Health E. Laydie

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Home Address
701 E. Fifth St.
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OBJECTIVE

A worksite health director in a corporate wellness center utilizing my skills in lifestyle management, health and wellness promotion, and physical fitness advising.

CAPABILITIES PROFILE

Current First Aid, CertificationHeart Rate (rest/exercise), Current CPR Certification,
Sexual Health Promotion, Blood Pressure Testing, Exercise Prescription
Program Evaluation, Body Composition Analysis,Program Planning,
VO2 Max/Submax Testing, Safety Training, Data Analysis, MS SPSS, Lotus SmartSuite HealthAware Smoking Cessation Software

EDUCATION

Expected Graduation: May 2004: B.S. Worksite Health Promotion GPA: 3.708
Jan. 2002- Current East Carolina University Greenville, NC
Minor in Business Administration

SELECTED COURSEWORK

Health Problems I & II, Exercise Physiology, Environmental Health, Safety & Technology, First Aid & Safety, Exercise Evaluation & Prescription
Applied Principles of Health Promotion, Personal & Industrial Psychology

EXPERIENCE

Pub Health Init. of Greene County, NC Wilson, NC Jan 05 - May 05
In HLTH 4108, Applied Principles of Health Promotion, students were instructed to work as a group to design the sexually transmitted disease section of a public health plan for Greene County, NC.

I chose to lead the coordination of four classroom groups of four people each. We addressed viral, bacterial, fungal, and microorganism-based STIâ€™s, carriers, transmission, protective measures including school-based abstinence programs, percentages within populations and sub-populations, and more.

The Greene County Health Department adopted our section into the existing framework with minimal revisions.

F.I.T.T. Building on ECU Campus Greenville, NC Aug 04 - Dec 04
As part of the EXSS 4806, Exercise Evaluation & Prescription coursework, students were assigned a client from the public services sector with which to design, implement and evaluate exercise programming. My client, a 45 year old, Caucasian female police officer, entered the program with: BMI 29.6, Bodyfat 35%, VO2 Max 35 ml/kg/min, and measuring at or below the 60th percentile in strength, flexibility, and muscular endurance per ACSM standards.

Upon completion of the eight week program, her

- BMI dropped to 23.5, Bodyfat dropped to 29%,
- VO2 Max increased to 40 ml/kg/min, and
- she measured at or above the 75th percentile in strength, flexibility, and muscular endurance.

Junior Olympic Volleyball Coach Greenville, NC Jan 04 - present
- *Teach young adults necessary volleyball skills*
- *Supervise and lead volleyball tournaments*
- *Instruct participants in the importance of physical activity as part of a healthy lifestyle*

PROFESSIONAL AFFILIATIONS

- *Member: Society of Professional Health Engineers*

- *Member: North Carolina Society of Public Health Educators*
- *Member: Eta Sigma Gamma (national professional health education honorary), - Beta Theta Chapter*

EXTRACURRICULAR ACTIVITIES

- *ECU Club Ultimate Frisbee: Jan 04 - present*
- *ECU Club Women's Rugby: May 04 - present*
- *ECU Healthy Pirates Club*