

Tina Allen

College Address: Messiah College Box 223, Grantham, PA 17027

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- Education:** **Bachelor of Arts— Athletic Training**, May 2006
Messiah College, Grantham, PA
- Certifications:** CPR/First Aid
Lifeguard
Athletic Training Certification (April 2006)
- Honors:** Dean's List—2002 to present
Provost's Scholarship—2002 to present
Stephen Philips Scholarship—2002 to present
Florence Bushee Scholarship—2002 to present
American Baptist Credit Union Scholarship—2002-2003
National Ministries Undergraduate Scholarship (American Baptist Churches USA)—2005-2006
- Undergraduate Research:** **Research Project in Exercise Physiology**
Messiah College, Grantham, PA (2005-2006)
- Studied the effects of the KiloWatt Intensity Gaming System on cardiovascular and metabolic rates of college-aged males
 - Presented at Mid-Atlantic Region ACSM Convention in Harrisburg, PA, November 2005
 - Submitted to the National ACSM Convention in Denver, CO, May 2006
 - Submission to journal is in process with faculty advisor
- Research Project in Exercise Physiology**
Messiah College, Grantham, PA (2004-2005)
- Studied relationship of a walking program on self-efficacy and functional ability in older adults at an Assisted Living Community
 - Presented at Messiah College School of Health and Natural Science Research Symposium, Spring 2005
 - Presented at Mid-Atlantic Region ACSM Convention in Harrisburg, PA, November 2005
- Related Experience:** **Lab Assistant—Exercise Testing and Prescription**
Messiah College, Grantham, PA (Spring 2006)
- Worked with the following equipment: metabolic cart, force plate, & portable lactate analyzer
 - Gained competency in the following areas: exercise prescription, maximal and submaximal exercise testing, body composition and hydrostatic weighing, and BIA (bioelectric impedance)
- Clinical in Athletic Training**
Messiah College, Grantham, PA (January 2006)
- Obtained 100 clinical hours in an off-campus medical facility
 - Observed surgeries, conducted a patient case study, and developed a presentation on a special topic

Teaching Assistant—Kinesiology

Messiah College, Grantham, PA (Fall 2005)

- Graded papers
- Developed quizzes and study guides
- Taught mini-labs within the lecture

Athletic Training Internship

East Pennsboro High School, Enola, PA (Fall 2005)

- Worked with junior high, junior varsity, and varsity football teams
- Developed rehabilitation programs for a variety of ankle and knee injuries from the acute stage until return to play

Student Athletic Trainer

Messiah College, Grantham, PA (2003-2005)

- Covered various sports activities (2003-2004)
- Worked with the women's basketball team (2004-2005)

Fitness Inservice

McPherson Park, Gloucester, MA (Summer 2005)

- Spoke to a group of elderly people living at an assisted living/retirement community
- Gave suggestions of how to incorporate simple exercises into their daily lives; demonstrated safe stretching and strengthening exercises

Fitness Inservice/ Exercise Testing and Prescription

SeniorCare, Inc., Gloucester, MA (Summer 2005)

- Spoke to the employees about the benefits of exercise and healthy eating
- Administered the Houston Non-Exercise Submaximal Test to determine a baseline VO₂ as well as BMI
- Recommended exercise programs, both aerobic and non-aerobic, for eight people

**Volunteer
Experience:**

Student Athletic Trainer's Association

- Member 2003-2006
- Secretary 2005-2006

Phi Epsilon Kappa Honor Society

- Member 2005-2006

Special Olympics

- Organizing First Aid 2006
- First Aid volunteer 2005
- Buddy to athlete 2003

Missions Trip to Port-Au-Prince, Haiti (Summer 2004)

- Learned how to cross cultural barriers and interact with another culture
- Assisted in the construction of a house and a medical clinic
- Assisted in medical check-ups of sponsored children