

Kelly Zarka

Ansonia, CT | kelly_zarka@uri.edu |

Profile

Leadership, public speaking, critical thinking, strong team skills, knowledge of safe fitness practices and application

Education

Masters of Science: University of Rhode Island, Kingston, RI May 2024

- Masters of Science in Nutrition program
- Public Health Nutrition track

Bachelor of Science, University of Rhode Island, Kingston, RI May 2022

- Bachelor of Science: Nutrition and Dietetics-Dietetics Track, Pre-Physician Assistant Track
- 3.69/4.00 GPA : Magna Cum Laude
- Phi Eta Sigma Honor Society

Experience

Cycle Instructor: Wave Cycle Studio, Newport, RI July 2023-Present

- Leading safe and effective fitness practices for all levels
- Creating outreach to community members

Graduate Teaching Assistant: Anatomy and Physiology II Lab, URI, Kingston, RI August 2022-Present

- Teach lecture material on class-targeted body system
- Assist students in completion of applied lab activities
- Facilitate undergraduate teaching assistant duties, grade all coursework

Supervisor: TLC Coffee Roasters, Kingston, RI June 2022-Present

- Coordinate business with vendors
- Maintain food safety and quality standards
- Facilitate responsibilities of staff members

Undergraduate Teaching Assistant: Scientific Principles of Food Course, URI, Kingston, RI September 2021-May 2022

- Serve as a resource for students to understand complex food science concepts
- Facilitate weekly labs via preparing grocery lists and shopping, and set-up and breakdown of laboratory
- Host virtual quiz review sessions

Undergraduate Teaching Assistant: Anatomy and Physiology I + II Labs, URI, Kingston, RI January 2020- May 2022

- Facilitate learning of complex anatomical structures and physiological processes of the human body

Group Exercise Mentorship Program Leader, URI Campus Recreation, Kingston, RI January 2020-Present

- Creating and presenting learning materials for aspiring instructors in a group setting
- Mentoring individuals on proper instructor practices and facility policies
- Coordinating team meetings via weekly emails

Emergency Medical Technician , URI Emergency Medical Services, Kingston, RI September 2020-Present

- Responder to on-campus and community emergencies
- Completing BLS skills such as vital signs, back boarding, splinting, stretcher maneuvers, etc.
- Driving ambulance to emergency scenes and to hospitals

Group Exercise Instructor, URI Campus Recreation, Kingston, RI September 2019-Present

- Leading safe and effective cycle class practices for all levels

Treat Team Member, Rita's Italian Ice, Bridgeport, CT July 2016-July 2021

- Practicing food safety skills
- Coordination of tasks amongst team members, communication of customer needs, problem solving

URI Puppy Raisers Club, Kingston, RI

September 2018-March 2019

- Assisted raisers in training dogs for Guiding Eyes for the Blind

Volunteer Experience

- RIAND 5k and 10k Race Volunteer (April 2019)
- URI Free Farmer's Market (September-October 2021)

Skills

Microsoft Word, Microsoft Excel, PowerPoint, Google Drive, Instagram, Twitter, Pinterest

Certifications

- Servsafe Food Safety Manager Certification (Expiration March 2025)
- Mental Health First Aid Certification (Expiration January 2024)
- Spinning Instructor Certification (Expiration July 2025)
- Licensed active CT state EMT-B and NREMT (Expiration March 2025)
- Licensed active RI state EMT-B and NREMT (Expiration December 2024)
- Healthcare Provider CPR/First Aid Certification (Expiration February 2024)

Awards

- Campus Recreation Group Exercise Employee of the Month (September 2019, October 2020, April 2021, May 2023)