**J. Rebecca Young**

100 University Pkwy., Macon, GA 31206 | 478-555-5555 |rebecca@gmail.com

**EDUCATION**

**Bachelor of Science, Rehabilitation Science,** GPA: 3.8,May 2023

Middle Georgia State University, Cochran, GA

**CERTIFICATIONS**

**Barefoot Training Specialist** **Level 1** – Evidence Based Fitness Academy

**AED/ CPR/First Aid** – American Red Cross, Expires 2024

**FMS Level 1** – Functional Movement Screen

**RESEARCH EXPERIENCE**

Force-Time characteristic differences between traditional barbell back squat and barbell box squat

PI: Dr. Ken Johnson
January 2021 - May 2022

* Completed the IRB process
* Executed 1RM tests using Pasco force plates
* Assessed movements using motion capture markers
* Analyzed kinematic variables of peak power, peak velocity, net impulse, peak force, and rate of force development in the eccentric phase of a traditional barbell back squat and a barbell box squat

**PUBLICATIONS**

Johnson, D. & **Young, J. R.** (in progress). Force-Time characteristic difference between traditional barbell back squat and barbell box squat. *American Journal of Sports Medicine*, *46 (11)*, 13-20.

**PRESENTATIONS**

**Young, J.R.** (2022, May). Force-Time characteristic difference between traditional barbell back squat and barbell box squat. *Poster presentation at the National Strength & Conditioning Association Southeastern Regional Conference*, Atlanta, GA.

**CONFERENCES**

National Strength & Conditioning Association National Conference (Virtual), July 2021

National Strength & Conditioning Association Southeastern Regional Conference, Atlanta GA, May 2022

**TEACHING EXPERIENCE**

**Tutor – Student Success Center, Middle Georgia State University,** Cochran, GA**,** August 2021 - present

* Biomechanics, Exercise Biochemistry, Exercise Physiology, Human Anatomy & Physiology I,
Human Anatomy & Physiology II

**WORK EXPERIENCE**

**Team Member – Fitness Gym**, Warner Robins, GA, May 2019 - August 2021

* Marketed and sold over 75 gym memberships for ages of 18-75 years old. Welcomed members and guests and to ensure they had an excellent workout.
* Communicated clearly and effectively answering phone calls. Recognized for work ethic, energy, and interpersonal skills.

**INVOLVEMENT AND SERVICE**

**Middle Georgia State University Women’s Soccer Team**, August 2020 – May 2021

**Small Group Leader – Baptist Collegiate Ministry**, Cochran, GA, August 2017-August 2018

**HONORS AND AWARDS**

President’s List (5 semesters), Dean’s List (4 semesters)

**PROFESSIONAL AFFILIATIONS**

National Strength & Conditioning Association, May 2021 - Present

National Society for Collegiate Scholars, January 2019 - Present