



## Candidate for Student Representative

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### **Juliet Espinal (Master's Student)**

*University of Central Florida*

My involvement with SEACSM has played an important role in my early development as a graduate student, and emerging professional in exercise science. I first engaged with the organization by presenting a research poster on Older Adults' Perceptions of the Student-Led FAU Well Program, which allowed me to gain experience communicating research and receiving feedback from faculty and peers. This year, my new proposal, Diaphragmatic Breathing Training to Improve Estimated  $VO_2$  Max in Young Vocal and Theatrical Performers, was accepted for me to present in the upcoming conference, and it reflects my growing interest in performance physiology and applied research. In addition to my research activities, I have supported SEACSM through volunteer service as part of the AV Team, assisting Dr. Brian Parr and the Emily M. Haymes Mentoring Breakfast, with audiovisual operations to ensure sessions ran smoothly for presenters and attendees. I also participated in the SEACSM Student Bowl, representing my institution and reinforcing my foundational knowledge in exercise science. These experiences have helped me build confidence, professionalism, and a stronger connection to the SEACSM community as I continue to grow within the field.

## Juliet Espinal

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### Summary

Passionate performance coach with a strong background in training elite athletes, including MLB, NFL players, and draft prospects. Known for a hands-on, detail-oriented approach that emphasizes trust, communication, and athlete development. Dedicated to building a competitive training culture that drives performance, enhances recovery, and supports success on and off the field.

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### Education

#### Florida Atlantic University

BS, Exercise Science, GPA: 3.4

#### University of Central Florida

MS, Kinesiology Human Performance, (In Progress)

### Certifications

American Red Cross CPR/AED 2025

NASM CSCS (In Progress)

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### Technical Skills

- Proficient in exercise testing.
  - Knowledge of human anatomy and physiology.
  - Experience with Senior Fitness Test & Fitness Assessments.
  - Data Collection & Analysis, Program Design, and Public Speaking
  - Biodex Balance System, Trazer, and Exercise Testing Software.
  - Proficient in Outlook, Word, Excel, and PowerPoint.
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### Experience

#### Exos – Performance Coach

2025 - PRESENT

- Designs and coaches performance based training programs.
- Enhances clients' strength, endurance, and mobility.
- Applies EXOS methodology for holistic performance improvement.
- Motivates and educates clients to achieve lasting results.

#### Woodfield - Sports Desk Attendant

2025 - 2025

- Assist members with court reservations, check-ins, and general inquiries.
- Manage daily court schedules and support tennis programs and events.
- Kept the tennis shop clean, organized, and stocked.

#### Phi Mu Sorority, Boca Raton, FL. - Group Fitness Instructor

2023 - 2025

- Assisted in conducting exercise tests and assessments.
- Developed and monitored individualized exercise programs.
- Educated “sisters” on proper exercise techniques and safety.
- Provided support and motivation to “sisters” during workouts.

#### Practicum Exercise Science Health Promotion - Student Instructor

2024 – 2025

- Prepared and led in-person fitness sessions tailored for older adults.
- Delivered fitness assessments and demonstrated techniques, including the Senior Fitness Test.
- Created a one-week fitness program for older adults based on ACSM guidelines.
- Prepared and delivered six in-person research-based lectures on fitness topics, focusing on older adult health and wellness.

#### Bommarito Performance Systems - Apprentice

2024 – 2025

- Assisted with athlete training in strength, speed, and agility drills.
- Observed fitness assessments and provided feedback on technique.
- Helped develop training materials focused on injury prevention and recovery.
- Collaborated on data collection to track and optimize athlete performance.

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## Research Experience

### SEACSM - Poster Presenter

2026

- Abstract: Diaphragmatic Breathing Training to Improve Estimated VO<sub>2</sub> Max in Young Vocal and Theatrical Performers: A Research Proposal.
- Designed a research proposal investigating how diaphragmatic breathing training may improve estimated VO<sub>2</sub> max in young vocal and theatrical performers.
- Developed methodological procedures and integrated supporting literature without engaging in data collection.
- Prepared clear, scientifically grounded proposal materials suitable for academic submission and presentation.

### SEACSM - Poster Presenter

2025

- Abstract: Older Adults Perceptions of the Student -Led FAU Well Program: A Qualitative Study
- Conducting qualitative research on older adults' perceptions of the student-led FAU Well Program, gathering and analyzing feedback for improvements.
- Assisting with audiovisual setup and operations for SEACSM events, ensuring smooth presentations and technical support.

### SEACSM - AV Team + Student Bowl

- Provided audiovisual support for SEACSM presentations, ensuring smooth technical operations throughout the conference.
- Managed AV setup, troubleshooting, and transition assistance for speakers and session moderators.
- Competed in the SEACSM Student Bowl, demonstrating strong exercise science knowledge and rapid problem-solving skills.

### Integrative Vascular Physiology Lab - Undergraduate Researcher

2024 – 2025

- Assisted with vascular physiology research, focusing on blood flow and cardiovascular health.
- Collected and analyzed data using lab equipment to measure vascular responses.
- Helped design and implement study protocols, ensuring accuracy and safety.
- Maintained lab equipment and organized research materials for efficient operations.

### Older adults with and without Parkinson's Disease: Comparing fall risk, cognition and exercise performance - Undergraduate Researcher

2024 – 2025

- Assessed fall risk and balance using the Senior Fitness Test and Biodex Balance System.
- Evaluated exercise performance with a Trazer.
- Analyzed data to compare fall risk, cognition, and exercise performance in older adults with and without Parkinson's Disease.

## References

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