

Melissa A. Moyer, MA

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Skills Summary

- Experience with research, data collection, and data analysis
- Knowledgeable in fitness improvement and maintenance
- Strong multitasking and organization skills
- Proven success teaching various fitness modalities
- Robust project and time management skills
- Proficient in Microsoft Office Suite, Matlab, Microsoft Windows, and Apple OS

Relevant Experience

Assistant Program Director – The Adaptive Fitness Clinic, San Diego State University, San Diego, CA 8/2015 – Present

- Train students to work efficiently and productively with clients
- Ensure students and clients are working towards set fitness goals in a safe and appropriate manner
- Manage students, clients, and volunteers
- Ensure clients' exercise programs are progressing over the semester, in hopes of reaching client's fitness goals
- Manage wait list and evaluate new clients for participation

Therapeutic Assistant – The Fitness Clinic, San Diego State University, San Diego, CA 2/2013 – 8/2015

- Lead fitness sessions for individuals with physical disabilities, ranging from congenital to acquired, mild to severe
- Responsible for teaching students proper range of motion, strengthening, balance and gait training techniques, and how to operate specialized equipment
- Assist directors with management of clients, students, and volunteers
- Responsible for ensuring students and clients stay on task and achieve predefined goals

Lab Assistant – Biomechanics Laboratory, San Diego State University, San Diego, CA 9/2013 – 5/2014

- Led a research study analyzing the use of therapeutic massage as a means of muscle relaxation
- Collected and analyzed data through the use of EMG
- Composed an article for publication demonstrating that massage therapy lowers EMG activity in the trapezius muscles, allowing the muscle greater relaxation (currently pending acceptance)

Trainer – Plymouth Whitmarsh Ice Hockey, Plymouth Meeting, PA 1/2012 – 4/2012

- Managed the off-ice development of the varsity ice hockey team
- Led the team through weight training, stretching, and various plyometric drills

Intern – Movement Neuroscience Laboratory, The Pennsylvania State University, University Park, PA 8/2006 – 5/2008

- Assisted graduate and post-doc students with data collection and analysis for various experiments
- Researched motor lateralization, handedness, and multi-joint movements

International Scholar Laureate Program Delegation on Medicine – National Society of Collegiate Scholars, Melbourne and Sydney, Australia 6/2007

- Attended seminars, toured medical universities, and witnessed various medical demonstrations

Volunteer – University Health Services Physical Therapy Department, The Pennsylvania State University, University Park, PA 1/2006 – 4/2006

- Observed physical therapists and assistants while they assisted student patients
- Aided in administrative work

Volunteer – Athletic Training Rooms, The Pennsylvania State University, University Park, PA 9/2005 – 12/2005

- Assisted athletic trainers during practices and games, responsible for various duties including preparation in case of an injury
- Practiced taping techniques and performed basic duties of an athletic trainer

Education

San Diego State University, San Diego, CA 8/2012 – 5/2014

Master of Arts in Kinesiology

Concentration: Rehabilitation Science

Cumulative GPA: 3.71

Research Publications and Awarded Grants

- Domingo, A. Moyer (nee Diek), M. Goble, K. Mulaf, K. Goble, D. Baweja, H. (2016) Short Duration Therapeutic Massage Reduces Postural Upper Trapezius Muscle Activity. NeuroReport 28.1
- **Echo Grant Recipient (2018)**

Research Interests and Certifications

- Neuroscience, Motor Disorders, Alternative and Complementary Treatments, and Rehabilitation
- Red Cross Certified for CPR and First Aid
- **Building Safety Coordinator**

References Available Upon Request