

Connie Ramsburg

Strength and Conditioning Professional

connie.ramsburg@yahoo.com

Experience

Adjunct Instructor at Louisiana State University in Shreveport

2012 - Present (less than a year)

- Teach Undergraduate Fitness and Wellness course
- Teach Self Defense seminars

Exercise Physiology Graduate Assistant at Louisiana State University in Shreveport

January 2011 - Present (1 year 4 months)

- Conduct metabolic testing including: VO2 max and sub-max testing and anaerobic threshold testing using blood lactate and Windgate.
- Conduct body composition testing using underwater weighing and BODPOD
- Perform statistical analysis and data collection for research tests and studies
- Conduct performance and fitness tests of college and high school sports teams
- Create exercise prescriptions and recommendations
- Assist with lab equipment upkeep and maintenance
- Assist with undergraduate lectures and laboratory classes

Strength and Conditioning Volunteer at Louisiana State University in Shreveport

January 2011 - January 2012 (1 year 1 month)

- USA Olympic Weightlifting High Performance and Development Center
- ROTC cadets: body composition testing and VO2 max testing
- Women's Tennis
- Women's Basketball
- Women's Soccer

Martial Arts Instructor at Various Locations

January 2002 - December 2011 (10 years)

- 2nd Degree Black belt – Shotokan
- 2nd Degree Black Belt – Oakinowan-Te Karate
- 1st Degree Black Belt --TaeKwon-Do
- Self Defense Instructor: Louisiana State University in Shreveport
- Assistant Instructor: Shotokan, Chinese Kenpo, Grappling, Self-Defense, Kick Boxing
- Coached and Lectured: USA Grassroots Elite Youth Karate Camps

Head Home Health Aide at JAH Revocable Trust

April 2006 - January 2011 (4 years 10 months)

- Managed and monitored the care of a paraplegic gentleman with a traumatic brain injury.

- Managed and monitored the performance of all home health aides; trained employees; conducted employee meetings; in charge of hiring/terminating employees
- Implemented daily exercise routines. Assisted with adaptive: skiing, swimming, water skiing, weights, and river rafting activities.
- Made daily decisions in regards to the patient's health, finances, activities, and well-being
- Created communication logs, employee/manager handbooks, and reference tools
- Made appointments, created/managed budget, paid/managed household bills, maintained household/vehicle upkeep, submitted payroll, wrote employee schedules

Olympic Strength and Conditioning Intern and Volunteer at United States Olympic Committee

June 2007 - February 2009 (1 year 9 months)

- Coached elite athletes through dynamic warm-ups, correct Strength & Conditioning technique, agility, plyometric training, and stretching.
- Conducted team workouts ensuring safety protocol, consistent motivation/ team spirit, and proper technique.
- Wrote Strength and Conditioning programs for elite athletes.
- Monitored the weight room; responsible for keeping the equipment and weight room safe and clean.
- Men and Women's Freestyle and Men's Greco Wrestling
- Men and Women's Boxing
- Men and Women's Bobsled
- Women's Skeleton
- Women's Volleyball
- Men and Women's Figure Skating
- Men and Women's Judo
- Women's Snowboarding
- Paralympic Swimming
- Synchronized Swimming
- Men and Women's TaeKwon-Do
- Men and Women's Shooting
- Men and Women's Pentathlon

USA Karate Team member at USA-NKF

2004 - 2009 (5 years)

Competition Highlights:

- 2009 USA-NKF Nationals/Team Trials – Gold +68kg Kumite
- 2004-2008 USA-NKF Nationals/Team Trials – 10 Bronze +60/+68/Open kg Kumite
- 2009 North American Cup (World Karate Federation) – Bronze +68kg Kumite
- 2008 Wado-Kai World Championships – Silver +60 kg Kumite
- 2008 USA-NKF Nationals/Team Trials – Gold team Kumite
- 2005 USA Open (World Karate Federation) – Bronze Open kg Kumite
- 2005 USA vs. France Invitational Tournament Tour
- National and International competitor since age 12

Personal Trainer at Fitness Station

January 2007 - May 2008 (1 year 5 months)

Created and implemented Strength and Conditioning programs for members.

Skills & Expertise

USAW Sport Performance Coach Certified

American Heart Association CPR/AED Certified

Sports

First Aid

Fitness

Exercise Physiology

Teaching

Karate

Martial Arts

Olympic Lifting

Strength & Conditioning

Education

Louisiana State University in Shreveport

Master of Science (M.S.), Kinesiology and Wellness, 2011 - 2012

Grade: 4.0 Major GPA

Activities and Societies: LSUS Olympic Weightlifting Club

Metropolitan State College of Denver

Bachelor of Arts (BA), Human Performance and Sport; Concentration in Exercise Science, 2010

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[Contact Connie on LinkedIn](#)