
MIKAELA FRECHETTE



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EDUCATION

UNIVERSITY OF ILLINOIS AT URBANA-CHAMPAIGN AUGUST 2018 – EXPECTED MAY 2020

- Advisor: Jacob J. Sosnoff, PhD
- Graduate assistant within the Motor Control Research Lab
- Master's degree: Kinesiology

UNIVERSITY OF NEW HAMPSHIRE SEPTEMBER 2014 – MAY 2018

- Advisor: Summer, B. Cook, PhD
- Enrolled in the college of Health and Human Services with Honors in Major, Kinesiology: Exercise Science
- Varsity Track and Field student athlete (September 2014 – May 2018)
- Accumulative GPA: 3.63; Dean's list spring semester 2014-2015 (GPA: 3.83), fall semester 2015-2016 (GPA: 3.58), fall semester 2016-2017 (GPA: 3.83), and spring semester 2018-2019 (GPA: 4.00)
- Vice President of UNH's Association of Exercise Science Club
- Inducted into Chi Alpha Sigma: National College Athlete Honor Society on April 7th, 2017

TEACHING EXPERIENCES AND PRESENTATIONS

The American College of Sports Poster Presentation May 2018

- Designed and presented a poster titled: Corticomotor function during blood flow restricted arm crank ergometry for the National ACSM Conference

New England chapter of the American College of Sports Presenter October 2017

- Competed against other chosen undergraduate students in the Bachelor's Competition

Undergraduate Research Conference Poster Presentation April 2017

- Designed and presented a poster on older adult's physical functioning and self-assessed quality of life for UNH's Undergraduate Research Conference

Teaching Assistant - The University of New Hampshire January 2017 - May 2017

- Aided in grading, revising student's lab reports, and lead class discussions

Science and Practical Strength Training December 2016

- Prepared and presented a class lecture, assigned class readings, and developed and completed an in-class worksheet on Blood Flow Restricted Exercise to my class in order to receive honors designation for the course (KIN 720)

Hamel Recreation Center Staff Training – The University of New Hampshire November 2016

- Developed a presentation and demonstration for campus recreation staff to provide them with greater knowledge of physical fitness and its pertinence to our workplace, proper equipment usage, and equipment safety features

RESEARCH AWARDS AND EXPERIENCE

Neil B Vroman Award Recipient May 2018

- Awarded the Neil B. Vroman award for my overall undergraduate student excellence.

Robert S. Axtell Award Recipient October 2018

- Awarded the Robert S. Axtell Scholarship at the fall New England chapter of the American College of Sports Medicine conference.

Research Assistant – The University of New Hampshire April 2018 – September 2018

- Assisted in participant familiarization and testing within a research study investigating Club Lacrosse players' core strength, stability, and how it influenced sport performance

Undergraduate Research Conference – The University of New Hampshire May 1st, 2017

- Winner of the Undergraduate Research Conference Award of Excellence for my research presentation at the All Colleges Undergraduate Research Symposium

Independent Study Grant: An Advanced Research Experience January 2017

- Received a grant totaling \$181.00 to conduct research pilot testing during the spring semester of my junior year at UNH

International Research Opportunities Program (IROP) November 2016

- Summer of 2017 research: Corticomotor function during blood flow restricted arm crank ergometry
- Received a grant of \$8,738.93 to conduct research in Perth, Australia

Research Assistant – The University of New Hampshire September 2017

- Assisted in participant testing sessions
- Focused on assessing post-activation potentiation following blood flow restricted squats

Research Assistant - The University of New Hampshire September 2016 and November 2017

- Titled: Young adult health risk screening initiative
- Conducted freshman fitness testing on behalf the University of New Hampshire's Nutrition program

WORK EXPERIENCE

The EDGE Sports and Fitness – Essex, VT June 2018 – August 2018

- Completed a summer internship within the Preventative Care program
- Administer pre and post-health risk assessments, created individual exercise programs, and aided in lectures and group exercise classes for the nationally certified wellness program, Genavix

Employee Fitness Program – UNH Field House September 2017 – May 2018

- Provided oversight, responsible for the facilities cleanliness, and ensured safety of its members

Cardiac Rehabilitation – UNH Field House October 2017 – December 2017

- Administer fitness testing and developed a safe exercise protocol for a cardiac rehabilitation patient

Group Fitness Instructor - UNH Hamel Recreation Center March 2016 – May 2018

- Requires me to plan and teach group classes to individuals with varying exercise experience

University of New Hampshire Hamel Recreation Center - Durham, NH August 2016 – May 2018

- Monitor and enforce the gym's safety, rules, and sanitation

Personal Trainer - UNH Hamel Recreation Center October 2015 – May 2018

- Requires me to work one-on-one with an individual to discuss and develop a safe program to meet his/her fitness goals

Jump Camp Elite - Beekmantown, NY July 2015 and 2016

- Taught young athletes correct posture when lifting free weights, how to choose proper weight for each exercise, how to decide the amount of repetitions per set of exercises, and which exercises that will target specific muscle groups

SKILLS AND CERTIFICATIONS

Computer Skills

- Software: Microsoft Excel, Microsoft PowerPoint, Microsoft Outlook, and Microsoft Word
- Statistics (SPSS)

Other Skills and Certifications

- Certified Aerobics and Fitness Association of American (AFAA) personal trainer
- Certified M3 group Spin instructor through Keiser
- Certified L1 TRX group instructor
- CPR certified through the American Heart Association
- Certificate of Training: Responsible Conduct of Research and Scholarly Activity
- Able to speak and read French at a moderate level

MEMBERSHIPS

- UNH's Association of Exercise Science Students (AESS) September 2015 – May 2018
- American College of Sports Medicine (ACSM) October 2016 - 2018
- New England chapter of the American College of Sports Medicine (NEACSM) October 2016 and 2017

WORKSHIPS/SEMINARS ATTENDED

- ACSM National Conference May 2018
- Keiser Workshop March 2017
- TRX Workshop February 2017
- NEACSM Conference October 2016 and 2017
- Responsible Conduct of Research and Scholarly Activity Seminar October 2016