

# Ryala Straghn

Email: ryalachinnyr03@gmail.com

## **Professional Summary:**

Driven and compassionate Kinesiology graduate with extensive hands-on experience in rehabilitation, strength training, and patient care. Experienced in inpatient rehab, athletic training, and personal fitness coaching, with a strong foundation in patient support, exercise programming, and injury prevention. Certified in CPR/AED, BLS instruction, and NASM personal training. Passionate about empowering individuals on their journey to restore mobility and improved quality of life.

## **Education:**

### **Tennessee State University (May 2028)**

Doctor of Physical Therapy

### **University Of Central Florida (August 2024)**

B.S in Kinesiology

Cum Laude

## **Professional Experience:**

### **BLS instructor (January 2025-present)**

- Teach people of the community basic life safety skills
- Certify students to perform CPR

### **Inpatient Rehab Aide (September 2024-present)**

- Assist the inpatient physical therapist with patients
- Ensure the cleanliness of the work environment
- Help with joint camps (rehab for patients who had hip or knee surgery)
- Record the productivity of the therapist
- Cross check patient charges

### **Personal Trainer (August 2023 – August 2024)**

- Create exercise programs for clients seeking to be physically fit
- Coach clients through workouts ensuring proper form
- Help clients achieve their fitness goals

## **Sports Medicine Intern:**

- Shadowed the sports specialty of physical therapy
- Assisted with patients rehab setting up various modalities

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## **UCF Strength & Conditioning Coach Intern (June 2023- August 2023)**

- Worked with UCF sports teams to correct the athletes' form during their strength training sessions
- Learned how make exercise programs for a sports season (off season, post season, in-season, etc)
- Understood the duties and responsibilities of a strength and conditioning coach
- Gained knowledge on proper lifting mechanics

## **TriPT Intern (February 2023 – May 2023)**

- Shadowed physical therapists and assisted with patients' rehab and treatment
- Maintained a clean work environment for the therapist
- Learned of various injuries and rehab exercises used to treat patients' post-surgery

## **UCF Football Student Athletic Trainer (August 2022-August 2024)**

- Learned how to tape ankles, various treatment methods and how to operate treatment machines
- Taped players hands/wrist prior to workouts and performed certain treatments post workouts
- Worked with players through their injury prevention and/or rehabilitation workouts
- Ensured proper hydration of the players

## **Skills & Certifications:**

- CPR/AED/First Aid certified
- NASM Certified Personal Trainer
- BLS Provider/Instructor
- Communication
- Customer service
- Sales
- Leadership

## **Awards/Honors:**

- **Cum Laude** (August 2024)
- **Felton Johnson Scholarship Organization** (June 2024)
  - Scholarship awarded to undergraduate students in an organization of the National Pan-Hellenic Council who exemplifies great community service and contribution to their organization.
- **Outstanding Kinesiology Student** (April 2024)
  - An award that recognizes undergraduate students in the Kinesiology major for their excellence within through academics, community involvement, and service.
- **Dr.Cheryl Green Scholarship Organization** (February 2024)
  - Scholarship awarded to those who demonstrate a strong commitment to education, community and service.

## **Undergraduate Involvement:**

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## **Atlantis Clinical Shadow Abroad Program (June 24 2023 – July 14 2023)**

- Shadowed doctors in Spain who worked in the cardiology, emergency, rehab, and plastic surgery department
- Learned Spanish, how each department operated, and how Spain's healthcare system functions

## **Black Undergraduate Kinesiology Association (BUKA)**

Co-founder/Vice President (March 2023-May 2024)

- Helped garner 60+ members to kickstart our first full semester on campus (Fall 2023)
- Assisted with event planning for members and the UCF community to attend that promoted health and fitness
- Ensured the executive board members were fulfilling their task
- Provided internship, work, and/or volunteer opportunities to members
- Networked with people in the Division of Kinesiology at UCF to get our club more exposure
- Promoted member engagement within our GroupMe and at planned events

## **Delta Sigma Theta Sorority Incorporated**

Physical and Mental Health Chair (January 2024-May 2024)

- Plan events that helped educate people on the importance and components of physical and mental health
  - Coleman Conversations: an active event that educated the college community on the importance of physical and mental well-being with various activities being completed
    - Activities included: Yoga, Painting, and journaling
  - GingerbRED House: a flower planting event that emphasized the importance of staying grounded & maintaining a positive mindset