

Nicholas A. Lykon

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4220 Applebutter Rd.

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EDUCATION

West Chester University of Pennsylvania, West Chester, PA

Bachelor of Science in Health and Physical Education, May, 2014

Major: Health and Physical Education Teacher Certification, GPA: 3.46

Minor: Health

Dean's list: Spring 2013

License: Pennsylvania Instructional I: Health and Physical Education k-12

Indiana University of Pennsylvania, Indiana, PA

Major: Health and Physical Education Teacher Certification

Dean's list: Fall 2009

STUDENT TEACHING

January-May 2014

Oxford Area High School, Oxford, PA, Cooperating Teacher: Kim McCardell

PE Student Teacher, Grades 9-12, 26-33 students per class (3classes), January-March 2014

- Designed and integrated physical education unit (Ultimate Frisbee) using the Pennsylvania and national PE standards
- Created progressive developmental practice exercises to foster student learning and success
- Created fitness lessons that used no equipment in order to allow students more accessibility to lifetime fitness goals

Health Student Teacher, Grades 9-12, 29-33 students per class (3classes), January-March 2014

- Planned and incorporated a health unit plan referencing the Pennsylvania and national health standards
- Created modifications for learning support and ESL students
- Integrated technology within classes and assignments. Heavily used in nutrition lessons

Nottingham Elementary, Oxford, PA, Cooperating Teacher: Dan Schemmer

PE Student Teacher, Grades 2-4, 24-26 students per class, March-May 2014

- Designed and incorporated a cooperative learning unit that aligns with both Pennsylvania and national PE standards
- Modified equipment to allow higher learning and success rate
- Integrated core subject areas into PE lessons
- Supervised a paraprofessional who worked individually with struggling students

Health Student Teacher Grade 2, 40-50 students per class, March-May 2014

- Implemented relevant health lessons that aligned with the Pennsylvania and national health standards
- Facilitated interactive health activities that allowed for hands-on learning.

WORK EXPERIENCE

Elbow Lane Day Camp, Warrington, PA

Camp Counselor and Ropes Course Specialist

Summers 2010-Present

- Created and implemented introductory activities for adventure education and safety
- Formed and applied activities to improve social interactions within groups of campers
- Oversaw the safety and well-being of campers age 7-15 during daily camp activities

Wegmans Food Market, Malvern, PA

Front End Employee

January 2013-May 2014

- Flexibility – Had to work the register, the parking lot, and occasionally cover in other departments
- Customer Service – Helped customers directly every day.

A&A Machinery Moving Inc., Morrisville, PA

Internet Researcher

2006-2013

- Used internet resources to find industrial auctions for prospective clients
- Created and organized auctions onto a Microsoft Excel spreadsheet

RELEVANT EXPERIENCE

Attended Central Bucks High School West, Doylestown, PA

- Three year varsity letter recipient – Football
- Tennis Team
- Wrestling Team

Activities

- Worked Penn's Grove Middle School track meets (Oxford Area School District 2014)
- West Chester University Men's Rugby Football Club (Player from 2010-2013 and Vice President 2011)
- Intramural Soccer (1996-2013)
- Intramural Basketball (1997-2010)
- Doylestown Rugby Football Club U19 Team (2007-2009)
- Eagle Scout (2008)

COMMUNITY SERVICE

Field Day Assistance – Nottingham Elementary (Oxford Area School District)

Spring 2014

Field Day Assistance – Bridge Valley Elementary (Central Bucks School District)

Spring 2011

Created Orienteering Course – Landis Park, Plumsteadville, PA

Fall 2008

- Fund raised, constructed, and planned course