

JONATHON BOURQUE

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Education

Rutgers University, New Brunswick, NJ 08901

May 2023

- B.S. Exercise Science
- Department of Kinesiology and Health
- Overall GPA: 3.62
- In Major GPA: 3.55

Professional Experiences

Exercise Psychophysiology Lab at Rutgers

September 2022-Present

- Research Assistant
 - Run participants in several studies using advanced psychophysiological techniques including EEG, ECG, and ICG
 - Conducting a systematic review on the effects of physical activity on error-related negativity using the PRISMA guidelines

EXOS Phoenix, AZ

May 2022-August 2022

- Performance Coach Intern
 - Trained NBA players in a group setting and one on one
 - Created programs for the collegiate group and coached groups consisting of over a dozen athletes
 - Certified in the EXOS' system and methods

YMCA Basking Ridge, NJ

July 2021- November 2021

- Personally Trainer
 - Performed initial screening and movement assessments with clients to understand their goals and formulate a plan to assist them in reaching their objectives
 - Trained high school athletes with an emphasis on movement quality and power output

Current Certifications

- EXOS Performance Specialist Certification, 2022
- ACE Personal Training Certification, 2021
- American Red Cross Adult First Aid/CPR/AED Certification, 2020

Memberships

Brookdale Community College Baseball

January 2022-May 2022

- Pitcher for the collegiate baseball team