

SOPHIE MIRTH

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EDUCATION

Present

Point Loma Nazarene University

San Diego, CA

Master of Science in Kinesiology, Exercise Science
December 2022

2018-2021

Point Loma Nazarene University

San Diego, CA

Bachelor of Science, Applied Health Sciences
June 2021

- Cumulative GPA: 3.98
- Program GPA: 3.97

TEACHING APPOINTMENTS

Adjunct Professor, Department of Kinesiology, Point Loma Nazarene University, 2023-present

Courses Taught:

- KIN3040 *Physiology of Exercise*
- KIN3040L *Physiology of Exercise Lab*
- KIN3001L *Fitness Assessment and Exercise Prescription Lab*
- KIN1055 *Weight Training*
- KIN6036 *Clinical Exercise Testing and Prescription*

Adjunct Professor, Department of Biology, Point Loma Nazarene University, 2023-present

- BIO1040 *Anatomy and Physiology 2*

Teaching Assistant, Department of Kinesiology, Department of Biology, Point Loma Nazarene University, 2019-2022

- BIO2010 *Cell Biology and Biochemistry*
- KIN3040 *Physiology of Exercise*

ACADEMIC PRESENTATIONS

- “A Comparison of High-intensity Interval and Moderate Intensity Continuous Training on Glucose Regulation in Sedentary, Obese Individuals [poster presentation].” **Mirth S**, Sawyer B, Bhammer D, Gaesser G. Presented at the Southwest American College of Sports Medicine (SWACSM) annual meeting, Costa Mesa, CA; October 2021

PROFESSIONAL EXPERIENCE*2019-PRESENT*

2021-2023	Catalyst Physical Therapy and Wellness <i>Physical Therapy Aide</i> <ul style="list-style-type: none">• Teach and assist patients in stretches and exercises prescribed by the physical therapist• Document exercises performed during the session	San Diego, CA
2021- 2022	Point Loma Nazarene University <i>Teaching Intern – Exercise Physiology and Anatomy and Physiology</i> <ul style="list-style-type: none">• Lecture in exercise physiology and anatomy and physiology classes under supervision of Dr. Brandon Sawyer• Answer questions and tutor students	San Diego, CA
2021- 2022	Point Loma Nazarene University <i>Teaching Assistant – Exercise Physiology</i> <ul style="list-style-type: none">• Set up lab equipment prior to lab sessions and clean dishes and lab room following lab sessions.• Tutor students and demonstrate the use of lab equipment as well as proper safety procedures.• Grade exams and labs	San Diego, CA
2021-2021	Perlman Clinic <i>Medical Scribe</i> <ul style="list-style-type: none">• Write detailed medical notes during patient visits in a primary care clinic• Input orders and referrals for the physician	San Diego, CA
2020-2021	Point Loma Nazarene University <i>Lab Assistant – Cell Biology</i> <ul style="list-style-type: none">• Set up lab equipment prior to lab sessions and clean dishes and lab room following lab sessions.• Answer student questions and demonstrate the use of lab equipment as well as proper safety procedures.	San Diego, CA
2020-2021	Point Loma Nazarene University <i>Resident Assistant (RA)</i> <ul style="list-style-type: none">• Work with a team of RAs to plan events and create a safe environment for living and studying in the dorms.• Form relationships with freshmen college students and connect them with resources for campus involvement, mental health care, and tutoring.	San Diego, CA
2019-2021	Point Loma Nazarene University <i>Intramural Employee</i> <ul style="list-style-type: none">• Manage the “weight shed” by maintaining a clean and safe environment to exercise in.• Create workouts and teach fitness classes for students.	San Diego, CA

Abundant Life Medical Ministry (2021)

- Provide free medical check-ups for people experiencing homelessness in San Diego

Healthcare for the Homeless - Intern (2021)

- Connect clients experiencing homelessness with resources for housing, employment, and healthcare.

Makers Church Childcare Volunteer (2020-2022)

- Take care of 2-3 year-olds during Sunday service by providing games, crafts, and stories.

Hospital Volunteer- UCSD (2019)

- Help the healthcare team by restocking shelves, running labs, and helping with whatever other needs the nurses had.

Mountain View Church Youth Group Volunteer (2018-2019)

- Mentor middle school and high school students.

AWARDS AND HONORS

Master's Thesis

- Year-long research project for the goal of submission for publication
- Thesis: The physiological effects and energy expenditure of high intensity functional training (HIFT) and high intensity interval training (HIIT)
- Publication expected: December 2022

Honor's Project

- Completed a year of research and wrote and defended my honor's thesis
- Thesis: A comparison of HIIT and MICT on continuous glucose monitoring in obese individuals

Dean's List (2017-2021)**Summa Cum Laude (2021)**