

KELLY ANN MITCHELL

EDUCATION

SOUTHERN CONNECTICUT STATE UNIVERSITY. New Haven, CT
Bachelor's Degree: Exercise Science – Human Performance Obtained, May 2015

SEYMOUR HIGH SCHOOL, Seymour, CT

H.S. Diploma, June 2011

CERTIFICATION

CPR/AED Certification, 08/2017

PROFESSIONAL EXPERIENCE

HEAD-ZONE CONCUSSION CARE, Shelton/Waterbury, CT **10/2017 – Present**
EXERCISE SPECIALIST/SPORTS PROGRAM MANAGER

- Administration and charting of the Buffalo Concussion Treadmill Test (BCTT), King-Devick Eye Tracking Test, Vestibular/Ocular-Motor Screening (VOMS), SWAY Balance test, ImPACT and ImPACT Pedi test.
- Development of personalized physical exertion programs post-concussion
- Community outreach via concussion safety presentations

U.S.A ELITE TRAINNG, Cheshire, CT **11/2016- 10/2017**
SOFTBALL INSTRUCTOR/ASISSTANT DIRECTOR OF EVENTS

- Provide expert training for athletes by developing their skills and increasing performance to compete at the highest competitive level
- Facilitate and coordinate various college showcase events

BETTER ATHLETIC DEVELOPMENT, Shelton, CT **05/2015 - 05/2017**
HEAD PERSONAL TRAINER/STRENGTH AND CONDITIONING COACH

- Provided strength and conditioning training to athletes and adults of all ages worked in both group and one on one settings
- Strategically create and execute safe and effective strength and conditioning programs to achieve client goals; provide guidance regarding nutrition and injury prevention

KIDSENSE PEDIATRIC THERAPY GROUP. Milford, CT **12/2014–04/2015**
INTERN

- Shadowed head occupational therapist and created an exercise program to facilitate the transition from therapy to real life scenarios.