

Rebecca M. Cerminaro

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Education

- M.S.** Florida Atlantic University, Boca Raton, FL.
Expected Graduation: August 2021
Major: Exercise Physiology
- B.S.** Florida Atlantic University, Boca Raton, FL. May 2018
Major: Exercise Science and Health Promotion

Experience

Graduate/Teaching Assistant, Department of Exercise Science and Health Promotion, Florida Atlantic University, Boca Raton, FL. August 2019-Present

Personal Trainer, Department of Campus Recreation, Florida Atlantic University, Boca Raton, FL. August 2017-May 2018, August 2019-Present

Chiropractic Assistant, Premier Wellness Centers, Port Saint Lucie, FL. January 2019-June 2019

Sales Associate, Orange Theory Tallahassee North, Tallahassee, FL. August 2018-December 2018

Gymnastics Coach, All-Around Gymnastics, Port Saint Lucie, FL. May 2018-August 2018

Muscle Physiology Laboratory Intern, Florida Atlantic University, Boca Raton FL. November 2017-May 2018

Research

Publications – Refereed Journal

1. Christian T. Macarilla, Nicholas M. Sautter, Zac P. Robinson, Matthew Juber, Landyn M. Hickmott, **Rebecca M. Cerminaro**, Brian Benitez, Joseph P. Carzoli, Caleb D. Bazylar, Robert F. Zoeller, Michael Whitehurst, and Michael C. Zourdos. Accuracy of Predicting One-Repetition Maximum from Submaximal Velocity in the Barbell Back Squat and Bench Press. [*In Review – Submitted to the Journal of Strength and Conditioning Research*].

Manuscripts in Preparation

1. Colby A. Sousa, Landyn M. Hickmott, Daniel J. Belcher, Joseph P. Carzoli, Eric T. Trexler, Trevor K. Johnson, **Rebecca M. Cerminaro**, Eric R. Helms, Chun-Jung Huang, Michael Whitehurst, and Michael C. Zourdos. Relationship Between Velocity and Repetitions in Reserve in the Back Squat, Bench Press, and Deadlift.

Refereed Presentations and Proceedings (Conferences)

NATIONAL

1. Nicholas Sautter, Colby A. Sousa, Daniel J. Belcher, Joseph P. Carzoli, Trevor K. Johnson, **Rebecca M. Cerminaro**, Eric R. Helms, Chun-Jung Huang, Michael Whitehurst, and Michael C. Zourdos. Proximity to Failure and Repetitions Per Set Effects RPE Accuracy in the Squat, Bench Press, and Deadlift. *American College of Sports Medicine, Orlando, FL. 2019.*

Research in Progress

1. Zac P. Robinson, Christian T. Macarilla, Nick Sautter Matthew Juber, Brian Benitez, **Rebecca M. Cerminaro**, Landyn M. Hickmott, Andy V. Khamoui, Michael Whitehurst, and Michael C. Zourdos. Effect of Proximity to Failure During Resistance Training on Muscle Performance and Fatigue.
2. Michael C. Zourdos, Zac P. Robinson, Brian C. Focht, Ciaran Fairman, Matthew C. Juber, Jessica L. Halle, Trevor K. Johnson, **Rebecca M. Cerminaro**, Brian Benitez, Landyn M. Hickmott, Warren Brenner, and Michael Whitehurst. Standard Versus Autoregulated Resistance Training in COPD and Cancer Patients for Muscle Quality and Strength.
3. Matthew Juber, Zac P. Robinson, Brian Benitez, **Rebecca M. Cerminaro**, Landyn M. Hickmott, Christian T. Macarilla, Andy V. Khamoui, Michael Whitehurst, and Michael C. Zourdos. Does Long-Term Resistance Training Alter Resting Concentrations of Brain-Derived Neurotrophic Factor and Cathepsin B? A Cross-sectional Study.

Courses Taught

PET-4550L: Exercise Testing Lab

Technical Skills

- Human Performance Assessment
 - VO_{2max} Testing
 - Lactate Threshold Testing
 - ECG Analysis
 - 1RM Strength Assessment
 - Body Composition Assessment (e.g. skinfolds, ultrasound)

- Velocity Assessment
- Biochemical Techniques
 - Blood collection, processing, assessment
 - ELISA Analysis
 - Spectrophotometric Assays
 - Western Blotting

Certifications/Awards

- Collaborative Institutional Training Initiative (CITI Program) – Bloodborne Pathogens training
- American Council on Exercise Certified Personal Trainer, 2017-Present
- American Red Cross First Aid/CPR/AED
- FAU Exercise Science and Health Promotion Undergraduate Student of the Year Award, 2018
- Member of the National Society of Collegiate Scholars, August 2015-May 2018