

Elizabeth J. Steele

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EDUCATION

Ithaca College, Ithaca, NY Dec. 2021
M.S. Exercise Science (Human Performance)

Ohio Northern University, Ada, OH May 2019
B.S. Exercise Physiology (Corporate Fitness/Personal Training), Music Minor
▪ Honors Program
▪ Summa cum laude

Universität Salzburg, Salzburg, Austria Summer 2017
Courses: Intermediate German and Music Listening & Comprehension

Certifications/Memberships

Functional Movement System, Level 1 May 2021
Red Cross First Aid, CPR, AED Apr. 2020
NSCA, Certified Strength & Conditioning Specialist Dec. 2020

WORK EXPERIENCE

GA Strength & Conditioning Coach, Ithaca College, Ithaca, NY Aug. 2019-May 2020; Jan. 2021-Present
▪ Develop athletes' strength, power, and performance by writing and implementing strength programs
○ Women's Cross Country - 2019 Liberty League Team Runner-Up, 2019 NCAA Individual Champion
○ Women's Track & Field - 2020 Liberty League & All-Atlantic Region Indoors Team Champion; 2021 Liberty League West Outdoors Team Champion, All-Atlantic Region Outdoors Team Runner-Up
○ Men's Cross Country - 2019 Liberty League Individual Champion
○ Men's Track & Field - 2020 Liberty League & All-Atlantic Region Indoors Team Champion, 2021 Liberty League West Outdoors Team Champion
▪ Understand teams' needs by regularly communicating with sport coaches and head S&C coach
▪ Educate athletes about the program and motivate them to give great effort
▪ Coach exercise technique to ensure a safe training environment
▪ Enhance staff knowledge by sharing research articles and participating in in-services
▪ Be flexible and organized to run efficient and safe training sessions with COVID-19 protocols

Teaching Assistant, Ithaca College, Ithaca, NY Aug. 2019-Present
▪ Courses: Exercise Physiology, Foundations of Strength & Conditioning, Practicum in Strength & Conditioning
▪ Organize meetings and provide feedback on assignments to help students understand the material
▪ Monitor student grades and provide guidance to help students meet expectations
▪ Lead efficient lab sessions by assisting with set up and class management
▪ Teach students appropriate use of lab equipment and testing protocols to collect and analyze physiological and musculoskeletal data
▪ Discuss teaching plans and assignment improvements with professor

Camp Counselor, Montlure, Tucson, AZ May-July 2019
▪ Demonstrated a Christ-like example as a role model to campers ages 4-18
▪ Held campers accountable to camp rules
▪ Taught youth Christian and Biblical concepts in small groups
▪ Collaborated with counselors and volunteers to create teaching plans and activities
▪ Encouraged campers on their faith journey
▪ Showed positivity and excitement to engage campers in all activities

Sports Performance Specialist Intern, RedLine Athletics, Chandler, AZ May-Aug. 2018
▪ Enhanced athletic performance in youth athletes by writing and implementing group training programs
▪ Taught exercises, monitored movement quality, and encouraged athletes to maintain a good work ethic
▪ Conducted fitness testing and tracked testing data
▪ Researched and created a brochure on the importance of strength training for youth athletes

RESEARCH EXPERIENCE

Validity and Reliability of Variables Measured by the Stryd Summit	Apr. 2020-Present
<ul style="list-style-type: none"> • Research project fulfilling Master of Science degree requirements • Used force plates and 3D motion capture to validate Stryd Summit footpod biomechanics • Processed motion capture and force plate data using Vicon and MatLab • Determined validity and reliability using MAPE, Pearson's correlation, Bland-Altman Plots, CV, and ICC 	
Identifying Initial Contact for Treadmill Running at Competitive Distance Running Speeds	Oct. 2019-Present
<ul style="list-style-type: none"> • Assisted with recruitment, scheduling and collection of 3D motion capture and force data for 27 runners • Processed motion capture and force plate data using Vicon and LabView • Organized thousands of data points in Microsoft Excel for analysis • Wrote abstract and poster presentation for the 45th Meeting of American Society of Biomechanics • Submitted a short communication paper to the Journal of Biomechanics 	
Validity of iOS-based Pulse Oximetry	Jan.-Sept. 2019
<ul style="list-style-type: none"> • Assisted with writing of literature review 	

LEADERSHIP EXPERIENCE

Ohio Northern University Habitat for Humanity - President, Fundraising Chair	Mar. 2016-May 2019
<ul style="list-style-type: none"> ▪ Organized and led officer meetings, club meetings, and activities ▪ Part of a team that completed Ecocycle planning to improve the club's functioning ▪ Encouraged the officer body to generate ideas to improve member attendance and involvement ▪ Promoted relationships with other religious clubs by collaborating with club presidents ▪ Planned fundraisers to raise money for events and out-of-state trips 	
Ohio Northern University Fellowship of Christian Athletes - Secretary	Oct. 2015-May 2019
<ul style="list-style-type: none"> ▪ Collaborated with the leadership team to organize and lead weekly Bible studies ▪ Shared meeting and activity information with members via email ▪ Responsible for sending weekly meeting reminders 	
Ohio Northern University Symphony - Section Leader (Viola)	Aug. 2015-Dec. 2015; Jan. 2017-May 2019
<ul style="list-style-type: none"> ▪ Prepared strategies to help improve the performance of the viola section ▪ Used non-verbal cues during rehearsals and performances to communicate with other musicians ▪ Modelled engagement and preparedness in rehearsals ▪ Collaborated with the conductor and section leaders to synchronize with the orchestra 	

VOLUNTEER WORK

Sunday School Teacher	Sept 2020-Present
Ithaca College Move-In Assistant	Jan-Feb 2021
Research Participant	2017, 2020
Vacation Bible School Group Leader	Summers '11, '12, 14, '18, '20
Church Orchestra Member (Violist)	2011-2019
Habitat for Humanity Volunteer	2016-2019
Volunteer Camp Counselor	Summers 2015, 2017, 2019
Health Fair Exercise Physiology Department Representative	Oct. & Nov. 2017, Nov. 2018
High School Softball Assistant Manager	Feb.-Apr. 2015
LadyHawks Softball Camp Coach	Summers 2012 & 2013

AWARDS/HONORS

Professional Excellence Award in Graduate Studies, Ithaca College	Apr. 2021
Gayle Lauth HPSS Co-Major of the Year, Ohio Northern University	April 2019
Omicron Delta Kappa, Ohio Northern University	April 2019
Getty College of Arts and Sciences Dean's List, Ohio Northern University	Fall 2015-Spring 2019
Alpha Lambda Delta, Ohio Northern University	April 2016
Phi Eta Sigma, Ohio Northern University	April 2016