



Candidate for Student Representative



Frances Alexandre (Undergraduate student)

Florida Atlantic University

I am honored to be considered for the SEACSM Student Representative position. As an Exercise Science and Health Promotion major at Florida Atlantic University, I am passionate about contributing to the mission of SEACSM by engaging in a community that supports the education and empowerment of my fellow peers and colleagues.

Through my involvement in leadership roles, such as serving as the successor Vice President of Friends of Medicines Sans Frontières, I have developed strong skills in organizing events, facilitating discussions, and supporting initiatives that connect diverse groups in the coalition of supporting medical care in disadvantaged communities. I've also had the privilege of being accepted into SEACSM's Leadership and Diversity Training Program (2025), which enforces my commitment to promoting inclusivity and equity in our field.

As a Student Representative, I will serve SEACSM by connecting with students within workshops and networking events in order to enhance their experience, as well as aim to foster a sense of belonging within SEACSM's inclusive and welcoming community. I hope to bridge students into gaining deeper relationships with SEACSM's organizational leadership and mentors in order to encourage active participation within research and professional engagement.

I believe this role offers a valuable opportunity to motivate my peers, promote diversity, and contribute towards the growth of SEACSM. Thank you for your consideration, and I look forward to the opportunity to serve and give back to this community.

Frances Alexandre

Lake Worth, FL 33436

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EDUCATION

Bachelor of Science in Exercise Science and Health Promotion

Florida Atlantic University

GPA: 3.77/4.0

Honors: Dean's List [Spring 2024]

Expected May 2026

Boca Raton, FL

WORK/INTERNSHIPS

Physical Therapy Aide Intern

Gemma Banez Physical Therapy

June 2023 – Present

Lake Worth, FL

- Gain over 300 clinical hours.
- Oversee around ten patients per shift while maintaining clinic efficiency by taking on additional administrative tasks such as scheduling appointments and managing inventory when necessary.
- Contribute to effective patient care by preparing treatment areas, equipment, and materials before each session.

History Tutor

Superprof

April 2024 – Present

Lake Worth, FL

- Curate personalized presentations and teaching methods.
- Support students with helpful study habits and exam strategies.
- Collaborate with students to identify lagging skills and correct weaknesses.

RESEARCH EXPERIENCE

Research Assistant

Florida Atlantic University Exercise Science Lab

September 2024 – Present

Boca Raton, FL

- Study Title: Older Adults with and Without Parkinson's Disease: Comparing Fall risk, cognition, and exercise performance.
- Collect and document results from Parkinson's and non-Parkinson's subjects using the Trazer, Biodex, and a SFT.
- Analyze data to compare motor function and outcomes between subject groups
- Monitor participants' progress throughout testing procedures, ensuring the safety of the subjects.

Abstracts

- **Alexandre, F.I.**, Hall, M.E., Graves, B.S. February 2025. Can self-reported measures predict the functional fitness of seniors with and without Parkinson's disease? Southeast American College of Sports Medicine, Greenville, SC. (*accepted*).
- **Alexandre, F.I.**, Hall, M.E., Graves, B.S. May 2025. Can self-reported measures predict the functional fitness of seniors with and without Parkinson's disease? American College of Sports Medicine, Atlanta, GA. (*Under review*).

LEADERSHIP AND INVOLVEMENT

Event Committee Member

Asian Student Union at Florida Atlantic University

September 2024 - Present

Boca Raton, FL

- Collaborate with other committee members to plan and organize events for club members.
- Assist in executing projects or initiatives related to the club's goals.
- Contribute to decision-making processes by providing input during meetings.

Food Distribution Volunteer
Christ Fellowship

October 2024-Present
Boynton Beach, FL

- Efficiently hands out food supplies to between 1,000 and 1,500 cars during distribution events, ensuring timely service for all participants.
- Assists in setting up and managing food distribution events, ensuring a smooth flow of operations and a welcoming environment.
- Works closely with fellow volunteers and staff to coordinate efforts and enhance the overall efficiency of food distribution.

Vice President (**Incoming**)

Friends of MSF at Florida Atlantic University

January 2025
Boca Raton, FL

- Collaborating with fellow officers to plan fundraising events and expand volunteer opportunities.
- Organizing initiatives to raise awareness about global medical and humanitarian efforts.
- Supporting partnerships with local communities to increase engagement and impact.

HONORS AND AWARDS

Leadership and Diversity Training Program Recipient

Southeast American College of Sports Medicine

February 2025

Greenville, SC

- Selected for a competitive program to receive mentorship and professional development at the SEACSM Annual Meeting.
- Awarded a travel stipend to take part in leadership and diversity workshops, and connect with academic, research, and service opportunities.

PROFESSIONAL AFFILIATIONS

- Student Member, National Strength and Conditioning Association (NSCA), [2024]- Present

CERTIFICATIONS

BLS Certified, October 2023-October 2025