NAME: _____Ryan Tracy_____

P212 Career Action Plan Assignment

ABSOLUTELY NO LATE ASSIGNMENTS WILL BE ACCEPTED.
EARLY SUBMISSION IS HIGHLY RECOMMENDED.

This is an electronic submission assignment.

Objectives:
Students will understand and ***start the process*** of reflecting and researching the careers they are interested in pursuing.
Students will gain experience answering common interview questions.
Students will create an action plan for their future career choices.
Students will understand and develop a personal budget for the future.
Students will understand and develop a current resume.

Total Points: 75

Instructions: READ CAREFULLY

- **AFTER** each question, **answer in detail, using this Microsoft Word document**. ***You should edit this word document page to make as much space between each question as you need for your answers. (You must include the INSTRUCTIONS Page AND the Each Section's QUESTIONS using this exact word document with your submission.)***

- *P*lease **Highlight** and **bold** the **font** for your answers. ***(***This helps distinguish the answers from the questions for faster grading) ***Answers*** must be typed in a 12 –point font, **single-spaced**, **saved** and **submitted as a Microsoft Word document. The document must be sent as an ATTACHMENT (NOT IN THE TEXT BOX and no links) in the assignments section of CANVAS. (ABSOLUTELY NO ASSIGNMENTS WILL BE ACCEPTED LATE)**

- A **minimum of three sources** must be cited in APA format after the final question.

- Based on the **detail** of certain questions, the main paper should be a **minimum** of 10-12 pages. (**Not including header, instruction page, bibliography page, budget page, and resume page**)

- **READ THE FAQ's in the resource folder and review the instructional videos in Kaltura.**

Section 1: What career do you want to pursue and WHY?

1. What career do you want to pursue? _____**Physical Therapist**_____

   a. **Explain, in DETAIL**, what the day-to–day work will involve as if you were explaining it to a friend. Create a fictional day (but using facts you researched through shadowing, interviewing, or qualified sources) by walking the reader through the start to finish of the day. This is not a book report or essay or a description from a textbook. it is you telling a detailed account.
   Do not copy and paste from a web site **but write as if you were actually working there that day.** Required: (Daily itinerary **(timeline),** skills performed, office hours, after hours' work, paperwork, research, meetings, breaks, etc.) This should be determined by interviewing or shadowing several professionals in the career and researching through credible sources. (Guest speakers in class, professional organizations, etc. **See example in resources folder for the level of detail expected.**

      i. **I plan to work as a physical therapist in a clinical outpatient setting. This means that I would see many patients with a variety of different injuries or need for recovery. The majority of my patients will be in the recovery process from an injury, condition, or procedure. I will typically work 4 days per week at 10 hours per day, totaling 40 hours per week in office.**

      ii. **My work day begins at 7:15 when I arrive at the office. Once in the office, I confirm my schedule for the day. On average, I see 10 patients each day. In order to prepare for these patients, I first ensure that all equipment such as weights, bands, and mats are clean and in place for the day. Next, I confirm that all electronic equipment such as ultrasounds and stem machines are functioning properly.**

Finally, I review each patient's notes for the day prior to the arrival of my first patient at 8:00am.

iii. When my first patient arrives at 8:00, I take them to the private room where I review and update their medical history, and how they're doing in their recovery. In this case, the patient is recovering from a knee replacement surgery. Once I understand how the patient believes they are doing in their rehabilitation, I begin to assess for myself by testing the range of motion in their knee, swelling, and pain that may occur. Once I'm able to see how my patient's knee is progressing, I will ask them how they are doing with their at home exercises, and prescribe some new ones to further improve the range of motion in the patient's knee. Finally, I will ice and elevate the patient's knee in order to help reduce swelling. I then confirm that the patient feels confident with their prescribed exercises and confirm our next appointment.

iv. Once the first patient has left, I clean and sanitize the examination table and replace the paper to ensure cleanliness. My next patient arrives at 8:45am. Again I greet this patient and we return to the exam room. This patient is an athlete recovering from a labrum tear in the shoulder. To begin, I ask how the patient's shoulder is feeling and moving. Then, I again evaluate the patient's ability to move without pain. This patient is far along in the recovery process, and is able to do some exercises in the clinic. I take the patient through some mobility exercises first, and we work our way up to some resistance training and some throwing. Then, I apply some electrical muscle stimulation to help with muscle recovery. Finally, I prescribe some at home exercises to aid in the complete recovery of the patient's shoulder.

v. This process of meeting with patients would repeat an average of ten times per workday. But, each patient would have their own unique need for physical therapy, and I would treat them accordingly. Each visit would include a discussion of how the patient is doing in their recovery process, a physical examination where I test the progress including range of motion, strength, and pain occurrence of the patient, and prescribing of at home exercises or movements that will further move them along in this process. The unique part about each visit would be the actions that I took in the clinic to aid in recovery. This could be manual therapy, resistance training, simulating sport movements in a safe way, cryotherapy, therapeutic ultrasound, heat or electric stimulation, stretching, or any

other method that would help each patient get back to full strength.

vi. **Each day I would have a 45 minute lunch break between my 5th and 6th patient. During this break I would eat my lunch that I brought from home and use any remaining time to review patient notes for the last half of the day's patients.**

vii. **Once every patient has been seen around 5:00pm, I will repeat the cleaning process from the morning, making sure everything in the clinic is in the right place and clean for patient use. Then, while still in the office, I will review and adjust the next day's patient schedule if needed, making sure all notes and necessary information is attached to each patient.**

viii. **Around 5:45 I will head back to my house. But, my day is not over as I will spend 1-2 hours at home updating patient notes based on their progress or any concerns or adjustments that I feel are necessary based on my patients visits throughout the day. This process will ensure that my patients are receiving the best care possible, that correlates with where they are in the recovery process. I will also spend lots of time working on paperwork regarding billing, insurance, and other medical documentation that is necessary for the care of my patients. This will usually be done at home at the end of my day as well.**

b. Why is it your career choice?

Physical therapy is my top career choice because of my experience with it in my own life, and my desire to help people recover from injuries while working in an active environment. I was an athlete throughout high school and was injured a couple of times that required physical therapy. My PTs helped me recover from my injuries faster and stronger than I thought was possible, all while being a great person to talk to amidst what can be a frustrating time. I desire to have this same effect on people by helping them come back stronger and more confident, all while being a comforting and helpful person to talk to during their recovery. I also want to work in a setting where I get to move around and actively work with patients, rather than just speak to them. This makes physical therapy the perfect occupation.

2. What is the average annual **starting** salary/compensation (not average salary) for your career choice? (Need a source but you can cite it in your bibliography) _____**$69,420**_____

Salary: Entry Level Physical Therapist in Indiana (Nov 2024) (ziprecruiter.com)

3. If you do not attain your number one career choice, what is your second choice? (Must provide a second choice to earn credit) ___**Strength and Conditioning Coach**_____

   a. **Explain, in DETAIL**, what the day-to–day work will involve as if you were explaining it to a friend. Create a fictional day (but using facts you researched through shadowing, interviewing, or qualified sources) by walking the reader through the start to finish of the day. This is not a book report or essay or a description from a textbook. it is you telling a detailed account.
   Do not copy and paste from a web site **but write as if you were actually working there that day.** Required: (Daily itinerary **(timeline),** skills performed, office hours, after hours' work, paperwork, research, meetings, breaks, etc.) This should be determined by interviewing or shadowing several professionals in the career and researching through credible sources. (Guest speakers in class, professional organizations, etc. **See example in resources folder for the level of detail expected.**

      i. **My second career choice is a strength and conditioning coach. I would like to be the strength coach at a college rather than a high school. Because I deal with athletes in and out of athletic seasons, my schedule will have some variation season to season.**
      ii. **My work day begins when I arrive at the weight room at 5:30am. I must arrive before my first workout of the day at 6:00am. I will use this extra time to ensure that all of the weights throughout the room are properly stored in the right place, and to set up any additional fitness aids that we will be using for the day such as agility ladders or hurdles. I will also review and confirm my schedule for the day, make sure my workout plans look good for each lift and are published, and check for any injury updates from the athletic trainers.**
      iii. **Once the first team arrives at 6:00, we will begin our workout. This is the basketball team and they are out of season, so we are focusing on building full body strength and mobility. We will begin the workout with a dynamic warmup that focuses on activating the large muscles of the body. This warmup will begin with simple movements like**

high knees and butt kicks, and progress to various skip movements. Once the athletes are warmed up, we will follow this with some footwork and plyometrics. This may consist of using the agility ladders, box jumps, or hurdles. When we are finished with the warmup and plyometric work, I will gather the team and explain the day's lift to them. An example lift would be as follows:

1. Power clean 4x4
2. Front squat 3x8
3. Incline bench press 4x6
4. Barbell rows 4x8
5. Pull-ups 5x5
6. Tricep pushdowns 4x10

iv. Once everyone is aware of what exercises need to be done, they will begin the lift. My job during the workout is to ensure that everyone is acting safely in the weight room, correct form if needed, guide and instruct the athletes on how to grow in these movements, and encourage them to put forth a full effort during their time in the weight room. Once the lift has concluded, I will lead static stretching with the athletes focusing on the muscle areas that we worked throughout the lift. I will then gather the team once again, and review the work they did that day, encourage them to keep working hard and eat properly after the workout, and confirm with the basketball coaches when I will see them again.

v. Following my team workout, I will have around three athletes who are pretty far along in the recovery process from injury come in around 7:30am. I will work with these athletes more intently focused on their specific injury. For example, if an athlete is recovering from ACL surgery, we will first complete their physical therapy exercises and stretches to work on the mobility of the knee. Then, we will complete some resistance training such as working on squat progression, pulling the sled backwards, and one leg standing isometric holds. I will give this attention to each athlete as we work them back from their injury for the next hour.

vi. At 8:30, I have a break to get my own personal workout in as I don't have another team workout until 11. At 11, the football team will come in. This is a late summer workout so the football team is emphasizing conditioning and being in their best shape. Because of this, we will begin the first half of the workout on the football field where we will again go through a dynamic warmup and do plyometrics. After this, we will complete a circuit of conditioning

workouts including falling sprints, sled pushes, bear crawls, and other exercises to build the athletes' endurance. The majority of these exercises will be competitive to prepare the athletes for season and grow their toughness, with losers often having to do extra running. We will complete this circuit in about 45 minutes and then head to the weight room where we will complete a resistance training workout similar to the one the basketball team did earlier, but with more of a focus on strength and low reps. I will do the same thing I did during the basketball workout with the football team, and then finish the workout with static stretching.

vii. **The football workout is done around 1:00, which then becomes my lunch time for the day. Once I've eaten my lunch, I reorganize any equipment or weights that may have gotten moved around during the first two workouts, and then have a break until 4:00.**

viii. **At 4:00, I have my last two team workouts of the day which will look similar to the first two, while emphasizing the muscle groups most needed for each sport and considering what time of year it is in relation to their season.**

ix. **Following the last team workout, I again confirm that everything is in its place in the weight room and clean and sanitize the equipment. Then, I review my schedule for the next day and confirm my workout plans.**

x. **Finally, around 6:30 I head home where I will work for about an hour to construct workout plans for the next week.**

b. Why is it one of your career choices?

Strength and conditioning is one of my career choices because having played basketball in high school, I was put through lots of team and individual workouts. Whether it was strength training or conditioning, I immediately fell in love with all forms of exercise, specifically the competitive ones that took place in my weight room. I've continued my passion for working out and would like to work in a setting where I can show that passion to myself and others. Also, my strength and conditioning coach in high school left a very positive impact on the lives of many people. He was a great person to talk to and helped me become a better athlete, but more importantly a better person. I hope to leave this impact on others.

Section 2: Future Budget and Expenses

4. Where do you want to live when you start your career? _**Noblesville, IN**_____ (PICK a specific CITY/TOWN)

   a. **Using the provided word document in** (CAP Resources: Budget Example), create a **detailed MONTHLY budget** for the future. **(You are estimating for the FUTURE using your STARTING income of your career choice)**

   IN THE BUDGET Document, LIST ALL Gross INCOME and all EXPENSES: ALL TAXES!!! Federal income taxes , state income taxes, FICA taxes, property taxes, rent/mortgage, auto/transportation, home owner's or renter's insurance, auto insurance, auto maintenance, professional organization dues, dental expenses, utilities, student loans, credit card debt, health insurance, utilities, retirement savings, tithing, charitable donations, living expenses: groceries, clothing, entertainment, other expenses, etc., etc., etc., etc…….(There are many more expenses to account for depending on your lifestyle.)

   Paste your word document here. NO ATTACHMENTS or links.

Monthly Gross Income	Amount	Monthly Expenses	Amount	Balance
Salary	$5,785	Federal Taxes	$1,272.70	
Other Gross Income		State Taxes	$182.23	
		FICA	$439.66	
		Auto Registration	$10	
		Rent	$1,295	
		APTA Membership	$28	
		Groceries	$200	
		Gas	$100	
		Car payments	$250	
		Medical expenses	$40	
		Water bill	$50	
		Car maintenance	$100	
		Car insurance	$150	
		Health insurance	$300	
		Dental expenses	$10	
		Tithing	$500	
		Retirement	$550	
		Clothing	$50	
Total Monthly Gross Income	**minus**	Total Monthly Expenses	**equals**	Final Monthly **Net Income or Loss**
		$5,527.59		$257.41

Even if you plan on living with parents, roommate, married or other, research and answer the next questions, (4b-4f) as if you are paying for everything yourself. * (For privacy reasons, you do not need to divulge any personal information: this exercise can be estimated based on what you have researched for your future income and expenses.)

NOTE: Even if you complete the budget, **you still need to list the answers** to the following questions after each question below for credit.

b. Based on your desired lifestyle, how much does it cost to live there monthly? (NOT ANNUALLY)

$1,395 including rent and utilities

c. What was your total MONTHLY GROSS INCOME?

$5,785

d. What were your total MONTHLY EXPENSES/DEBTS?

$5,527.59

e. Is your total MONTHLY GROSS PAY greater than your TOTAL MONTHLY EXPENSES? (All expenses including taxes)

Yes

f. **If your expenses are more than your income, what specific steps could you take to correct this?**

N/A

Section 3: What is required?

5. What Degrees/Major is required or preferred for your career choice? Example: Kinesiology: Exercise Science Pre-PT, Fitness Management and Personal Training, etc.

Exercise Science Pre-Physical Therapy

6. What Graduate Degrees, if any, are required?

Doctorate in Physical Therapy

7. What SPECIFIC undergraduate course prerequisites (List the specific Courses) are required, if any, to qualify for graduate school or the school you apply for after graduation if it applies? (Examples: Chemistry 101, Anatomy with Lab, Physics, etc.)

- **Statistics**
- **Human anatomy with lab**
- **Human physiology with lab**
- **General chemistry with lab (2 semesters)**
- **General physics with lab (2 semesters)**
- **Introductory Psychology**
- **Human lifespan development course**

- **Biology with lab (UIndy DPT program)**

8. How many shadowing/observation hours are required prior to graduation for your career choice?

40 hours including both inpatient and outpatient settings, preferably in two different locations with a variety of patient types

   a. What is the official process to record/document the hours?

Using PTCAS, the DPT application organization, you are able to list your hours and have them sent to the physical therapists themselves to confirm.

9. How much money will your undergraduate and graduate degree(s) cost (even if you are not paying for it) in tuition and other related expenses? (TOTAL AMOUNT Through graduation.) _____**$93,311.43**_____

Semester Tuition: $5,224
With Honors College Scholarship: $1,224
Books: $2000
Meal plans: $8000
Parking Pass costs: $1,254.40
DPT School total cost with fees: $72,265.03

   a. How will you pay for it? (Financial aid, scholarships, parents, savings, etc.) __**Scholarships, shared 529 plan with parents, savings**___

10. What Minor could be helpful in your future career?

Psychology

11. What Licensure, if any, is required for your future career?

Indiana requires licensure via a national exam

12. What certifications or certificates could be helpful in your future career?

- **American Board of Physical Therapy Specialties offers certification in 10 regions of physical therapy.**
- **Certificate in Orthopedical Manual Physical Therapy (COMT)**

13. What **professional** organizations (Not Student Organizations) would be beneficial to join for your future career? Example: (Refer to previous Lectures on Professional Organizations and FAQ's)

- **American Physical Therapy Association**
- **American College of Sports Medicine**

14. What are the specific names of some of the **professional, peer-reviewed journals (not the name of the article or organization but the name of the journal itself) that** would be beneficial for your career choice? (Refer to previous Lectures on Professional Organizations and FAQ's)

- **American College of Sports Medicine's *Medicine & Science in Sports & Exercise***
- **American College of Sports Medicine's *Health & Fitness Journal***
- **American College of Sports Medicine's *Current Sports Medicine Reports***
- **American College of Sports Medicine's *Translational Journal***
- **American College of Sports Medicine's *Exercise and Sports Science Reviews***

15. **Describe at least 3 specific** ways you plan on networking?

The first way I plan to network is through shadowing and internship experience. I hope to have shadowed a variety of different physical therapists at different locations and settings, allowing me to see what I am most interested in. I think it is very important that I do my best to connect with each of these professionals and potentially get a job at the same clinic, or be able to receive letters of recommendation from them. Another way I plan on networking is with older students. I've already been able to connect with some seniors and get advice on class structure and how to succeed in this major, and I plan to continue to connect with older students who are going through the process of both school and the job field that I want one day. My third plan to network is through my professors. All of them obviously have lots of experience in the field of exercise science, and many worked different jobs before deciding to teach. Thus, they have many connections to professional opportunities and would be good sources to network and receive recommendation from as long as I continue to connect with them.

16. What specific personal, academic, **and** professional mentor(s) would be beneficial for guidance? List one of each type.

Personal: My father

Academic: Dr. Naugle

Professional: Physical therapist that I shadowed

a. Why?

Personal: My dad is someone that's already been very important in guiding me through the difficulties of my life, and he would be a great person to receive

guidance on my school and professional career from because he has very strong communication skills and is one of the most determined people I know. He works a sales job and because of this, he has a great ability to communicate with people professionally, and has already given me lots of interview advice throughout my life.

Academic: I have P205 with Dr. Naugle this semester and will have him again for more classes down the road. I think that he would be a good person to get guidance from because of his broad experience in the field of exercise science and my personal connection with him. Early on this semester I made a connection outside of class with Dr. Naugle and now I speak to him every time I see him, and ultimately I feel comfortable asking him for advice.

Professional: As mentioned before, I hope to make strong connections with physical therapists that I shadow and intern with, and this may be the best person to get guidance from. This person will have gone through the process of exactly what I want to do, and will be able to give me their advice on school, jobs, and how to avoid mistakes that they may have made. Ultimately, the best advice I can receive on how to become a physical therapist, comes from a physical therapist.

17. What specific **barriers** could keep you from your attaining your career choice?

Some barriers that could prevent me from becoming a physical therapist are the lack of an outstanding resume, and a struggle for job opportunities in a fairly saturated field.

    a. How can you **specifically** overcome these barriers?

I can overcome these barriers by doing everything in my power to separate myself from my peers in the exercise science/physical therapy field. This includes a lengthy commitment of a lot of things over the next 7 years, including full commitment to success in the classroom with straight A standards, seeking opportunities to volunteer as much as possible, and networking with people who can connect me to the people and employers I need to be successful. Ultimately, full commitment and effort is needed for me to be truly successful in this field.

18. Explain in **detail**, what **specific options** you could pursue to gain experience while you are pursuing your degree? (Include: internship, job shadowing, part-time job, conferences, etc.)

To gain professional experience while pursuing my degree, I plan to begin shadowing a variety of physical therapists in different locations as soon as possible. This allows me to be exposed to different settings I may want to work

in more than others, while adding to my resume and PT experience. Next, I can get a consistent internship with one of the physical therapy places that I really like, this would allow me to have a minor role in the clinic and get used to doing it often. Then, I plan to hopefully get a part-time or full-time during the summer job as a PT Tech at a physical therapy clinic. I can also involve myself in different research opportunities that arise. This would help grow both my knowledge and my experience.

19. What specific **volunteer opportunities (different from shadowing/observation)** may help separate you from your peers for your future career?

I am a part of the Honors College at IUI, and part of my scholarship requires me to log a certain number of volunteer hours each year. Because of this, I am exposed to dozens of volunteer opportunities that the Honors College posts. I plan to involve myself whenever possible through that. One way I would really like to do this is through the Adapted Movement Programs here at IUI. This is a program where volunteers have a one-on-one experience with a child with a disability, and they lead them through some sort of exercise. This would not only grow my volunteer hours but would be a great way to practice leading someone through exercise.

Section 4: Personal Reflection/ Career Preparation

20. **Answer these common interview questions:**
    a. What are your strengths?

My strengths are in my determination to always be the hardest worker in the room, putting forth my full, undivided effort to each and every task, and my ability to lead a team of individuals. I combine my work ethic with good communication and personal skills to establish a culture within a group that is bound to lead to success and enjoyment for each person, as well as the group. I've prioritized this concept throughout my life as both a student and an athlete, and have been extremely successful in doing so.

    b. What are your weaknesses?

My weaknesses reside in my unwillingness to let up in certain situations. As previously mentioned, I pride myself in my extreme work ethic. But, this can become a weakness when I have many tasks, but refuse to settle for less than my standard on any of them. I combat this by following a prioritized schedule,

but being willing to spend as much time and effort is needed to make sure the task is done right.

c. What specific skills do you have that will help with your career choice?

I have multiple skills that will allow me to succeed as a physical therapist. Beyond my understanding of exercise science, the most important of these is my communication skills. As a physical therapist, it is essential that I am empathetic in my communication towards clients in order to understand and give proper treatment. I feel fully prepared to do this because of my experience with teaching exercises to high school students through my shadowing opportunity.

d. How do you organize your work tasks each day?

Throughout my time as a student and worker, I've learned to create a digital schedule that also shows me my priorities of what needs to be done. While I do tend to follow this schedule as routinely as I can, I've also gained the ability to be flexible and adjust to uncontrollable factors or events that arise. I am someone who is a firm believer in arriving and getting things done early, and this system has allowed me to fulfill that.

e. How do you handle stress and pressure?

I handle stress and pressure in a calm and collected manner. Growing up playing basketball, I was faced with countless high pressure situations. When I was younger, I was nervous about these situations. But, as I matured I learned that your confidence and actions are based off of your preparation. I've applied this philosophy to all areas of my life and am able to remain calm under high stress because of my high level of preparation.

f. Why should we hire you?

I am a strong candidate for this job not only because of my high level of qualification based on my education and resume, but more importantly because of my commitment to success and continued growth for myself, but also for my team. My ability to put others in positions to succeed would create an extremely successful and positive work environment and is what truly sets me apart from other candidates.

g. Where do you see yourself in five years?

In five years I see myself as an established physical therapist at St. Vincent Sports Performance, with a very effective and positive group of peers alongside me. I expect to have grown substantially even from where I am today in terms of my professional skills, knowledge, and even family life.

h. How much compensation (Pay/Salary/Benefits, etc.) do you require?

I am open to negotiating a compensation that would best fit myself and the company for my position as a physical therapist.

i. What do you like about this profession, employer, or company? (Ex: Physical Therapy, St. Vincent Sports Performance, NIFS, etc.)

St. Vincent Sports Performance has been a place I knew I would love working at since I attended as a client in 2018. This is the company that introduced me to physical therapy, and I love the emphasis on working with athletes, the variety of care and classes offered within one building including the workout classes that I used to attend, and the first class facilities and equipment.

j. How would critical thinking be applied in this career?

Critical thinking would be applied on a daily basis in a career as a physical therapist. I fully expect and am prepared to be presented with an ever-changing variety of injuries, conditions, and needs for care, as well as constant obstacles in the way for each unique patient. I plan to critically think my way through each of these challenges for every patient, leading to a full recovery and a better quality of life.

k. Give a **specific example** of your past critical thinking skills. (Not helping out through effort but actual CRITICAL THINKING: **The mental process of actively and skillfully conceptualizing, applying, analyzing, synthesizing, and evaluating information to reach an answer or conclusion.** See examples in Modules: resources.

One of my biggest examples of critical thinking so far in my life is when I decided to change schools my senior year of high school. I had played basketball my entire life, but also greatly valued my academics. Noblesville, my original school, had some of the best academic programs in the state and I valued all of my classes and teachers in my time there. But, the basketball program was becoming very toxic and biased towards certain players, and I experienced a lot of unnecessary stress because of it. I knew there were options to transfer schools and be in a better basketball program and get what I had worked my whole life for, but I also knew that would certainly come with a decline in education quality. Also, I would leave all of my friends and connections behind and restart as a high school senior. Ultimately, I chose to transfer to Tipton High School, where I ended up having an extremely successful and positive basketball season, and my education actually benefited greatly as I was able to take many dual credit college courses. This example

required me to think very critically about my choices that would have immediate and great effects on an important time in my life. Looking back, my only regret is that I did not make this critical decision earlier in high school.

21. If you were an employer interviewing yourself, name three reasons why you might not hire yourself?

If I were an employer, three reasons I might not hire myself are due to other applicants receiving their education from a more prestigious university, my current lack of observation hours, or because my interview could have been better.

a. How can you **specifically** change/overcome these three reasons?

I can overcome the barrier of potentially being passed up on due to another applicant having a more prestigious degree by applying to multiple DPT programs and considering the quality of each degree, as well as applying to multiple employers as there won't be many applicants with a significantly more prestigious degree than me. I can change the barrier of not having enough shadowing hours by working hard to network and shadow as much as possible, as it will only grow my resume and not hurt it. Finally, I can overcome the barrier of an imperfect interview by practicing consistently. It will help to have my answers thought out like I did in this assignment, and most importantly I just need to practice with different people.

22. What is the name of a specific Business, Corporation, or Individual that offers a career position you are seeking?

St. Vincent Sport Performance

a. Next: Provide a **detailed profile/description** of the Business, Corporation, or individual you listed in question 22. (This is **not** a brief, cut and paste description from the company's website. It is a **detailed analysis** of the business/person. (Employers want to know you have done your research before you interview. SEE FAQ's)

St. Vincent Sport Performance is located in Carmel, Indiana and employs a variety of health professionals including but not limited to; physical therapists, physicians, and personal trainers. The building is divided into two wings, with one side being the exercise and fitness area, and the other being the clinical rehab area. As expected, there are strength and speed training, lifestyle fitness training, and many other exercise classes offered for all types of people and led by personal trainers. On the other hand, the medical side of the building offers physical therapy and physician appointments. This area allows for privacy when working solely on a patient's rehab, but the building

also allows for physical therapists to work with clients in the exercise area as well.

23. When is the last time you met with your academic advisor?

Friday, November 8

a. Why haven't you met with your academic advisor? (Applies to those that have not met with their advisor for more than a semester.)

N/A

24. **Create a current resume.** (See assignment resources for guidance)
    a. **Paste your resume here. (No links or attachments)**

Ryan Tracy

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WORK EXPERIENCE

Clean Sweep Detail Co, Noblesville — *Owner*
May 2023- Present

Subway, Noblesville — *Sandwich Artist*
July 2021- May 2023

Snow Removal, Noblesville
December 2022- Present

House and Pet Sitting, Noblesville
March 2022- Present

EDUCATION

Tipton High School, Tipton — *General*
August 2023- Present

Indiana University Indianapolis, *Exercise Science* August 2024-Present

PROFESSIONAL OBSERVATION

George Washington High School, Indianapolis - *Strength & Conditioning Coach*
42 Hours

ACADEMICS

SAT- 1350 (3/1/2023)

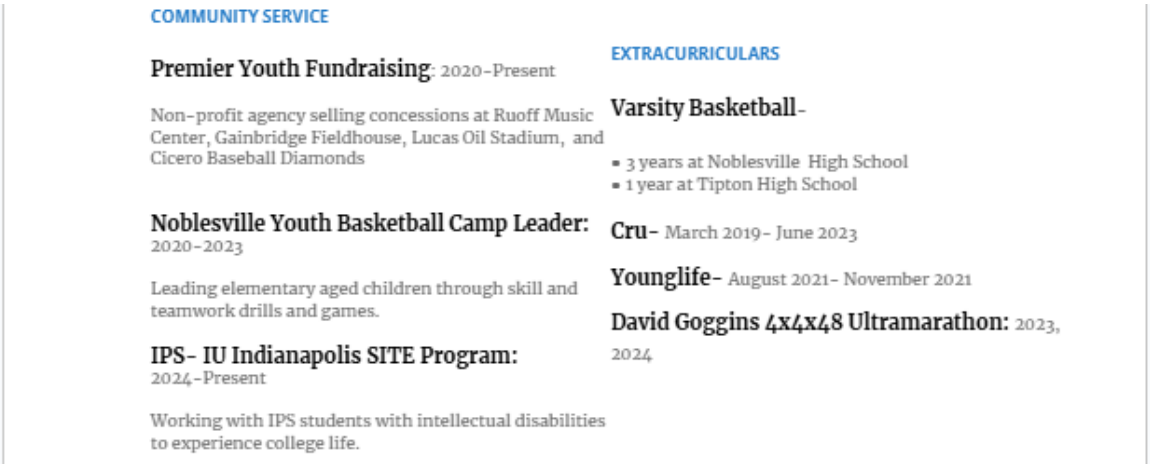
- Math: 700
- English: 650

ACT: 28 (6/11/2022)

- Math: 29
- Reading: 29
- English: 27
- Science: 25

GPA: 3.7293 (27 of 108)

Academic Honors
Diploma



COMMUNITY SERVICE

Premier Youth Fundraising: 2020-Present

Non-profit agency selling concessions at Ruoff Music Center, Gainbridge Fieldhouse, Lucas Oil Stadium, and Cicero Baseball Diamonds

Noblesville Youth Basketball Camp Leader: 2020-2023

Leading elementary aged children through skill and teamwork drills and games.

IPS- IU Indianapolis SITE Program: 2024-Present

Working with IPS students with intellectual disabilities to experience college life.

EXTRACURRICULARS

Varsity Basketball-

- 3 years at Noblesville High School
- 1 year at Tipton High School

Cru- March 2019- June 2023

Younglife- August 2021- November 2021

David Goggins 4x4x48 Ultramarathon: 2023, 2024

25. List all sources for the assignment in APA format below.

Works Cited

ACSM Membership. (n.d.). ACSM; American College of Sports Medicine. Retrieved November 16, 2024, from https://www.acsm.org/membership

List of PTCAS Programs. (n.d.). Ptcasdirectory.apta.org; American Physical Therapy Association. Retrieved November 14, 2024, from https://ptcasdirectory.apta.org/39/List-of-PTCAS-Programs

Specialist Certification. (n.d.). APTA; American Physical Therapy Association. Retrieved November 19, 2024, from https://www.apta.org/your-career/career-advancement/specialist-certification