
J. Lucas Lechler

EDUCATION

New York University

M.S. in Ergonomics and Biomechanics

New York, NY

September '03 to present

Texas A&M University

B.S. in Kinesiology

College Station, TX

January '99 – December '02

PROFESSIONAL EXPERIENCE

Apple Computers – Health and Fitness

Corporate Fitness Intern

Assist in oversight of corporate fitness center. Involved with fitness testing and clearance of new members. Teach group strength training and circuit courses. Responsible for needs assessment of members and scheduling of new programs.

Austin, TX

June '04 – September '04

Harkness Center/ Hospital for Joint Diseases

Intern

Assisted in all aspects of research in a human performance lab. Involved in subject recruitment and research as well as taking and analyzing measurements using motion analysis, force plates, EMG, dynamometers, and nuerocomm. Internship will include observation of ACL reconstruction and post-op physical therapy along with research.

New York, NY

February '04 – May '04

T Bar M Camps

Day Camp Director

Developed and implemented programming for day camp at a well established summer camp. Responsible for training and supervising counselors and campers. Interfaced with parents on opening and closing days as well as anytime a concern or problem was presented. Liaison between other camps and programs also using the facilities on property.

New Braunfels, TX

May '03 – August '03

TAMU Outdoor Education Inst.

Lead Facilitator

Designed and facilitated initiative and challenge programs for groups of students, corporate employees, military units, and teachers. Maintained a safe environment in the potentially high risk use of elements. Responsible for creating a safe learning environment where concepts of teamwork, communication, trust, and personal growth could be presented, experienced, and ultimately developed individually and in the group.

College Station, TX

January '03 – May '03

January '02 – August '02

Ole Miss Outdoors

Intern/Instructor

Developed and implemented curriculum and lesson plans in the instruction of university level (U of Mississippi) activity classes including "Wilderness Living Techniques," and "Backpacking." Coordinated the challenge and development program that included custom initiative training programs. Involved in aspects of trip leading and planning.

Oxford, MS

August '02 – December '02

TAMU Rec Sports

Intramural Supervisor

Trained and supervised intramural softball officials. Responsible for critique and evaluation of all officials in aspects of rules, techniques, and behavior. Intervened and dealt with conflicts that developed among teams or officials. Responded to any emergency or safety issue while on duty.

College Station, TX

September '01 – August '02

January '03 – May '03

CERTIFICATIONS AND MEMBERSHIPS

- International Society of Biomechanics
- Performance Enhancement Specialist – **National Academy of Sports Medicine** (upon completing final exam)
- Lifeguard/First Aid – **American Red Cross**
- CPR/Professional Rescuer – **American Red Cross**
- Wilderness First Aid – **Wilderness Medical Institute of NOLS**
- Challenge Course Facilitator – **Adventure Experiences**