**Heather M. Holmes**

**Phone: 814-360-9294 Email:** [**heather.holmes1202@gmail.com**](mailto:heather.holmes1202@gmail.com)

**Education**

**Bachelor of Science in Education for Physical and Health Education: May 2015**

Slippery Rock University of Pennsylvania, Slippery Rock, PA

Overall QPA 3.75 *(Magna Cum Laude)*

Pennsylvania Instructional I Certification in Health and Physical Education K-12

Certified First Aid, CPR, and AED Provider and Instructor through American Heart Association

**Student Teaching and Field Experience**

**Student Teaching:** Ionta Elementary and Delahunty Middle School (Hermitage, PA) **March-May 2015**

* Created lessons weekly for 7th and 5th grade physical education and 6th and 4th grade health.
* Taught a drug unit in health including inhalants, marijuana, and prescription drugs.
* Taught a floor hockey unit in physical education that included skill work and game play.
* Managed about 140 students on a daily basis throughout the day.

**Student Teaching:**  Hickory High School (Hermitage, PA) **January- March 2015**

* Taught an eight week unit on Nutrition and Physical Activity for 10th grade Health.
* Developed five lessons for Health on a weekly basis for each day of the week.
* Developed lessons for Badminton, Table Tennis, and Pickleball for 8th -12th grade Physical Education classes.
* Taught every lesson each day for eight weeks.
* Was asked to stay an extra week at Hickory High School to help with a large project to complete their physical activity unit.

**Field Experience:** Karns City Middle and High School **August- December 2014**

* Taught 8th and 9th grade health on Thursday mornings.
* Developed review games and two lessons which were co-taught.
* Taught lessons focused on the Digestive System and Nutrition.

**Field Experience:** Slippery Rock Area Elementary School  **January –May 2014**

* Taught 3rd and 4th grade Physical Education classes every Monday, Wednesday, and Friday (Arrived early and stayed late to help out with other classes)
* Developed lessons for and taught football, jump rope, dance, hockey, and lacrosse.
* Created and taught two dances to both third and fourth grade students.

**Field Experience**: Sharpsville Middle School **September-December 2013**

* Assisted with teaching 7th and 8th grade students once a week.
* Developed and taught one full lesson alone and one co-teaching lesson.
* Taught soccer and basketball lessons toward the middle and end of the field experience.

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**Related Experience**

**Slippery Rock NCAA Track and Field: Javelin**  **August 2011- May 2013**

* Dedicated 20 hours or more weekly to practice, conditioning and collegiate competition.
* Instructed middle and high school student athletes participating in the winter “Learn by Doing” clinics.
* Participated in the Pennsylvania State Athletic Conference Championship meet in 2012.
* Received two Scholar Athlete Awards and the Pennsylvania State Athletic Conference Scholar Athlete Award.

**Volunteer Hickory High School Track and Field Coach March 2015- present**

* Dedicated 10 or more hours weekly teaching technique and workouts for javelin participants.

**Slippery Rock University Aquatics Club: September 2011-December 2014**

* Held positions of President (one year) and Vice President (one year).
* Coordinated activities for children and families to promote aquatics in the community.

**Penns Valley Area High School: September 2007-May 2011**

* Lettered in track, basketball and soccer. Participated in softball freshman year.
* Counselor at Camp Old School, one week summer basketball program for 3rd-8th grade.
* Recipient of two scholarships for students entering an education major in college.

**Work Experience**

**Nike Outlet: March 2014-Present**

* Cashier and sales floor associate providing customer service and informing consumers about Nike products. Worked over 16 hours per week while attending Slippery Rock.

**Child Development and Family Council-counselor May 2013-August 2014**

* Worked with children ages 5-12 for six to eight hours a day during the summer.
* Created activities and games for free periods.

**Professional Memberships**

**PSAHPERD 2011- present**

* Active member of the Pennsylvania State Association for Health, Physical Education, Recreation, and Dance.
* Attended PSAHPERD Convention in 2011 and 2014.