

Jessica Murawski

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Education

Pennsylvania State University

Bachelor's degree, Kinesiology and Exercise Science, 2018 – 2022

- Movement Science

Pennsylvania State University

Master's degree, Biomechanics, 2024 – present

- Research studying the effects of growth-period exercise on locomotor function and energetics using a guinea fowl animal model.

Work/Internship Experience

State College Strength and Conditioning, State College, PA

Coach, May 2024 – present

- Led group fitness classes while following proper progressions of CrossFit, weightlifting and gymnastics.
- Taught and helped to improve individuals with their foundational movements.
- Helped to safely improve the strength, flexibility, and overall fitness in athletes.
- Created a positive and encouraging environment for all athletes during group fitness classes.
- Increased my level of coaching expertise by learning how to coach a wide variety of athletes ranging in age and physical ability.

Penn State University Research Lab, State College, PA

Laboratory Technician, June 2022 – July 2023

- NIH funded research in the Kinesiology muscle function and locomotion lab.
- Conducted research exploring the possible effects of inactivity during childhood on the musculoskeletal system and physical activity in adulthood.
- Organized lab equipment and documents.
- Completed the active phases of research, including caring for and running guinea fowl on treadmills daily.
- Assisted with survival surgical operations of guinea fowl.

High Mountain Orthopedics, Wayne, NJ

Student Intern, May 2021 – August 2021

- Scribed for the doctors when meeting with patients.
- Assisted the doctors in the treatment of patients.
- Strengthened my interpersonal skills to communicate with patients properly and most efficiently.
- Expanded knowledge of the medical field as well as patient care and planning.
- Increased my medical vocabulary.
- Gained experience in the operation of a medical group practice
- Observed four total knee replacement surgeries. – August 2022

Leadership Experience

Penn State CrossFit Club Trainer, November 2020 – May 2023

- Led CrossFit workouts and classes for over 140 students in the club.
- Assisted in programming daily workouts for our athletes.
- Organized competitions, fundraisers, workouts, socials, and other outings.
- Mentored 4-6 athletes to personally assist them in achieving athletic, nutritional, and personal goals.

Shadowing Experience

Undergraduate Student Shadow, State College, PA

January 2021 - May 2021

- Became a participant for experiments that needed a human model.
- Helped in running Cortex for Motion Capture Analysis data collection.
- Participated in meetings discussing the progress of the team and how to improve for the future.
- Gained experience in how a research team functions and works together on different projects.

Certifications

CrossFit Level 1 Trainer - CrossFit, LLC

- Issued Nov 2020 – Expires Nov 2025