**Cheryl Epps**

130 Tom and Jere Court,

Houma, LA 70360

404-751-6444 / cheryl.epps520@gmail.com

**QUALIFICATIONS**

Dynamic, enthusiastic, and talented health fitness expert with experience recording manual blood pressure, fitness assessments, health screenings, developing at home exercise programs, and participating in group exercise with seniors. Proven abilities working with others in office, group and patient environments. Strong organizational and creative skills. Proficient with medical terminology and American Sign Language. Goal-oriented, dependable and flexible. Committed to a job well done with professional excellence.

**WORK HISTORY**

01/12 – 01/13 **MET-Test Lab Technician**

* Performed Pulmonary Function Test (*FVC, SVC, FRC, MVV, and DLCO*
* Performed Cardiopulmonary Exercise Test
* Recorded blood pressure resting and exercising
* Identified abnormalities in EKG
* Documented patient information
* Interacted with doctors and nurses

01/11 – 05/11 **Internship, North Fulton Hospital, Cardiac Rehab**

* Co-managed 10 patients in 4 Phase II classes
  + - * Maintained patients daily charts recorded resting heart rate, blood pressure, listed exercises and increases in activities, exercising heart rate, changes in EKG and signs/symptoms, and rate of perceived exertion
      * Wrote s-o-a-p (*subjective, objective, assessment, plan*) notes
      * Updated patient goals every 4 weeks
      * Completed progress notes for cardiologist
      * Developed/explained home exercise program for patients
      * Completed first time evaluations and discharges with patients
      * Created bulletin boards for exercising and cardiac medications and developed a brochure about sports drinks
      * Volunteered to record blood pressures and BMI at 50plus community health fair, NFH employee health fair, and high school physicals
      * 500 hours volunteered

08/08 – 08/11 **Cobb County School District, After School Program Teacher**

* Supervised 20-30 Second Grade students after school
* Assisted with homework, snack, and computer skills
* Communicated with parents and teachers
* Planned creative activities and organized team sports

**EDUCATION**

**Kennesaw State University**, Bachelor of Science, Exercise and Health Science, Kennesaw, GA

**HONORS**

Kennesaw State University, Dean’s List Fall 2009, Spring and Fall 2010

**PROFESSIONAL REFERENCES**

Chad Bailey

MET-Test Supervisor

MET-Test, Atlanta, GA

Phone: 404-643-4829

Email: [chad@cpdynamics.com](mailto:chad@cpdynamics.com)

Deb Jeskey, BS/CEP, ACSM

Certified Exercise Physiologist

Cardiac Rehab Coordinator

North Fulton Hospital, Roswell, GA

Phone: 770-751-2786

Email: deb.jeskey@tenethealth.com

Patrice Washbourne

ASP Director

Cobb County School District

Acworth Elementary, Acworth, GA

Phone: 770-975-6600

Email: [patrice.washbourne@cobbk12.org](mailto:patrice.washbourne@cobbk12.org)

**PERSONAL REFERENCES**

Ashleigh Schwab

MET-Test Co-worker

Houma, LA

Phone: 985-232-5588