

THOMAS J. MCCULLOUGH

Tom.McCullough16@gmail.com

2011 Golden Bay Lane • League City, TX 77573 • (832) 385-7195

EDUCATION

The University of Houston College of Nursing at Sugar Land	Bachelor of Science in <i>Nursing</i> Current GPA: 3.64	December 18, 2020
The University of Texas at Austin	Bachelor of Science in <i>Kinesiology and Health</i> Concentration: <i>Exercise Science</i> Overall GPA: 3.25	August 15, 2016

CLINICAL EXPERIENCE

Med-Surg. Rotations

- 24hrs of clinical learning experience at Methodist Sugarland
- Took vitals, performed head-toe assessments, occluded a bleeding wound, applied ice to reduce swelling, ensured patient hydration, and more under nurse supervision

Pediatric Rotations

- 24hrs of clinical learning experience at Texana Center and St. Peters preschool
- Created and shared lesson plan to teach children about high quality nutrition habits

Psychiatric Rotations

- 36hrs of clinical learning experience at Memorial Herman PaRC and Devereaux
- Encouraged patient expression of their mental health status and stressors via therapeutic communication
- Facilitated the disclosure of patient dependence on pharmaceutical drugs and alcohol, and the effect this had on their family and friends, in order to facilitate the recovery process

WORK EXPERIENCE

Gateway Chiropractic South Shore – Exercise Physiologist ; League City, TX	May 2018-December 2019
<ul style="list-style-type: none">• Assisted head chiropractor in relieving pain, and correcting movement patterns• Developed exercise programs and instructed post-treatment exercises, to ensure quick patient recovery• Intern from May 2012-December 2013	
Life Time Fitness – Personal Trainer ; Friendswood (Baybrook Mall), TX	June 2019-December 2019
<ul style="list-style-type: none">• Tracked body composition of clients weekly to create tailored exercise/diet plans• Achieved a reduction in client A1C levels from 8.6% to 5.4%• Inspired to members to make lifestyle modifications towards a healthier way of life	

VOLUNTEER EXPERIENCE

Third Ward Collaborative Health Fair – Volunteer ; Houston, TX	February 15, 2020
<ul style="list-style-type: none">• Supported event staff in teaching parents and kids how to optimize their health	
Soaring with Eagles – Strength & Conditioning Instructor ; La Marque, TX	January 2017-May 2019
<ul style="list-style-type: none">• Led group workouts for program members and high school athletes• Provided free meal services and fun after-school activities to keep kids out of trouble	
Earl Campbell's Flavors of Austin Philanthropy Event – Volunteer ; Austin, TX	January 2015-May 2016
<ul style="list-style-type: none">• Assisted Campbell family in event planning and execution to benefit Multiple Sclerosis	
Clear Creek/La Marque High School 7-On-7 Football – Coach ; League City/La Marque, TX	2012, 2013, 2018
<ul style="list-style-type: none">• Coached varsity players at their 7-On-7 practices, games, and tournaments• Worked with Clear Creek (2012 & 2013) and La Marque (2018)	

ADDITIONAL INFORMATION

Certifications: American Heart Association (AHA) BLS provider (05/14/2019-05/14/2021), International Sports Sciences Association (ISSA) certified personal trainer (NCCA accredited through proctored exam)

Immunizations: Currently up to date on all immunizations

Interests: Flag football, cooking, personal fitness, and skiing

Work Eligibility: Eligible to work in the U.S. with no restrictions

Reference List: Available upon request