

FARRAH SIMS

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CERTIFICATIONS

-) American Heart Association Basic Life Support CPR/AED
-) American Heart Association Heartsaver First Aid
-) HIPAA Supplemental Training for Healthcare Settings
-) OSHA/BBP & Universal Precautions
-) Johns Hopkins COVID-19 Contact Tracing
-) Certified Yoga & Meditation Instructor

ATHLETIC TRAINING EXPERIENCE

APRIL 2019 – MARCH 2020

ATHLETIC TRAINING OBSERVATION, JONATHAN DAYTON HIGH SCHOOL

Observe daily duties of Certified Athletic Trainer in a high school setting during fall, winter, and spring seasons.

JULY 2020 – AUGUST 2020

ATHLETIC TRAINING STUDENT, RIDGEWOOD HIGH SCHOOL

Organize athletic training facility and assist with pre-season football uniform and helmet fitting.

AUGUST 2020 – DECEMBER 2020

ATHLETIC TRAINING STUDENT, WEST ORANGE HIGH SCHOOL

Assist with patient rehabilitation, injury assessment, first-aid, taping/wrapping/bracing, and organization of the athletic training facility and documentation of patient notes.

ATHLETIC TRAINING STUDENT, ROXBURY HIGH SCHOOL

Assist with patient rehabilitation, injury assessment, first-aid, taping/wrapping/bracing, and organization of the athletic training facility, providing therapeutic exercises/techniques/modalities and documentation of patient notes.

AUGUST 2021 – DECEMBER 2021

ATHLETIC TRAINING STUDENT, CALDWELL UNIVERSITY

Assist with patient rehabilitation, injury assessment, first-aid, taping/wrapping/bracing, and organization of the athletic training facility, providing therapeutic exercises/techniques/modalities and documentation of patient notes.

ADDITIONAL EXPERIENCE

OCTOBER 2015 – AUGUST 2021

TAKEOUT SPECIALIST, CHIPOTLE MEXICAN GRILL

(908) 665-2185

Use communication skills to effectively run the restaurant's takeout operation at a high speed without sacrificing company standards or food safety and provide excellent customer service.

OCTOBER 2019 – PRESENT

IN-HOME HEALTH AND FITNESS ASSISTANT, ILENE RINDFLEISH

(973) 452- 4804

Provide assistance to patient with a disability by leading guided strengthening exercises and range of motion stretching techniques under guidance of a Certified Athletic Trainer/Fascial Stretch Therapist.

EDUCATION

JUNE 2017

DIPLOMA, JONATHAN DAYTON HIGH SCHOOL

Academic honor roll (2013-2017)

National Honor Society (2015-2017)

MAY 2021

B.A. SOCIAL AND BEHAVIORAL SCIENCES, SETON HALL UNIVERSITY

Dean's List (2017-2020)

MAY 2022

M.S. ATHLETIC TRAINING, SETON HALL UNIVERSITY

MARCH 2020-SEPTEMBER 2021

YOGA TEACHER TRAINING, AMERICAN YOGA ACADEMY

SKILLS

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|---|--------------------------------|
|) Able to work fast under pressure |) Well-organized |
|) Adept problem-solving and critical thinking |) Health and wellness-oriented |
|) Basic proficiency in Spanish |) Personable and friendly |
|) Effective interprofessional skills |) Professional and respectful |