI.*

University Presentations

1. **Hart TH**, Arroyo E, Followay BN, Vaughan, JA, Glickman EL, Jajtner AR. Effects of Exercise in Different Environmental Conditions on Leukocyte Counts and Subsets. *2018 Kent State University Undergraduate Symposium. Kent, OH.*

SERVICE ACTIVITIES

University Service

Mighty Pack Volunteer

- 2018-Current

**TRICIA HART
CURRICULUM VITAE**

Exercise Physiology Major Mentor

- 2017-Current

Campus Kitchen Volunteer

- 2016-Current

Student Dietetics Association

- 2016-Current

Student Desk Receptionist

- 2016-Current

Student Accessibility Services Note-Taker

- 2016-2017