

CHARLES GACONA

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EDUCATION

The University of Texas at Austin, College of Natural Sciences Expected May 2020
BSA Biology, Certificates in Allied Health Professions and Forensic Science, GPA: 3.5

CLINICAL EXPERIENCE

REACT Neuro-Rehab, *Volunteer* - Dallas, Texas

March 2019

Held two weekly fitness classes for current patients to provide viable exercise options for those with nerve damage

Prepared patients for individual therapy by transferring patients from wheelchairs and fastening them safely into rehabilitation machines such as Total Gyms

Baylor Scott and White Institute for Rehabilitation, *Volunteer* - Lakeway, Texas

January 2019 – May 2019

Facilitated comforting rehabilitation environment by speaking with patients about their treatment

Organized materials such as exercise balls and resistance bands for patient use

Observed inpatient physical therapy

Baylor Scott and White Institute for Rehabilitation, *Intern* - Austin, Texas

July 2018 – May 2019

Helped conduct fitness-for-duty and pre-employment examinations by collecting patient measurements such as blood pressure, height, and weight

Prepared patients by attaching them safely to machines

Checked monthly for exposed wires, safe water temperatures throughout the building, and maintained cleanliness of air vents and calibrated physical therapy equipment

WORK EXPERIENCE

Texas Physical Therapy Specialists, *Physical Therapy Technician* - Austin, Texas

May 2019 – January 2020

Demonstrate and explain prescribed exercises to patients and monitor patients performing exercises

Organize patient files and communicate with patients over telephone

First-Year Experience Group Program, *Mentor* - University of Texas

August 2017 – August 2019

Hold a weekly class to ease the transition from high school to college for incoming freshmen

Host activities discussing diversity, differences, and acclimation to university life

Conduct individual check-ups to ensure students are properly adjusting

LA Fitness, *Personal Trainer* - Austin, Texas

August 2017 – January 2019

Worked with clients ages 16 to 76 to help them reach their personal fitness goals

Trained clients with knee replacements, arthritis, tendonitis, diabetes, obesity, herniated disks, and sprains

Trained a collegiate basketball player, collegiate hockey player, collegiate rugby player, high school football player, and a high school power lifter in strength and conditioning

Discovery Scholars Program, Intern - University of Texas

August 2017 – May 2018

Constructed presentations explaining how to maintain a healthy lifestyle during college

Designed health and fitness information sheets for university-wide distribution

Posted weekly tips on health and health-centered events on social media

COMMUNITY SERVICE

Habitat for Humanity, Volunteer - Austin, Texas

January 2019 – Present

Installed shingles, windows, baseboards, trim, cabinets, and doors; tiled floors and backsplash

Assembled furniture for Habitat for Humanity's re-sell store and assisted customers with loading and unloading furniture

University of Texas Micro Farm, Volunteer - University of Texas

August 2016 – December 2016

Maintained health of staple vegetables through weeding, planting, and watering

Assisted in harvesting food to be donated to a local pantry

RESEARCH EXPERIENCE

Petroleum Engineering Department, Research Assistant - University of Texas

July 2017 – December 2018

Maintained lab by stocking shelves and ensuring a safe and clean working environment

Department of Biology, Research Assistant - University of Texas

August 2016 – December 2017

Conducted research on the effect eATP on root hair growth in Arabidopsis wild-type and *abcb19* mutant seedlings

PROFESSIONAL INVOLVEMENT

University Leadership Network Scholarship, Member - University of Texas

August 2016 – Present

Selected by the university to participate in a weekly seminar directed towards learning professionalism, leadership qualities, and networking through the University of Texas

ADDITIONAL INFORMATION

Skills: R Studio, extensive knowledge of construction and plumbing work

Interests: Track, powerlifting, anatomy, physiology and amateur bodybuilding

Certifications: W.I.T.S. Personal Training Certification, CPR Certification, CRLA International Mentoring Training Program Certification