**Jonah Zembower**

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**Objective**

To obtain an internship position with specific interests in Biomechanics, that will allow me to utilize my detail-oriented, analytical, and problem-solving skills along with my depth of understanding of the physiology of the human body.

**Education**

Seton Hill University, Greensburg, PA

***Bachelor of Science in Exercise Science – Health & Fitness Track***, May 2025 (GPA 3.95)

***Bachelor of Science in Data Science – Computational Analysis***, May 2025 (GPA: 3.63)

**Overall GPA:** 3.81/4.0

***Dean’s List,*** 5 semesters

***Recipient,*** Data Science Achievement Award x2

**Skills**

**Technology:** Microsoft Office, Excel, PowerPoint, Python, R Studio, Visual Studio, DBMS Software, Jupytr Notebook, Tableau, Power BI, Orange, and HTML/CSS

**Research:** A grant funded study being presented at the MARC ACSM conference of Fall 2024. This study entails the effects of soccer positions on the heart rate of the DII men’s soccer athletes. Fellow researchers Dr. Brian Larouere, Dr. Jared Burns, and I are assessing positional differences in conjunction with baseline measurement differences.

**Related Coursework**

* Biomechanics
* General Physics I
* Testing and Exercise Prescription I
* Physiology of Sport and Exercise
* Clinical Exercise Physiology
* Human Anatomy & Physiology I
* Capstone Exercise Senior Synthesis
* Exercise Leadership

**Relevant Course Project(s)**

***Physiology of Sport and Exercise***, Fall 2022

* The labs included measurement of blood pressure and pulse, evaluation of pulmonary function, anaerobic power, and aerobic capacity tests​. We practiced multiple physiological tests.

***Biomechanics,*** Spring 2024

* The labs we conducted explored fundamental mechanical principles. We examined the center of gravity, joint angles, forces, friction, levers, and kinematics.

***Testing and Exercise Prescription I and Lab,*** Spring 2024

* The labs focused on assessing various fitness components through practical testing. These labs included the measurement of cardiorespiratory fitness assessments (using treadmill and cycle ergometer tests), body composition analysis, and muscular fitness evaluations.

**University / Community Involvement**

***Leader,*** Fellowship of Christian Athletes

***Leader/Member*,** CampusBible Study

***Member,*** Exercise Science Club

***Member,*** Service Advisory Board

***Member,*** NCAA DII Men’s Soccer Team