

Lucy Kulkarni

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SUMMARY

Exercise Science lecturer and health and wellness professional with six years of combined **higher education teaching** and applied exercise science experience. Delivers **undergraduate instruction** in exercise physiology, biomechanics, **strength and conditioning**, research methods, and nutrition through scientific knowledge, **evidence based practice**, and practical laboratory application. Mentors students through academic planning, professional certification, graduate study, research, and capstone development. Guides student scholarship from question development through literature review, data collection, Excel analysis, and presentation. Builds productive relationships with faculty, clinicians, fitness professionals, students, and community partners. Uses Microsoft Word, PowerPoint, Excel, Outlook, and Adobe applications for course materials, academic communication, data organization, and visual learning. Can contribute thoughtful instruction, student support, scholarship, service, and collaborative academic leadership.

EXPERIENCE

Lecturer, Exercise Science

August 2023 - Present

Prairie Ridge College

Aurora, IL

Lead undergraduate Exercise Science instruction, laboratory learning, student mentoring, research guidance, curriculum work, and community wellness partnerships. Connect scientific concepts with practical assessment and programming decisions for students preparing for health and performance careers.

- Designed **exercise physiology** laboratories using **movement assessment** and testing procedures for practical student learning outcomes.
- Guided **student research** from literature review through Excel analysis and faculty presentation, strengthening evidence interpretation skills.
- Mentored students on **academic planning**, certifications, graduate study, and **capstone development** through individualized feedback.
- Created lectures, rubrics, assignments, and visual materials with Word, PowerPoint, Excel, and **Adobe applications**.
- Contributed curriculum discussions, faculty service, and community wellness partnerships supporting supervised applied learning.

Exercise Physiologist, Education Coordinator

June 2021 - July 2023

Fox Valley Human Performance Center

St. Charles, IL

Managed applied assessment, conditioning education, wellness programming, practicum supervision, and referral collaboration for adult wellness and athletic clients. Translated **exercise science** findings into clear recommendations while supporting professional learning and community engagement.

- Translated fitness assessment findings into individualized **conditioning recommendations** for adult wellness and athletic clients.
- Built progressive strength programs from movement observations, training history, goals, and evidence based principles.
- Delivered community workshops covering exercise physiology, **nutrition** fundamentals, recovery, and **resistance training**.
- Analyzed assessment data in Excel, identifying trends that guided program adjustments and client discussions.
- Supervised practicum students during testing and coaching, providing feedback on communication and measurement procedures.
- Coordinated **referral based wellness services** with clinicians and **fitness professionals** when exercise plans required modification.

Graduate Teaching and Research Assistant, Exercise Science

August 2020 - May 2021

Midwest University Wellness Lab

DeKalb, IL

Supported supervised laboratory teaching and faculty research in exercise physiology and biomechanics. Prepared instructional materials, coached research methods assignments, maintained study records, and organized participant data for faculty review and graduate scholarship.

- Led supervised laboratory sections demonstrating exercise physiology testing procedures and **safe equipment use**.
- Prepared instructional materials connecting heart rate, metabolic, strength, and movement data with course concepts.
- Organized **participant schedules** and **study records** for faculty research on resistance training responses.
- Structured research datasets in Excel and produced **descriptive summaries** for faculty review.
- Coached **research methods** assignments covering literature searches, study design, variables, and **peer reviewed evidence**.
- Presented graduate research findings to faculty and students, incorporating feedback into a final written project.

PROJECTS

Applied Human Performance Assessment Study 📅 2023

A useful question often starts close to practice. Organized assessment findings into an applied study linking movement observations, exercise physiology measures, and conditioning recommendations for wellness and performance settings.

Resistance Training Response Research 📅 2021

Small data decisions shape credible scholarship. Supported participant scheduling, study records, dataset checks, Excel summaries, and presentation of resistance training findings for faculty and student audiences.

LEADERSHIP & AWARDS

- Recognized by faculty for clear laboratory instruction and practical Exercise Science learning support.
- Selected to present graduate research findings to faculty and student audiences in Exercise Science.
- Prairie Ridge College service contributor for curriculum discussions and community wellness partnerships.

EDUCATION

Master of Science in Exercise Physiology

2021

Northern Illinois University GPA: 4.0

DeKalb, IL

Coursework: Exercise Physiology, Biomechanics, Research Methods, Strength and Conditioning

Bachelor of Science in Exercise Science

2020

Illinois State University GPA: 4.0

Normal, IL

Coursework: Exercise Physiology, Nutrition, Biomechanics, Exercise Testing

CERTIFICATIONS

- NSCA Certified Strength and Conditioning Specialist 📅 2022
- Adult and Pediatric First Aid, CPR and AED 📅 2022

TECHNICAL SKILLS

- **Microsoft Office:** Word, PowerPoint, Excel, Outlook
- **Adobe Applications:** Adobe Acrobat, Adobe Illustrator, Adobe Photoshop
- **Exercise Science:** Exercise Physiology, Biomechanics, Nutrition
- **Strength Training:** Strength and Conditioning, Resistance Training, Progressive Workloads
- **Research Methods:** Literature Review, Study Design, Variable Selection
- **Exercise Testing:** Fitness Assessment, Metabolic Testing, Movement Assessment
- **Data Analysis:** Excel Analysis, Descriptive Summaries, Dataset Review
- **Higher Education:** Undergraduate Instruction, Graduate Instruction, Laboratory Teaching
- **Student Development:** Academic Mentoring, Career Preparation, Capstone Guidance
- **Scholarship:** Faculty Research, Student Research, Research Presentations
- **Instructional Design:** Lectures, Assignments, Rubrics
- **Communication:** Written Communication, Verbal Communication, Academic Presentations

SKILLS

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|-----------------------------|-----------------------------|---------------------------|--------------------------|
| • Exercise Science | • Research Methods | • Evidence Based Practice | • Verbal Communication |
| • Exercise Physiology | • Nutrition | • Laboratory Instruction | • Community Partnerships |
| • Biomechanics | • Higher Education Teaching | • Scholarly Research | • Academic Service |
| • Strength and Conditioning | • Student Mentoring | • Written Communication | |

PROFESSIONAL AFFILIATIONS

- Exercise Science faculty and community wellness collaboration.
- Applied human performance and student research community.

LANGUAGES

- English (Native)
- Hindi (Proficient)

ADDITIONAL INFORMATION

Work Status : Authorized to work in United States. No sponsorship required.

REFERENCES

AVAILABLE ON REQUEST