### Matthew J. Harris

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## Education

Tennessee State University Student, Physical Therapy Nashville, TN May 2022

University of Mount Union Graduate, Exercise Science Major, Psychology Minor Alliance, OH May 2019

Oxford High School HS Diploma Oxford, MI May 2015

**Professional Experience**

**Researcher 07/16 – Present**

***University of Mount Union - Alliance, OH***

* Assisted in creation of poster “*VIA Instant Coffee Enhances the effects of Potentiation in CMJ*” presented at Experimental Biology 2017 national conference
  + Fifth author
* Assist in peer review of literature
* Faculty Research Assistant
* Analyze data in data analysis software Statistica and SPSS
* Presented poster “*The Effects of Gender on Psychometric and Epinephrine Responses to Pre-Exercise Coffee”* at ISSN 2019 national conference
  + First author

***Tennessee State University – Nashville, TN* 06/19 – Present**

* Assist in creation of poster for Experimental Biology 2020 national conference

**Certifications/ Training**

* Client Experience **01/18 – 05/18**
  + Creation of SMART goals and SOAP notes for a special population
  + Creation of a fitness plan to accomplish goals set by client
* NIH Training – Protecting human research participants **10/17 – 10/17**
* Blood Bourne Pathogen Training **03/17 – 03/17**
  + Occupational safety and health administration
* Biometric Measures Training **08/16 – 12/16**
  + Trained in administering aerobic, anaerobic, flexibility, and muscular strength and endurance tests
* Trained to Assess Blood Pressure **09/16 – 12/16**
* Trained to administer aerobic and anaerobic testing **09/16 – 12/16**
* Certified in CPR/ AED for the Professional rescuer **04/17 – 04/19**
  + American Red Cross

**Accomplishments / Affiliations**

**Academic**

* Dean’s List (University of Mount Union) **Spring 2018**
* Dean’s List (University of Mount Union) **Fall 2017**
* Dean’s List (University of Mount Union) **Spring 2017**
* University of Mount Union Varsity Football Player **08/15 – 02/17**
* Pre – Physical Therapy Club, Co - President (University of Mount Union) **08/16 – 05/19**
* Exercise Science Club (University of Mount Union) **05/16 – 05/19**
* Research Club, Treasurer (University of Mount Union) **05/16 – 05/19**
* Alpha Lambda Delta Honor Society (University of Mount Union) **09/15 – 05/16**
* HOSA member (Oxford High School) **01/15 – 05/15**

**Service**

* Volunteer at Gleaners Food Bank **06/18 – 06/18**
  + Sort and package food donated from grocery stores
* Volunteer at Grace Center of Hope food kitchen **05/18 – 05/18**
  + Help cook and serve food
* Work Mount Union Table at Canton Community Health Fair **04/18 – 04/18**
  + Play games with kids from the surrounding canton community
* Volunteer at University of Mount Union Nursing Conference **04/18 – 04/18**
  + Register and help people to their seats
* Community Trash Pick Up **02/17 – 02/17**
  + Cleaned up trash in the streets and neighborhoods of Alliance, OH
* Raider Buddies **09/16 – 12/16**
  + Acted as role model for children aged 7-9
* i9 Sports – Volunteer AssistantCoach(5 & 6 Year olds) **07/15 – 08/15**
  + Assisted head coach in executing position drills
  + Taught fundamental football skills
* Oxford High School Football – Jr Wildcats Summer CampVolunteer(7-10 yrs old) **06/14 – 06/ 14**
  + Assisted head coach in executing position drills

# Work Experience

**Camp Counselor/ Child Center Team Member 06/16 – 01/19**

**Lifetime Fitness - Rochester Hills, MI**

* Lead a group of up to 10 campers (ages 3-12)
* Coordinate and Instruct campers and children in various activities
* Interact with campers and parents/guardians to provide a fun and active camp experience

**Chemistry Laboratory Teaching Assistant 08/16 – 05/18**

**University of Mount Union - Alliance, OH**

* Monitor and assist students during lab time
* Ensure that students adhere to safety precautions

**Summer Nanny**  **06/15 – 08/15**

**Self Employed - Rochester, MI**

* Caretaker of a 6 year old child
* Planned and Arranged fun activities and Field Trips
* Provided Breakfast, Lunch and Snacks
* Coordinated educational lessons (worksheets)

**Landscaping 04/13 – 04/15**

**Self Employed – Rochester, MI**

* Mulch delivery and application
* Flower bed cleanup and lawn maintenance
* Provided mowing and edging services

**References**

Lonnie Lowery PhD, RD

*Associate Professor of Exercise Science*

Department of Human Performance and Sport Business

University of Mount Union

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Matthew Volansky DPT

*Assistant Professor of Physical Therapy*

Department of Physical Therapy

University of Mount Union

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