**Benjamin Stratton**

Bbstratton1@catamount.wcu.edu

+1(808)646-1106

**Education**

Western Carolina University, Cullowhee, NC 2018-Present

Bachelor of Integrated Health Sciences

Anticipated Graduation Date: May 2022

GPA: 3.8/4.0

Dean’s List Student

**Certifications/Qualifications**

American Heart Association Current

Basic Life Support for the Healthcare Provider (CPR and AED)

National Academy of Sports Medicine (NASM) Current

Personal Training Certification

**Work Experience**

Parks and Recreation, Meriden, CT Summer 2019-2020

Camp Counselor-Professional Role Model

* Plan and lead group events for ages 6-14, including field trips and playground activities that incorporated exercise with enjoyment and participation by all.
* Monitor campers and respond to incidents, such as behavioral problems or accidents.
* Ensure camper safety by monitoring participants closely for signs of dehydration, heat illness, and other emergency situations.
* Log events and maintain records relating to activities.
* Discuss camper participation and concerns with parents and other camp staff members.

Procare Physical Therapy, Meriden/Wallingford, CT 2016-2019

Physical Therapy Aide

* Prepare patients for physical therapy treatment by welcoming, comforting, providing and/or assisting patients into physical therapy apparel or apertures.
* Help treat patients by applying heat packs; paraffin dips; assisting patients into whirlpool; helping patients onto exercise equipment, monitoring motion; tracking walking time and distance; measuring mobility; performing prescribed exercises and strengthening techniques.
* Work with several Physical Therapists and Physical Therapist Assistants, overlooking all of their patients at one time making me an effective multitasker.
* Educate patients by demonstrating proper use of equipment, correct exercise technique, and home exercise programs.
* Maintaining patient confidence and protecting operations by keeping information confidential compliant to HIPPA standards.

**Community Service**

Sylva Community Garden, Sylva, NC 2020

Volunteered as a grounds keeper to help maintain land plots.

Homebase College Ministry, Cullowhee, NC 2018, 2019

Volunteered as a server and custodian to deliver services to the homeless.

Community Table, Sylva, NC 2018, 2019

Volunteered as a server to build and supply nutritious meals to people in need.

**Professional Organization Memberships**

National Academy of Sports Medicine Current

**Extracurricular Involvement**

Western Carolina University Wrestling Club 2018-Present

Treasurer 2019-Present

**References**

References available upon request.