**Josh DeGregorio**

220 Pawtucket St., #450, Lowell, MA 01854

555-555-5555 | Josh\_Degregorio@student.uml.edu

**PROFILE**

* Excellent communication and patient care skills
* Organized, efficient, and highly analytical
* Working knowledge of medical terminology and nutrition
* CPR/AED Certified – American Red Cross (current)

**EDUCATION**

***Bachelor of Science, Exercise Physiology: Anticipated May 2016***

***Minor: Nutrition***

*GPA 3.5; Dean’s List*

University of Massachusetts, Lowell, MA

**TECHNICAL SKILLS**

***Testing:*** Maximal and Submaximal VO2 Tests, Bruce/Modified Bruce Protocol Stress Test, Cycle Ergometer Anaerobic Power Output (Wingate), Gait Analysis (Traditional, RLA), Kinematic Analyses, Functional Movement Screening, 1RM Strength Tests, Skin Fold Test, Blood Pressure, PNF Stretching

***Software:*** MS Word and Excel; SPSS 10 statistical software

**ACADEMIC PROJECTS**

* *Research Methods in Exercise Physiology (Spring 2014):* Analyzed and summarized studies investigating gluten sensitivity and neurological disorders.
* *Exercise Physiology II (Spring 2014):* Collaborated with team of 4 to develop individualized, sport-specific training programs for local community organization working with middle school students.

**EXPERIENCE**

**Exercise Physiology Intern, Cardiac and Pulmonary Rehab, Lowell General Hospital,** Jan. – June 2014

* Led 12 one-hour cardiac and pulmonary exercise classes weekly, each with 3-8 patients.
* Administered and reviewed patient health questionnaires prior to each class, making any needed adjustments.
* Checked patient EKGs for ischemic changes and monitored vital signs during classes.
* Wrote exercise prescriptions based on assessment results to address issues.
* Taught patients about proper exercise strategies, breathing techniques, and diet/nutrition.
* Monitored patient adherence to protocols and summarized/reported patient progress.

**Sales Associate, General Nutrition Centers (GNC), Nashua, NH,** May 2013 – Jan. 2014

* Used nutrition and product knowledge to consult with customers.
* Recommended products based on customer goals and strategy.
* Conducted and compiled research on benefits of various products.

**Lifeguard, Lowell YMCA, Lowell, MA,** June-August 2012 & 2013

* Ensured safety of children through monitoring of pool and enforcing policies.