

Samantha Cardenas

Department of Kinesiology and Human Performance
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Education

M.S. of Human and Health Performance – December 2021
Sul Ross State University, Alpine, TX
GPA: 4.0

B.S. in Biology – December 2020
Sul Ross State University, Alpine, TX
Magna Cum Laude – GPA: 3.76
Sul Ross State University Dean's List – Fall 2017 to Fall 2020

Professional Experience

Adjunct Instructor – January 2022 – Present
Sul Ross State University – Department of Health and Human Performance, Alpine, TX

Graduate Assistant – August 2021 – December 2021
Sul Ross State University – Department of Health and Human Performance, Alpine, TX
Aid to professors with teaching certain classes, grading student work, research, and data entry.

Physical Therapy Technician – September 2020 – April 2021
Big Bend Regional Medical Center, Alpine, TX
Observed and assisted in physical therapy modalities of treatment. Administered in assistance with restoration of a patient's physical ability on injury, disease, or physical disability. Evaluated inpatient and outpatient care by kinesthetic teaching.

College Tutor and Mentor – August 2018 – May 2019
Sul Ross State University – Student Support Services, Alpine, TX
Educated and improved college student's education on English writing, communications, and biology classes. Advised 160 students on personal and college guidance in the Student Support Services program.

Teaching Experience

Undergraduate Courses

Sul Ross State University – KES 4361 – Research in Kinesiology

Sul Ross State University – KES 4312 – Health Promotion at Work

Sul Ross State University – KES 3302 – Health & Aging

Sul Ross State University – KES 3305 – Physiology of Exercise

Sul Ross State University – KES 1301 – Introduction to Physical Fitness and Sport

Research

Early Prevention of Running Related Injury in College Student Athletes Using Asymmetrical Gait Analysis, August 2019

Research manuscript – Sul Ross State University McNair Program

National Survey on Physical Therapy Programs Assessing Patients' Psychosocial Care, July 2020

Research proposal – Sul Ross State University McNair Program

Conference Presentations

“Early Prevention of Running Related Injury in College Student Athletes Using Asymmetrical Gait Analysis,” Society for Advancement of Chicanos/Hispanics & Native Americans in Science (SACNAS) Hawai'i Conference, October 2019 – The largest multidisciplinary and multicultural STEM diversity event in the country.

“Early Prevention of Running Related Injury in College Student Athletes Using Asymmetrical Gait Analysis,” McNair Tafoya Research Symposium, October 2019

“Early Prevention of Running Related Injury in College Student Athletes Using Asymmetrical Gait Analysis,” Baylor University Annual Research Conference, September 2019

Honors and Awards

Greater Texas Foundation Scholarship Award, Sul Ross State University, Fall 2020

The award is given to undergraduates who must be a U.S. and Texas resident. This award is given annually to one recipient at the university.

M. S. Meek Lane Doss Scholarship Award, Sul Ross State University, Fall 2020

Given annually to students who are graduates of a high school located in Western Texas Counties.

Barton Warnock Endowment Scholarship Award, Sul Ross State University, Fall 2020

The annual award is given to a Biology major at the university. Continuing students must have a minimum cumulative 3.0 GPA in Biology.

Texas State University System Foundation (TSUS) Scholarship Award, Spring 2019

The \$5,000 award is given to “worthy and deserving students, encourages academic excellence, and recognizes student leadership and achievements,” stated by TSUS official website. The number of scholarships is determined annually by the TSUS Foundation Board of Directors; in 2019, only five students in Texas were granted this award.

Tutor/Mentor of the Year Award, Sul Ross State University, Spring 2019

Presented by Student Support Services, this award is given to one employee for being the best worker in their profession and achieving greatness in the workplace.

Charles B. David Scholarship Award, Sul Ross State University, Fall 2018

Awarded to undergraduates who have shown commitment to academics and leadership; students must have a minimum cumulative 2.5 GPA.

Jimmy Welch Scholarship Award, Lubbock High School, Fall 2017

The \$8,000 award is the highest donation award at the high school. This annual award is only presented to one female and one male student at Lubbock High School, which was a class of 800 graduating students.

President's Access Initiative Scholarship Award, Sul Ross State University, Fall 2017

This award opportunity is for first-time incoming students at the freshman or sophomore level.

South Plains GenTX Scholarship, Spring 2017

Awarded to upcoming freshman in the West Texas Counties who are the top 20% of their graduating high school class.

Make Kids Count Scholarship, Spring 2017

Awarded to students who have shown commitment to academics and leadership.

Service

University

Kinesiology Club, September 2018 – December 2020

President / Secretary / Member – Sul Ross State University, Alpine, TX

Organized general meetings, social and planned events. Provided strategic direction and developed on professional development in Kinesiology careers for 30 college members at Sul Ross State University.

Personal

Saving Grace Pit Bull Rescue, March 2017 – Present

Dog walker/runner and kennel maintenance for the animal shelter.

Highway Cleanup (Adopt-a-Highway), Fall 2017 – Spring 2020

Removal of all litter and non-biodegradable waste from roadside, a two-mile stretch of cleanup.

Certificates

Microsoft Office: Word Certified (2017)

South Plains College Verification

Microsoft Office: PowerPoint Certified (2017)

South Plains College Verification

Professional Memberships

- The National Society of Leadership and Success