

# Melissa A. Diek, MA

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## Skills Summary

- Experience with research, data collection, and data analysis
- Knowledgeable in fitness improvement and maintenance, including exercise programming and progression
- Strong multitasking and organization skills
- Ability to manage large groups
- Experience working with persons with physical and/or cognitive limitations
- 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

- Trained 150+ students every semester to work efficiently and productively with clients, emphasizing importance of safety, communication, and documentation
- Trained ~15 students every semester on how to lead virtual exercise sessions, as a part of our hybrid course
- Ensure students and clients are working towards set fitness goals in a safe and appropriate manner
- Managed students, 160+ clients, and numerous volunteers each semester
- Ensure clients' exercise programs are progressing over the semester, in hopes of reaching client's fitness goals
- Ensure students are effectively and safely training their client
- Evaluate new clients for participation; create new exercise programs
- Plan and set up current and future semester rosters; connecting students with their client, both virtual and in-person

*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
- Trained students proper range of motion, strengthening and functional exercises, balance and gait training techniques, how to operate specialized equipment and complete documentation satisfactorily
- Assisted directors with management of clients, students, and volunteers
- Ensured 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 SPSS, as measured through the use of EMG, with 17 participants.
- Composed an article for publication demonstrating that massage therapy lowers EMG activity in the trapezius muscles, allowing the muscle greater relaxation (published 2016)

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

- Managed the off-ice development of the varsity ice hockey team twice weekly
- 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, intentional and multi-joint movements to better understand motor control
- Collected and analyzed data through MatLab alongside graduate and PhD students

*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 worked with student patients, athletes
- Aided in administrative work

*International Scholar, ISL 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
- Met with medical current students to discuss the daily and expected requirements

*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 injuries
- Practiced taping techniques and performed basic duties of an athletic trainer
- Worked with men's hockey, football, and mens' and womens' track and field, spending a few weeks with each team

## Education

*San Diego State University, San Diego, CA*

8/2012 – 5/2014

Master of Arts in Kinesiology

Concentration: Rehabilitation Science

Cumulative GPA: 3.71

*The Pennsylvania State University, University Park, PA*

8/2004 – 5/2008

Bachelor of Science in Kinesiology

Concentration: Movement Science

Cumulative GPA: 3.44

## Certifications

- Red Cross Certified for CPR and First Aid 2012 - Present
- SDSU Building Support Team (formerly Building Safety Coordinator) 10/2020-Present
- Fall Prevention (Summit Professional Education) 1/9/2023
- Tai Chi (Summit Professional Education) In Progress

## Committee Work

- SDSU ENS Curriculum Committee 5/2017 - 8/2022
- SDSU ENS Inclusion Equity and Diversity Committee 8/2020 – 8/2022

## Committee Mentor Work

- Pre-Occupational Therapy Student Association 8/2019 - Present
- Voice For Veg 8/2018 - 5/2019

## Research Publications

- 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

## Research Interests

- Neuroscience, Motor Disorders, Motor Control, Alternative and Complementary Treatments, and Rehabilitation