

ILSE CAROLINA SUÁREZ CALDERÓN

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EDUCATION

The Pennsylvania State University
College of Health and Human Development
Bachelor of Science in *Kinesiology*

State College, PA
August 2020 - August 2023

RELEVANT EXPERIENCE

Center for Fitness and Wellness

Fitness Assistant | Clinical Hours: 350

University Park, PA

November 2022 – August 2023

- Performed all testing protocols accurately and consistently as per ACSM guidelines and ensured all peers' paperwork and procedures were completed according to the ACSM guidelines.
- Conducted vitals, blood and lipids, personal health questions, and handgrip strength in a private clinical room and proceeded with the fitness assessment including body fat analysis via SECA machine, monitor heart rate during the Single-Stage Treadmill Walking Test (SSTWT), push-ups, sit ups, sit and reach, and wall sit in the fitness room.
- Finished by electronically charting paperwork with fitness assessment data and interpreted and analyzed data with the client to facilitate their understanding of their results.
- Proactively prepared prior fitness assessments for scheduled clients and delegated tasks within peers in order to facilitate more clients during high influx periods.
- Selected as the only intern to continue into the summer to help conduct PSU's first adult pilot study for faculty and staff.

Hummingbird ABA Therapy

Kinesiology Intern

Lemont, PA

June 2023 – August 2023

- Planned and led two 1 hour fitness classes each day for kids ages 5-8 with autism, verbal and non-verbal.
- Aimed to improve proprioception by incorporating heavy work into their physical activities.
- Curated Hummingbird's fitness classes to provide further structure and consistency to their therapy program in order to prepare them for classroom settings.

Msom

Health Education and Research Assistant

Nairobi, Kisumu, & Kisi, Kenya

June 2022

- Conducted home interviews in Nairobi with 4 mothers with AIDS and their children to understand their quality of life and assess their educational needs in order to provide better education and health services under *Dr. Katherine Fogelberg* and *Dr. Jenesta Salavon*
- Facilitated physical education and recreational activities for 400 students at Benya Academy
- Taught 60 6th and 7th grade students about the anatomy and physiology of the heart, the reproductive organs and system, how to read radial and brachial pulses, and tutored 30 6th graders with geometry homework in Oldoniyoge Academy
- Analyzed differences in health education curriculums between U.S. and Kenya
- Composed and illustrated a book of anatomical diagrams, AIDS prevention and healthcare, and female healthcare for students at Oldoniyoge Academy

Cardiology Care for Children

Shadowing experience with Dr. Devyani Chowdhury

Lancaster, PA

November 2021

- Improved professional communication with healthcare professionals and patients
- Gained a deeper understanding of pediatric health and the dynamics of healthcare practices, specifically a comprehensive insight of the reality of what a physician assistant does on a day-to-day basis

CERTIFICATIONS/SKILLS/LANGUAGES

Certifications: HIPAA | PPE | OSH Blood-Borne Pathogens | CPR (*recertification pending*) | EKG Technician |

Skills: Evaluation and Diagnosis | Vital Signs | Blood and Lipids | Patient Communication | Medical Terminology | Customer Service | Patient Care |

Languages: English (fluent) | Spanish (Native) | French (beginner) |

WORK EXPERIENCE

Target Corporation

Service Advocate

State College, PA / Austin, TX

July 2019 – Present

- Assume leadership in absence of managers – delegating break-coverage, need-based assignment of roles, facilitating check-out process, and maintain role as service advocate
- Cited for excellence in efficiency in a fast-paced environment – demonstrating skills in teamwork, flexibility (call-offs/understaffed), and strong work ethic
- 1 of 3 bilingual team members, assisting all Spanish speaking guests
- Responsible for providing and maintaining store sanitary conditions during COVID-19 pandemic

ACTIVITIES/HONORS/INTERESTS

Activities: Latino Caucus | Mexican American Student Association | Kinesiology Club |

Honors: 2022 Steagle Award for Academic Excellence for Outstanding Performance in the Social, Historical, and Cultural Dynamics of Kinesiology

Interests: Plastic/Reconstructive Surgery | Cardiology | Human Anatomy | Health Technology | Exercise is Medicine | Global Healthcare | Diversity and Inclusion | Gender Equity | Women's Health | Mental Health | Nutrition | Sports | Running | Art |