

Jenna Kornstedt
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Education

West Chester University of Pennsylvania, West Chester, Pennsylvania
Bachelor of Science in Exercise Science
Concentration: Pre-Physical Therapy Minor: Nutrition

Related Experience

Chester County Hospital Cardiac Rehabilitation Center

Intern

March 2015- Present

- Taking resting and exercise blood pressures
- Supervising low, moderate and high risk patients during exercise
- Monitoring heart rate and rhythms during exercise
- Motivating and assisting patients through their exercise routine
- Obtaining Rate of Perceived Exertion and Dyspnea during exercise

In Motion Physical Therapy

Physical Therapist Assistant
September 2013

October 2012 -

- Assist with front desk responsibilities such as check patients in, answer phones, fax and file paperwork.
- Walk patients through their exercise routines
- Set patients up on cervical and back traction
- Set patients up with muscle stimulation pads

Kinetic Physical Therapy

Volunteer Aide

September 2012

- Assist physical therapists by getting equipment needed or checking on patients
- Help patients with their prescribed exercise routine
- Set up patients muscle stimulation pads

Nova Care

Volunteer Aide

August 2012

- Assist physical therapists by checking on patients and helping patients when needed
- Do laundry
- Oversee patients' while they do their exercises

California University of Pennsylvania
Strength and Conditioning Student Coach
2011 - May 2011

January

- Lead teams through warm-up agilities before beginning their exercise routine
- Assist athletes through their scheduled work-out
- Make sure each athlete is working hard and progressing