

Jeremy Quinones

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917-808-7873

Education:

B.S., Exercise Science | GPA: 3.3 | Stockton University, *Galloway, NJ*

May 2025

Distinctions: Member of Stockton's Social Justice committee | Member of Stockton's Intramural Basketball team, Stockton los latinos Unidos, Member of the national society of leadership and success, BLS and CPR certified February 15 2025 AHA

Summary of Qualifications: Driven student of exercise science with a solid background in kinesiology, human anatomy, and physiology. Proficient in creating fitness evaluations, creating fitness regimens, and using evidence-based methods to promote wellbeing. Efficient at using exercise equipment and health monitoring software, having practical experience in both solo and group environments. Excellent interpersonal and communication skills, along with a strong desire to support others in reaching their health and fitness objectives.

Work Experience:

Summer Counselor, SYEP, Queens, NY

05/2021-09/2021(seasonal)

- Design activities to help individuals overcome confidence issues and build strength
- Execute appropriate risk-assessment and mitigation strategies for students with specialized needs
- Implement educational tasks and group activity tasks to a group of scholars to improve their academic experience
- Explain principles, techniques and safety requirements to activity participants to prevent injury
- Collaborate with staff to establish and maintain a supportive and structured environment

structural plan for each student.

Cardiac rehabilitation aid, Atlanticare, Egg harbor Township NJ 05/2024-05/2025

- assist with setting up exercise equipment, supervise patients as they participate in prescribed exercise routines, and monitor vital signs (such as heart rate, blood pressure, and oxygen levels) to ensure patient safety.
- Preparing the patient with the proper attire before even getting started with the program.
- With also taking the patient's blood pressure, heart rate, weight, blood glucose, and etc.

Behavioral technician, Connect Plus therapy, Northfield, NJ

06/2023-09/2023(seasonal)

- Collected and analyzed behavioral data to track progress and adjust strategies for individualized treatment plans.
- Assisted in teaching adaptive skills and reinforcing positive behaviors to enhance the client's independence and quality of life.
- Conducted regular assessments to evaluate behavioral patterns and effectiveness of interventions, adapting approaches as needed for optimal outcomes.

Residential assistant, Stockton University, Galloway, NJ

08/2023-05/2025

- Fostered a supportive and inclusive community by organizing recreational activities, group discussions, and social events.
- Implemented and enforced residence policies and procedures, maintaining a structured and secure environment.
- Acted as a liaison between residents and management, addressing concerns and facilitating communication for conflict resolution.

Related experience:

- **Internship:** Continuing working in Atlanticare cardiac rehabilitation division for another 300 hours helped me further develop my knowledge on the field itself and more inpatient experience.

- **Volunteer** : Shadowing a Physical therapist, allowed for observation and assisting a licensed physical therapist in various clinical settings, gaining insight into assessment techniques, treatment modalities, and patient care.
 - **Service learning** - Combines physical activity with community service, where participants engage in fitness or wellness-related activities while contributing to a social cause. Engaging with a community partner in Stockton University gave me the experience and full understanding of working as a team in a real life setting, scheduling, creative/ critical thinking and etc.
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Skills

Computer: Proficient in Microsoft Office, Zoom, and in Google Suites