

# MELANIE ANDREWS

melanieandrew94@gmail.com---214-542-3386---Atlanta, GA

## EDUCATION

### University of Georgia (Athens, Georgia)

*Master of Science in Clinical Exercise Physiology*

*Certificate in Weight Management and Obesity*

**August 2017-May 2019**

GPA: 4.0/4.0

### The College of William and Mary (Williamsburg, Virginia)

*Bachelor of Science in Kinesiology and Health Science*

*Minor in French and Francophone Studies*

**August 2013-May 2017**

GPA: 3.58/4.0

- Dean's List (Fall 2015, Fall 2016, Spring 2017), Graduated Cum Laude

## RESEARCH EXPERIENCE

### Center for Disease Control (Atlanta, Georgia)

**August 2019-Present**

- Participating in data collection and analysis (qualitative and quantitative) for the development of CDC After Action Reports and Improvement Plans
- Contributing to the synthesis of qualitative data for trend analysis and emergency response reports, including thematic analysis, for the Corrective Action Program database
- Contributing to the synthesis of quantitative data for trend analysis and emergency response reports, using excel and SAS programming
- Collaborating with staff in the development, piloting, and implementation of evaluation tools, such as NVIVO, SAS, and Redcap
- Aiding with CDC emergency response activities
- Collaborating with the Evaluation Team in the development of evidence-informed articles, presentations, and scientific publications

### University of Georgia (Athens, Georgia)

**January 2019-July 2019**

*Graduate Health Policy Researcher under Dr. Janani Thapa*

- Conducted a qualitative study on blended learning evaluations and overall learning success for graduate students who have received or are receiving UGA's Obesity and Weight Management certification
- Collected data and analyzed research findings in food environment and nutrition regulation in restaurants using agent-based modeling (Java)
- Evaluated the impact that state-wide/federal obesity prevention policies have on individuals' food choices

### East Georgia Cancer Coalition (Athens, Georgia)

**January 2019-May 2019**

*Research, Evaluation, and Programming Intern*

- Developed surveys, interviewed survivors, and constructed a comprehensive evaluation of Cancer Survivor Exercise Programs in East Georgia
- Conducted focus groups, key informant interviews, and performed quality analysis on cancer exercise programs using qualitative analysis software (NVivo)
- Coordinated various coalition programs and events from conception to completion such as the annual breast cancer 5k and educational video content for the coalition website
- Performed literature searches and wrote scientific literature reviews to aid supervisors in grant writing

### College of William and Mary (Williamsburg, Virginia)

**August 2016- May 2017**

*Undergraduate Kinesiology Researcher under Dr. Ray McCoy*

- Conducted biomechanics research on road camber; studied how it affects the gait of female recreational runners
- Administered treadmill testing trials, filmed participants on the treadmill, digitized participants lower body anatomic angles while running, analyzed results, and compiled data and results into a final paper, wrote portions of the background, methods, and analysis section
- Authored research paper: "Effect of Cross-Sloped Surfaces on Running Kinematics"; abstract published at SEACSM conference

## PUBLICATIONS

- Nicole Katapodis, Donglan Zhang, Girija Mulay, Dana Alvin, **Melanie Andrews** and Janani Thapa, Department of Health Policy and Management, University of Georgia, Athens, GA. "Assessing the Healthfulness of Chain Restaurants in Georgia Counties after Mandatory Menu Labeling" (2019). (2019 AAEA Annual Meeting, APHA's 2019 Annual Meeting and Expo)
- E. Heald, M. McKinney, **M. Andrews**, D. Barney, and R. McCoy, Kinesiology & Health Sciences Department, College of William and Mary, Williamsburg, VA. "Effect of Cross-Sloped Surface on Running Kinematics" (2017). (American College of Sports Medication, South East Regional Chapter conference)

## RELEVANT WORK EXPERIENCE

### University of Georgia (Athens, Georgia)

August 2017-Present

*Graduate Assistant of Fitness and Wellness at University of Georgia Sports Recreation Center*

- Organized and oversaw campus outreach program, where instructors and trainers bring classes and educational lessons to communities on and near campus
- Managed the Fitness and Wellness department during the search for a professional supervisor
- Instructed and led a cancer survivor wellness and exercise class and evaluated the survivors every other week, recording biometrics (BMI, fat%, waist circumference measurements), and administering quality of life surveys
- Quantitatively analyzed group fitness class attendance and provided semester recommendations for change and improvement in the group fitness schedule
- Hired, directly supervised, and semi-annually evaluated ~100 fitness instructor and personal trainer employees
- Presented to ~50 student fitness employees at EVOLVE Fitness Symposium "Cancer Survivors: Optimizing their Quality of Life through Fitness" (April 2019) and at the Annual Southeast Fitness Exposition "Adding Spice to your HIIT Class" (February 2018)

### Children's Healthcare of Atlanta (Atlanta, Georgia)

May 2018-August 2018

*Strong4Life Child Wellness Intern*

- Assisted with research, program development, implementation, and evaluation for child wellness strategic focus areas
- Conducted nutrition and health educational sessions in clinical and community settings and at Strong4Life camp
- Designed, planned, coordinated, and executed Strong4Life camp, supervising ~75 campers for one week
- Created marketing materials for the Strong4Life program
- Completed any assigned literature searches and other special projects as determined by supervisors

## CERTIFICATIONS

- ACSM Cancer Exercise Trainer (2017)
- Les Mills Body Pump Instructor (2017)
- ACSM Personal Trainer (2016)
- Les Mills Body Combat Instructor (2015)
- Spinning Rx Instructor (2015)
- Lay Responder American Red Cross CPR/AED/First Aid (2017)

## PRESENTATIONS

- Collegiate Leadership Conference "How to Conduct Effective Meetings" (February 2018)
- Collegiate Leadership Conference "Finding the Balance" (February 2019)
- Annual Southeast Fitness Exposition "Strength Training for Runners" (February 2017)
- Annual Southeast Fitness Exposition "Adding Spice to your HIIT Class" (February 2018)
- EVOLVE Fitness Symposium "Cancer Survivors: Optimizing their Quality of Life through Fitness" (April 2019)

## CONFERENCES

- Annual Southeast Fitness Exposition (February 2016, February 2017, February 2018)
- Collegiate Leadership Conference (February 2018, February 2019)
- Engage Student Leadership Conference (September 2018)
- NIRSA Region 2 Conference (November 2018)
- EVOLVE Fitness Symposium (April 2019)

## CORE COMPETENCY AREAS

- Microsoft Office (Microsoft Word, Microsoft PowerPoint, Microsoft Excel)
- Health Communication and Health Promotion
- Evaluation Software (Redcap, Qualtrics)
- Qualitative Analysis (Excel NVivo) and Quantitative Analysis (SAS, Excel, SPSS)
- Scientific Writing
- Agent-based modeling Software (Java)
- Clinical Exercise Physiology
- Biomechanics
- Children and Adult Nutrition
- Health Policy
- Weight Management Coaching
- Professional working proficiency in French