

Kayla Temple Middleton

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Education

Master of Science, Health Sciences

University of Arkansas at Little Rock, College of Science and Mathematics

Graduation: December 2012

Bachelor of Science, Exercise Science

University of Arkansas at Monticello, School of Education

Graduation: May 2010

- Alpha Chi Honor Society
- Collegiate Softball and Cross Country Scholarship Recipient
- Student-Athlete Advisory Committee, Vice President
- Fellowship of Christian Athletes, Leadership Committee

High School Diploma

West Ouachita High School - West Monroe, LA

Graduation: May 2006

Employment History

Drew Central School District/Arkansas Department of Health, August 2013 – Present.

Position: Tobacco Prevention & Education Programs Coordinator

Determine organizational requirements of personnel, materials, supplies and equipment, develop budget requests, monitor expenditures, and assure compliance for grant contract.

- Coordinate and implement school-based tobacco control activities for students in grades K – 12.
- Network to create a self-sustaining program by securing community partnerships with local businesses in SE Arkansas. Create media and health communication materials to gain exposure for these partnerships.
- Provide community education to local businesses on tobacco control topics specific to their clientele.
- Work with the 21st CCLC program to provide at-risk youth with health education after school.
- Serve as “Substance Abuse Liaison” for Drew County Health Coalition through Drew Memorial Hospital.
- Serve as the district’s “Drive Chair” by coordinating all LifeShare blood drives on campus.
- Serve as the point of contact for Arkansas Children’s Hospital Dental Sealant Program on my campus.

Drew Central School District/Arkansas Department of Health, October 2012 – July 2013.

Position: Health Programs Coordinator

- Work with the school district through the Arkansas Department of Health to develop policies and educational programs to promote an environment that creates healthy students and communities.
- Educate public school students and the general public on health topics such as child nutrition, healthy weight loss, stress management, social responsibility, STD prevention, HIV/AIDS, substance abuse, underage drinking, heart disease, diabetes, stroke prevention, rehabilitation, women’s health, etc.
- Monitor the development of more detailed physical education/physical activity programs within the district and incorporate health related curriculum into regular classrooms.
- Develop and maintain a Wellness Committee consisting of faculty/staff members, students, parents, and community leaders from within Drew County.
- Coordinate health fairs/workshops for student, parent, and community involvement.
- Manage AmeriCorps Health Volunteers from the University of Arkansas – Monticello.
- Work closely with the Child Nutrition Director to meet government requirements and secure grant funding for programs such as “Fresh Fruits and Vegetables” and “Breakfast in the Classroom”.

University of Arkansas at Monticello (Athletics), Summer 2011 – Summer 2012.

Position: Assistant Softball Coach/Women’s Cross Country Coach (Graduate Assistant)

- Assist head coach in softball player recruitment, travel arrangements, ensuring player development, coordinating pre-season/post-season workouts, and advising/monitoring student-athlete academic progress towards degree.

- Responsible for recruiting and coordinating softball volunteers in the areas of fundraising, field maintenance, and planning/promoting/executing summer individual and team camps.
- Provide leadership for the Women's Cross Country program by recruiting runners, allotting scholarships, assessing talent, planning workouts, and transporting runners to/from meets.

University of Arkansas at Monticello (Student Affairs), Summer 2010 – Summer 2011.

Position: Recreation/Wellness Coordinator (Graduate Assistant)

- Responsible for training/assigning personal trainers to Wellness club members, referee training, employee supervision of recreation area attendants, wellness screening, intramural field management, equipment inventory, health & wellness programming, data reporting, and special event planning.
- Assist in recruiting local/state healthcare providers to participate in the annual UAM Health Fair.

Experience (Exercise Science)

South Arkansas Rehabilitation – Monticello, Arkansas

- Worked under the close supervision of Nat Grubbs, PT, MHS, OCS.
- Gained experience in the areas of outpatient physical therapy and pediatric-based rehabilitation services.
- Managed the "Silver Sneaker" program for geriatric participants.
- Assisted in designing sport performance programming at the ESP (Elite Sport Performance) branch.

Athletic Republic – Monroe, Louisiana

- Observe & lead science-based sport performance training sessions for children & adults.
- Public Relations – In house sales calls, out of office meetings, & community education/awareness.
- Utilized technology such as CompuTrainer, Dartfish, Dynavision, Gait analysis, & Polar heart rate.

Jennie Finch Softball Camp – Benton, Arkansas

- Worked with over 450 female campers from ages 6-17.
- Assisted USA Olympic athletes such as Jennie Finch, Crystl Bustos, Andrea Duran, and Caitlin Lowe.
- Responsible for teaching the fundamentals of the Catcher position, hitting, and base running in fastpitch softball.

Polish All-Sports Camp – Kraków, Poland

- Generated \$5,000 in donations through telephone and email solicitation.
- Managed all arrival and departure plans, along with creating the daily agenda for camps.
- Produced 4 separate sport day-camps throughout the city of Kraków.

Skills & Abilities

- Ability to plan, organize and direct the work of others.
- Ability to prepare, present and review oral and written information.
- Ability to develop, maintain and adjust operational budgets.
- Ability to develop, plan, monitor, and evaluate the effectiveness of programs and services.

References

Alvy Early, Head Softball Coach – University of Arkansas at Monticello. (870) 723-5665

Wendy Napoli, Registered Nurse – Drs. Barrow & Napoli. (318) 267-1789

Rachel Mayer-Riser, Owner – ImageCare Ultrasound. (318) 237-5085

Dr. Donna Quimby, Chair/Professor – Health Science Graduate Programs, UALR. (501) 240-1855