

JASMIN R. JENKINS M.S.
Interdisciplinary Health Sciences PhD Student
College of Health Sciences
The University of Texas at El Paso
jrjenkins@miners.utep.edu

EDUCATION

Doctor of Philosophy, Interdisciplinary Health Sciences 2020 Cohort
The University of Texas at El Paso, El Paso, TX

Master of Science, Kinesiology May 2020
Concentration: Exercise Science
The University of Texas at El Paso, El Paso, TX

Bachelor of Science, Kinesiology (Exercise Science) December 2016
Minor: Biology
The University of Texas at El Paso, El Paso, TX

Associate of Arts (with Honors) May 2014
El Paso Community College, El Paso, TX

PROFESSIONAL EXPERIENCE

Graduate Research Associate

Human & Environmental Physiology Laboratory September 2020-Present
The University of Texas at El Paso, IHS PhD Program

Student Representative IHS PhD Committee

Interdisciplinary Health Sciences (IHS) PhD Program September 2021-September 2022
The University of Texas at El Paso, College of Health Sciences

Graduate Student Researcher

Human & Environmental Physiology Laboratory June 2019-Present
The University of Texas at El Paso, Department of Kinesiology

Metabolic, Nutrition, and Exercise Research (MiNER) Laboratory August 2017 – July 2019
The University of Texas at El Paso, Department of Kinesiology

Teaching Assistant

Department of Kinesiology January 2017 – May 2020
The University of Texas at El Paso

Howard Hughes Medical Institute August 2018 – May 2019
Program to Educate and Retain Students in STEM Tracks (PERSIST)
The University of Texas at El Paso

Mentoring Experience

May 2018 - August 2018
Building Infrastructure Leading to Diversity: Southwest Consortium of Health-Oriented
Education Leaders and Research Scholars (BUILDing SCHOLARS)
National Institutes of Health (NIH), The University of Texas at El Paso, Department of Biology

PUBLICATIONS

1. **Jenkins, J.R.**, Salmon, O.F., Smith, C.M. (Accepted 2022) Executive Function is Unaffected during Acute Hypoxic Exposure or following Fatigue. *International Journal of Exercise Science*.
2. **Jenkins, J.R.**, Salmon, O.F., Smith, C.M. (2021) Moderate and severe acute normobaric hypoxia and the 3 Repetition Deadlift, Hand-Release Push-Up, and Leg Tuck Events from the Army Combat Fitness Test. *Military Medicine*. usab399.
<https://doi.org/10.1093/milmed/usab399>
3. **Jenkins, J.R.**, Salmon, O.F., Hill, E.C., Boyle, J.B., Smith, C.M. (2021). Neuromuscular responses at acute altitude exposure during fatiguing exercise of the biceps brachii. *Current Research in Physiology*, 4, 209-215.
<https://doi.org/10.1016/j.crphys.2021.09.002>.
4. Smith, C.M., Salmon, O.F., **Jenkins, J.R.** (2021). Effect of moderate and severe hypoxic exposure coupled with fatigue on psychomotor vigilance testing, muscle tissue oxygenation, and muscular performance. *Current Research in Physiology*. 4, 243-251.
<https://doi.org/10.1016/j.crphys.2021.11.001>
5. **Jenkins, J.R.** (2020). *Neuromuscular responses at acute altitude exposure during fatiguing dynamic exercise of the biceps brachii*. [Master's Thesis, The University of Texas at El Paso]. ProQuest Dissertations and Theses Global.
6. Smith, C.M., Salmon, O.F., **Jenkins, J.R.**, (In Review). Effect of Hypoxia on Neuromuscular and Muscle Tissue Oxygenation Physiological Responses during the Process of Fatigue at High Intensities. *Frontiers in Physiology: Environmental, Aviation and Space Physiology*.
7. Smith, C.M., Salmon, O.F., and **Jenkins, J.R.**, (In Review). Intermittent Hypoxia: Does it Induce Peripheral Neural Plasticity in Patients with Limb Injuries. *Journal of Applied Physiology*.
8. Smith, C.M., Salmon, O.F., and **Jenkins, J.R.**, (In Review). Tracking Oxygenation Status and Neuromuscular Performance during the Process of Fatigue under Hypoxia. *Experimental Physiology*
9. Salmon, O.F., **Jenkins, J.R.**, Smith, C.M. (In Review) Changes in Neuromuscular Response Patterns Following 4-Wks of Leg Press Training During Isokinetic Leg Extensions. *Journal of Strength and Conditioning Research*.

PUBLISHED ABSTRACTS

1. **Jenkins, J.R.**, Salmon, O.F. Jauregui, J.H., Gonzales, S.A., Smith, C.M. (Accepted 2022) Electromyographic and Hemodynamic Function of the U.S. Army MDL not affected by two levels of hypoxia but does cause variation in hemodynamic recovery [Abstract]. *Journal of Strength and Conditioning Research*
2. Smith, C.M., Salmon, O.F., **Jenkins, J.R.**, Jauregui, J.H., Gonzales, S.A., Segovia, M.D. (Accepted 2022) Post-Exercise Rate of Reperfusion determined from Near-Infrared Spectroscopy Slope Coefficients Under Normoxia and Hypoxic Environmental Conditions [Abstract]. *Journal of Strength and Conditioning Research*
3. Salmon, O.F., **Jenkins, J.R.**, Segovia, M.D., Jauregui, J.H., Gonzales, S.A., Smith, C.M. (Accepted 2022) Influence of Acute Cold Exposure and Fatigue on Pistol Shooting Accuracy and Magazine Reload Performance: Insights into Tactical Motor Skills [Abstract]. *Journal of Strength and Conditioning Research*.
4. Salmon, O.F., **Jenkins, J.R.**, Jauregui, J.H., Gonzales, S.A., Smith, C.M. (Accepted 2022) Interaction between individual and Combined Environmental Cold and Hypoxic

- Stress on Sandbag Deadlift Performance [Abstract]. *Journal of Strength and Conditioning Research*.
5. Gonzales, S.A., Salmon, O.F., **Jenkins, J.R.**, Jauregui, J.H., Smith, C.M. (Accepted 2022) Metabolic and Psychomotor Function During Lower-Body Positive Pressure Treadmill Walking [Abstract]. *Journal of Strength and Conditioning Research*.
 6. Jauregui, J.H., Salmon, O.F., **Jenkins, J.R.**, Gonzales, S.A., Smith, C.M. (Accepted 2022) Positive Pressure Treadmill Walking alters Neuromuscular Performance and Gait to Maintain Efficiency [Abstract]. *Journal of Strength and Conditioning Research*.
 7. Salmon, O.F., **Jenkins, J.R.**, Smith, C.M. (2021). The independent and combined effects of environmental exposure and fatigue on pistol marksmanship: A pilot study [Abstract]. *Journal of Strength and Conditioning Research*, 35 (12), p e430
 8. **Jenkins, J.R.**, Salmon, O.F., Smith, C.M. (2021). Acute hypoxic exposure does not affect performance on the army combat fitness test of the 3 repetition deadlift, hand-release push-up, and leg tuck [Abstract]. *Journal of Strength and Conditioning Research*, 35 (12), p e367
 9. **Jenkins, J.R.**, Salmon, O.F., Smith, C.M. (2021). Body mass index is not related to army combat fitness performance at baseline elevation or at acute hypoxic exposure simulated 7,000 ft and 10,000 ft [Abstract]. *Journal of Strength and Conditioning Research*, 35 (12), p e429
 10. **Jenkins, J.R.**, Salmon, O.F., Smith, C.M. (2020). The effect of acute altitude exposure on electromyographic amplitude and frequency responses during fatiguing single leg extension exercise [Podium Presentation]. *Journal of Strength and Conditioning Research*, 35 (4), p e27
 11. Sanchez, H., Smith, C.M., Salmon, O.F., **Jenkins, J.R.** (2020). Time course changes of neuromuscular patterns during repetitions to failure following 4-weeks of leg press training using two different modes [Abstract]. *Journal of Strength and Conditioning Research*, 35 (4), p e153
 12. **Jenkins, J.**, Earnest, C.P., Conley, K., Smith, S.R., Bajpeyi, S. (2019). A family history of type 2 diabetes does not limit exercise induced improvement in aerobic fitness and mitochondrial function in normoglycemic sedentary men [Abstract]. *Medicine & Science in Sports & Exercise*, 51 (6), p 979
 13. **Jenkins, J.**, Meza, C., Amador, M., McAinch, A., Bajpeyi, S. (2019). Monophasic glucose response curve reflective of glucose intolerance in young Mexican Americans [Abstract]. *Diabetes*, 68 (Supplement 1): 1663-P. <https://doi.org/10.2337/db19-1663-P>
 14. Galvan, M., **Jenkins, J.**, Bajpeyi, S. (2019). The effect of neuromuscular electrical stimulation on metabolic changes in a sedentary population: A pilot study [Abstract]. *International Journal of Exercise Science: Conference Proceedings: 2(11), Article 80*. Available at: <https://digitalcommons.wku.edu/ijesab/vol2/iss11/80>
 15. **Jenkins, J.**, Earnest, C. P., Conley, K., Smith, S.R., Bajpeyi, S. (2019). A family history of type 2 diabetes does not impact skeletal muscle lipid content [Abstract]. *International Journal of Exercise Science: Conference Proceedings: 2(11) Article 75*. Available at: <https://digitalcommons.wku.edu/ijesab/vol2/iss11/75>
 16. Rosas, V., **Jenkins, J.**, Varela, A., Covington, J., Bajpeyi, S. (2019). Exercise leads to increase in smaller lipid droplet morphology in peripheral region of muscle fiber [Abstract]. *International Journal of Exercise Science: Conference Proceedings: 2(11) Article 11*.

SCIENTIFIC CONFERENCE PRESENTATIONS

1. **Jenkins, J.R.**, Salmon, O.F., Jauregui, J.H., Gonzales, S.A., Smith, C.M. (2022) *Electromyographic and Hemodynamic Function of the U.S. Army MDL not affected by two levels of hypoxia but does cause variation in hemodynamic recovery* [Podium Presentation – Doctoral Award Consideration]. 2022 National Strength and Conditioning Association’s (NSCA) National Conference, New Orleans, LA, July 6-9, 2022.
2. Smith, C.M., Salmon, O.F., **Jenkins, J.R.**, Jauregui, J.H., Gonzales, S.A., Segovia, M.D. (2022) *Post-Exercise Rate of Reperfusion determined from Near-Infrared Spectroscopy Slope Coefficients Under Normoxia and Hypoxic Environmental Conditions* [Poster]. 2022 National Strength and Conditioning Association’s (NSCA) National Conference, New Orleans, LA, July 6-9, 2022.
3. Salmon, O.F., **Jenkins, J.R.**, Segovia, M.D., Jauregui, J.H., Gonzales, S.A., Smith, C.M. (2022) *Influence of Acute Cold Exposure and Fatigue on Pistol Shooting Accuracy and Magazine Reload Performance: Insights into Tactical Motor Skills* [Poster]. 2022 National Strength and Conditioning Association’s (NSCA) National Conference, New Orleans, LA, July 6-9, 2022.
4. Salmon, O.F., **Jenkins, J.R.**, Jauregui, J.H., Gonzales, S.A., Smith, C.M. (2022) *Interaction between individual and Combined Environmental Cold and Hypoxic Stress on Sandbag Deadlift Performance* [Poster]. 2022 National Strength and Conditioning Association’s (NSCA) National Conference, New Orleans, LA, July 6-9, 2022.
5. Gonzales, S.A., Salmon, O.F., **Jenkins, J.R.**, Jauregui, J.H., Smith, C.M. (2022) *Metabolic and Psychomotor Function During Lower-Body Positive Pressure Treadmill Walking* [Poster]. 2022 National Strength and Conditioning Association’s (NSCA) National Conference, New Orleans, LA, July 6-9, 2022.
6. Jauregui, J.H., Salmon, O.F., **Jenkins, J.R.**, Gonzales, S.A., Smith, C.M. (2022) *Positive Pressure Treadmill Walking alters Neuromuscular Performance and Gait to Maintain Efficiency*. [Poster]. 2022 National Strength and Conditioning Association’s (NSCA) National Conference, New Orleans, LA, July 6-9, 2022.
7. Jauregui, J.H., Salmon, O.F., **Jenkins, J.R.**, Smith, C.M. (2021). *Effects of acute hypoxic exposure on neuromuscular responses during a dynamic lower-body fatiguing exercise* [Poster]. The University of Texas at El Paso (UTEP) GradExpo, El Paso, TX
8. Salmon, O.F., **Jenkins, J.R.**, Smith, C.M. (2021). *The independent and combined effects of environmental exposure and fatigue on pistol marksmanship: A pilot study* [Poster]. 2021 National Strength and Conditioning Association’s (NSCA) National Conference, Orlando, FL, July 7-10, 2021.
9. **Jenkins, J.R.**, Salmon, O.F., Smith, C.M. (2021). *Acute hypoxic exposure does not affect performance on the army combat fitness test of the 3 repetition deadlift, hand-release push-up, and leg tuck* [Poster]. 2021 National Strength and Conditioning Association’s (NSCA) National Conference, Orlando, FL, July 7-10, 2021.
10. **Jenkins, J.R.**, Salmon, O.F., Smith, C.M. (2021). *Body mass index is not related to army combat fitness performance at baseline elevation or at acute hypoxic exposure simulated 7,000 ft and 10,000 ft* [Poster]. 2021 National Strength and Conditioning Association’s (NSCA) National Conference, Orlando, FL, July 7-10, 2021.
11. **Jenkins, J.R.**, Salmon, O.F., Smith, C.M. (2020). *The effect of acute altitude exposure on electromyographic amplitude and frequency responses during fatiguing single leg extension exercise* [Poster]. 2020 National Strength and Conditioning Association’s (NSCA) National Conference, Virtual. *Podium Presentation & Masters Award Consideration prior to cancellation

12. Sanchez, H., Smith, C.M., Salmon, O.F., **Jenkins, J.R.** (2020). *Time course changes of neuromuscular patterns during repetitions to failure following 4-weeks of leg press training using two different modes* [Poster]. 2020 National Strength and Conditioning Association's (NSCA) National Conference, Virtual.
13. Mendoza, J., Salmon, O.F., **Jenkins, J.R.**, Smith, C.M. (2020). *Does 4-weeks of leg press training influence electromechanical delay measurements and improve performance?* [Poster]. 2020 National Strength and Conditioning Association's (NSCA) National Conference, Virtual.
14. **Jenkins, J.**, Meza, C., Amador, M., McAinch, A., Bajpeyi, S. (2019). *Monophasic glucose response curve reflective of glucose intolerance in young Mexican Americans* [Poster]. American Diabetes Association 79th Scientific Sessions, San Francisco, CA June 7-11, 2019.
15. **Jenkins, J.**, Earnest, C.P., Conley, K., Smith, S.R., Bajpeyi, S. (2019). *A family history of type 2 diabetes does not limit exercise induced improvement in aerobic fitness and mitochondrial function in normoglycemic sedentary men* [Poster]. American College of Sports Medicine 66th Annual Meeting, Orlando, FL, May 28 - June 1, 2019.
16. Rosas, V., **Jenkins, J.**, Varela, A., Covington, J., Bajpeyi S. (2019). *Exercise Leads to Increase in Smaller Lipid Droplet Morphology in Peripheral Region of Muscle Fiber* [Poster]. Campus Office of Undergraduate Research Initiative Spring Symposium, El Paso, TX.
17. Galvan, M., **Jenkins, J.**, Bajpeyi, S. (2019). *The effect of neuromuscular electrical stimulation on metabolic changes in a sedentary population: A pilot study* [Poster]. ACSM Texas Chapter Annual Meeting, Fort Worth, TX, February 28 – March 1, 2019
18. **Jenkins, J.**, Earnest, C. P., Conley, K., Smith, S.R., Bajpeyi, S. (2019). *A family history of type 2 diabetes does not impact skeletal muscle lipid content* [Poster]. ACSM Texas Chapter Annual Meeting, Fort Worth, TX, February 28 – March 1, 2019.
19. Rosas, V., **Jenkins, J.**, Varela, A., Covington, J., Bajpeyi, S. (2019). *Exercise leads to increase in smaller lipid droplet morphology in peripheral region of muscle fiber* [Poster]. ACSM Texas Chapter Annual Meeting, Fort Worth, TX, February 28 – March 1, 2019
20. Orozco, N., **Jenkins, J.**, Galvan, M., Bajpeyi, S. (2018). *Neuromuscular electrical stimulation: A pilot study* [Poster]. BUILDing SCHOLARS Symposium and Consortium Meeting, Fall 2018, El Paso, TX.
21. Orozco, N., **Jenkins, J.**, Galvan, M., Bajpeyi, S. (2018). *Neuromuscular electrical stimulation: A pilot study* [Poster]. Campus Office of Undergraduate Research Initiative Summer Symposium, El Paso, TX.
22. Orozco, N. **Jenkins, J.**, Galvan, M., Bajpeyi, S. (2018). *Two weeks of neuromuscular electrical stimulation delays the onset of fatigue during lower body anaerobic exercise* [Poster]. Annual Biomedical Research Conference for Minority Students, November 14-17, Indianapolis, IN.
23. Covernali, Z., Garcia, M., **Jenkins, J.**, Amador, M., Bajpeyi, S. (2018). *Time spent in lifestyle activities is associated with better insulin sensitivity and physical fitness in a sedentary population* [Poster]. Annual Biomedical Research Conference for Minority Students, November 14-17, Indianapolis, IN.

GRANT WRITING

Funded Proposals

Agency/Source: The Assistant Secretary of the Army for Acquisition, Logistics and Technology (ASA(ALT)) and the Combat Capabilities Development Command (DEVCOM) Army Research Laboratory (ARL) Army Research Office (ARO) xTechHBCU

Project Title: *Neuromuscular Biofeedback Integration Tool (NBIT)*

Role: Co-I

Amount Funded: \$5,000

Agency/Source: 2021 Les and Harriet Dodson Research Grant

Project Title: *Muscle Oxygen Saturation and Neuromuscular Responses during Combat Related Tasks at Altitude*

Role: PI

Amount Funded: \$3,000

Agency/Source: College of Health Sciences Grants for Strategic Transformation Applied and Translational Research Fund

Project Title: *Acute altitude exposures effects on cognition, muscle function, mobility, metabolism, and marksmanship: A translational study for improving field manuals and standard operating procedures for the modern warfighter*

Role: Graduate Student Researcher

Amount Funded: \$7,408

Agency/Source: University of Texas Research Award – University Research Institute

Project Title: *Development of a neuromuscular rehabilitation training device for the early phase of myoelectric prosthetic learning*

Role: Graduate Student Researcher

Amount Funded: \$5,000

Agency/Source: Blue Bell Foundation Grant

Project Title: *Capital equipment for the development and improvement of future clinical professionals*

Role: Graduate Student Researcher

Amount Funded: \$5,000

Agency/Source: College of Health Sciences Grants for Strategic Transformation Applied and Translational Research Fund

Project Title: *Neuromuscular Electrical Stimulation (E-Stim) – A Novel Strategy to Improve Insulin Sensitivity*

Role: Co-Investigator

Amount Funded: \$7,500

Agency/Source: 2019 Sigma Xi Committee on Grants-in-Aid of Research

Project Title: *Neuromuscular Electrical Stimulation: A novel treatment for improving metabolism in an overweight/obese population*

Role: PI

Amount Funded: \$500

Agency/Source: 2019 Student Research Development Award (SRDA)
Project Title: *Neuromuscular electrical stimulation: A novel treatment intervention*
Role: PI
Amount Funded: \$1,000

Agency/Source: 2018 Les and Harriet Dodson Research Grant
Project Title: *Neuromuscular electrical stimulation: A novel treatment for improving lipid oxidation capacity and insulin sensitivity*
Role: PI
Amount Funded: \$2,500

Submitted Grant Proposals

Agency/Source: National Aeronautics and Space Administration 2021 HERO
Project Title: *Reduced Oxygenation Habitation as a Countermeasure for Microgravity Exposure and Resource Preservation*
Role: Co-PI
Submitted: \$150,000

Agency/Source: National Aeronautics and Space Administration 2021 HERO
Project Title: *Post-EVA Supplementation to Reduce the Effects of Muscle Damage, Energy Deficit, and Oxidative Stress*
Role: Co-PI
Submitted: \$150,000

Agency/Source: National Aeronautics and Space Administration 2021 HERO
Project Title: *Tracking Sensorimotor Function and Neuromuscular Degradation Utilizing The Electromechanical Delay Approach*
Role: Co-PI
Submitted: \$150,000

Agency/Source: J. Edward Stern and Helen M.C. Stern Foundation
Project Title: *Resistance training outcomes in children with autism: A feasibility study*
Role: Graduate Student Investigator
Amount Requested: \$15,000

Agency/Source: National Aeronautics and Space Administration 2020 HERO
Project Title: *Optimal astronaut and spacesuit weight for sustained work on future mars missions*
Role: Co-PI
Invited, Not Funded: \$150,000

Agency/Source: National Aeronautics and Space Administration 2020 HERO
Project Title: *Tracking sensorimotor function and neuromuscular degradation utilizing voluntary electromechanical delay and reflex-electromechanical delay*
Role: Co-PI
Invited, Not Funded: \$150,000

Agency/Source: National Aeronautics and Space Administration 2020 HERO
Project Title: *Determining a sustainable work capacity for astronauts in lunar and mars environments.*
Role: Co-PI
Invited, Not Funded: \$150,000

Agency/Source: 2019-2020 College of Health Science Applied and Translational Research Fund
Project Title: *Neuromuscular Electrical Stimulation (E-Stim)–A Novel Strategy to Improve Insulin Sensitivity*
Role: Co-I

Agency/Source: 2019 NIH Exploratory/Developmental Research Grant Award (R21)
Project Title: *Novel use of neuromuscular electrical stimulation to improve insulin sensitivity*
Role: Graduate Student Investigator

Agency/Source: 2018 NIH Research Project Grant Program (R01)
Project Title: *Use of neuromuscular electrical stimulation to improve insulin sensitivity*
Role: Graduate Student Investigator

Agency/ Source: 2018 The Robert J. Kleberg Jr. and Helen C. Kleberg Foundation
Project Title: *Neuromuscular Electrical Stimulation as an improvement method for metabolic function*
Role: Graduate Student Investigator

VOLUNTEER WORK

- SSG Manuel R. Puentes Middle School (Socorro ISD) Fall 2017 – Spring 2020
 - Printing/Stapling and Preparing Student Assignments/Tests
 - Chaperoning Field Trips/ Academic Competitions
 - Mascot during School Events: Manny the Bobcat
- The University of Texas At El Paso Department of Kinesiology Spring 2017 - Present
 - Advisor Mania
 - Annual Miner Dash
 - UIL Wrestling Weight Certification Assessment
- American Red Cross Spring 2015 – Spring 2016
 - William Beaumont Army Medical Center: Shadowing Physical Therapist
 - (84.00 hours)
- Spine and Rehab Center Summer 2015 – Fall 2015
 - Equipment Set up and Sanitation
 - Aided Physical Therapist as needed
 - (32.00 hours)

TEACHING/COACHING EXPERIENCE

Teaching Assistant

Department of Kinesiology

January 2017 – May 2020

The University of Texas at El Paso (El Paso, TX)

- KIN 4312 Exercise Physiology (Undergraduate Level)
- KIN 4313 Biomechanics (Undergraduate Level)
- KIN 4323 Current Issues in Exercise Science (Undergraduate Level)
- KIN 4334 Coronary Intervention (Undergraduate Level)
- KIN 4390 Independent Study (Undergraduate Level)
 - Supervising Faculty: Sudip Bajpeyi, PhD
- KIN 5371 Measurement Techniques in Exercise Physiology (Graduate Level)
- KIN 5372 Advanced Exercise Physiology (Graduate Level)

Facilitate the discussion of supplementary lecture materials and teaching hands on clinical skills to undergraduate and graduate students. Holding weekly office hours and grading assignments for approximately 60 students per class.

Department of Biological Sciences

August 2018 – May 2019

The University of Texas at El Paso (El Paso, TX)

- BIOL 1107 Topics in Study of Life I: Exercise & Metabolism I (Undergraduate Level)
- BIOL 1108 Topics in Study of Life II: Exercise & Metabolism II (Undergraduate Level)

Creating syllabus learning objectives, lecture discussions and assignments for approximately 20 sophomore level college students, introducing the basic research process and clinical measurement skills.

Youth Programs Coach

January 2017 - July 2017

Loya Family Young Men's Christian Academy (YMCA) (El Paso, TX)

- Youth Gymnastics Coach
- Youth Homeschool Physical Education Coach
- Youth Swim Instructor

Evaluating student performance and behavior, completing progress reports and providing feedback to parent/guardian, and ensuring that all equipment are in good working order. Plan, organize, and implement gymnastics and sports classes for approximately 10 students per class ranging from toddlers to Children 12yr and under. Plan, organize, and implement swimming and water safety classes from beginner to advanced levels, age groups ranging from Parent and child (Under 2yrs) to Adult learners.

Lifeguard

April 2017 - July 2017

Loya Family Young Men's Christian Academy (YMCA) (El Paso, TX)

- American Safety & Health Institute (ASHI) certified: Basic Life Support (CPR and AED), Basic First Aid, and Emergency Oxygen

Supervising swimming activities at an outdoors aquatics facility, ensuring policies, guidelines, and safety procedures are followed. Administration of first aid, rescue swimming, CPR/AED if necessary, in case of an event or injury. Evaluates environmental conditions for safety, inspecting pool facilities, equipment, and water maintenance.

AWARDS AND HONORS

- SSG Manual R. Puentes Middle School
 - *Award:* 2017-2020 Mascot Extraordinaire
- Sandy Tyler Endowed Fellowship
 - *Award:* 2019-2020 Scholarship Recipient
- 2019 UTEP Honors Convocation
 - *Award:* 2019 Department of Kinesiology Outstanding Graduate Student
- American Kinesiology Association (AKA)
 - *Award:* 2019 AKA Master's Scholar Award

CERTIFICATIONS

- Collaborative Institutional Training Initiative (CITI) Program (October 2020)
- American Heart Association Basic Life Support (CPR and AED) (May 2021)
- Encore Operator Training; American Society of Radiologic Technologists (January 2020)
- Phlebotomy (July 2018)
- Transforming your Teaching with Blackboard Learn: A Cohort-Based Professional Development Experience (August 2018)
- Optimizing the Practice of Mentoring (June 2018)
- YMCA Certified Lifeguard (April 2017)
- YMCA Certified Swim Lessons Instructor (April 2017)

MEMBERSHIPS

- Aerospace Medical Association (AsMA), 2020-Present
- National Strength and Conditioning Association (NSCA), 2019-Present
- Association of Military Surgeons of the United States, 2021-Present
- American Institute of Aeronautics and Astronautics, 2020-Present
- NASA Solicitation & Proposal Integrated Review & Evaluation Systems (NSPIRES), 2020-Present
- Aerospace Physiology Society, 2020-Present
- American College of Sports Medicine (ACSM), 2018-Present
- American College of Sports Medicine Texas Regional Chapter (TACSM), 2019-2020

PROFESSIONAL DEVELOPMENT

- National Strength and Conditioning Association's (NSCA) 2022 National Conference; July 6-9, 2021; New Orleans, LA (Podium Presenter)
- National Strength and Conditioning Association's (NSCA) 2021 National Conference; July 7-10, 2021; Orlando, FL (Poster Presenter)
- National Strength and Conditioning Association's (NSCA) 2020 National Conference; July 8 – 11, 2020; Virtual
- American Diabetes Association 79th Scientific Session (ADA); June 7 – 11, 2019; San Francisco, CA (Poster Presenter)
- American College of Sports Medicine 66th Annual Meeting (ACSM); May 28 – June 1, 2019; Orlando, FL (Poster Presenter)
- Texas ACSM Regional Chapter Annual Meeting (TACSM), February 28 – March 1, 2019; Dallas, TX (Poster Presenter, Award Recipient)
- American College of Sports Medicine 65th Annual Meeting (ACSM); May 28 – June 2, 2018; Minneapolis, MN

CLINICAL AND TECHNICAL SKILLS

- Languages: English, German, Spanish
- Insulin Response (Oral Glucose Tolerance Test)
- Metabolic Testing Rate (Indirect Calorimetry)
- Aerobic Testing (Maximal and Submaximal Exercise Testing)
- Anaerobic Testing (Wingate Anaerobic)
- Electrocardiogram (ECG) lead placement and equipment operation/interpretation
- Cardiac Stress Testing
- Strength Testing
- Body Composition Assessment (Skin Fold Caliper, Circumference Measures, Dual Energy X-ray Absorptiometry, BodPod, ISAK Anthropometry)
- Venipuncture (Blood Draws)
- Isokinetic Dynamometer (Biodex)
- Electromyography (Delsys, Biopac)
- Force Plate Operation
- Near Infrared Spectroscopy (NIRs, Artnis Oxymon)
- Immunohistochemistry (IHC)
- Western Immunoblotting
- Cell Culture
- Blood Sample/Serum Processing
- IBM SPSS Statistics 25
- Graphpad Prism Statistics Software
- Microsoft Office Suite
- Basic C/C++; HTML; Python
- NI LabVIEW 2019
- 3D Printing [Fused Deposition Modeling (FDM), Stereolithography (SLA)]