**ALISSA M. ZEITELHACK**

**ATHLETE ANALYSIS AND SPORTS PERFORMANCE**

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**EDUCATION**

 **Masters of Science in Biokinesiology with an emphasis in Sports Science** May 2022 University of Southern California; Los Angeles, CA

 GPA of 4.0/4.0

 **Bachelor of Science in Exercise Science and Sports Performance**  May 2020

Minor in Engineering Physics

 McKendree University; Lebanon, IL

 GPA of 4.0/4.0

**RESEARCH EXPERIENCE**

 **Lab Member at the University of Southern California** Fall 2020 – Present

Clinical Biomechanics Orthopedic Outcomes Research (COOR) Lab

* Assisting in data collection and analysis for PAC-12 funded research study exploring modifiable physical factors that may reduce UCL injury risk in baseball pitchers.

**Honors Program Thesis** Fall 2019 – Spring 2020

McKendree University Honors Program

* Conducted research synthesis and wrote a systematic review describing the effects of hip flexor static, PNF, and dynamic flexibility exercises on force production by the hips during different jumping patterns.

**Research Scholar at the University of Nebraska-Lincoln** Summer 2018

Orthopedic and Neural Engineering (One) Lab

* Selected to the Orthopedic and Neural Engineering (ONE) Lab under Dr. Rebecca Wachs to develop biomaterials for treatment of low back pain caused by intervertebral disc degeneration.

**INDUSTRY EXPERIENCE**

 **Biomechanics Lab Assistant – Level I** September 2021 – Present

 Meyer Institute of Sport; El Segundo, CA

* Responsible for collecting, processing, analyzing, reporting, and interpreting biomechanical data for the purpose of a data-driven and comprehensive approach to patient/athlete care.

**Associate Sales Operations Consultant – Health and Wellness** May 2019 – July 2021 Government Employees Health Association (GEHA); Lees Summit, MO

* Responsible for supporting wellness programs and developing presentations on various health and wellness topics.

**Physical Therapy Clinic Volunteer** Summer 2016

Center for Sports Medicine at Children’s Mercy Kansas City; Overland Park, KS

* Administered pre-testing for ACL rehabilitation program.

**CERTIFICATIONS**

 **Certified Strength and Conditioning Specialist**

National Strength and Conditioning Association

**Basic Life Support Instructor**

American Red Cross

**First Aid/CPR/AED Instructor**

American Red Cross

**HONORS & AWARDS**

 **Phi Kappa Phi Honors Society Student Vice President** Spring 2019 – Spring 2020

* Honors Society for Juniors and Seniors.
* Brainstorm PKP events and assist with induction ceremonies.
* Member since Spring 2018.

**National Society of Leadership and Success Member** Fall 2017 – Spring 2020

* Nominated for membership Spring 2017.

**Phi Eta Sigma Honors Society Member** Spring 2017 – Spring 2020

* Honors Society for Freshman.

**RELATED EXPERIENCE**

 **CSCS Exercise Assistant** September 2020 – November 2020

Air Jordan Brand Jumpman LA Flight Lab

* Developed programming of at-home workouts for Air Jordan-sponsored high school athletes (due to status as a Certified Strength and Conditioning Specialist (CSCS)).

**Varsity Captain McKendree Women’s Volleyball Team**  Fall 2018 – Fall 2019

* Responsibilities included leading strength and conditioning sessions, delegating and ensuring completion of duties within the team, and fostering team chemistry.

**McKendree University Sports Nutrition Committee Member** Fall 2019 – Spring 2020

* Met to share knowledge and brainstorm sports nutrition interventions to implement for our athletics programs.