

KLAUDIA PARADI

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Education

San Jose State University

Expected May 2021

- Master of Arts, Kinesiology
- Bachelor of Science, Athletic Training
 - 3.418 GPA
 - Dean's Scholar Spring '17 and '18

May 2018

Experience

Los Gatos Orthopedic Sports Therapy

July 2018 – Present

Athletic Trainer for Santa Clara Aquamaids and San Jose High School, Physical Therapist Aide

- Counseling and educating student athletes/coaches regarding health, conditioning, illness, and injury prevention, examination and diagnosis, treatment, and rehabilitation of emergent, acute, and chronic neuromusculoskeletal conditions to student athletes
- Managing return to play criteria for injured athletes
- Designing conditioning programs (flexibility, strength, cardiovascular fitness) to reduce the risk of injury and illness
- Managing health care administration and injury tracking software
- Direct supervision of all high school sport teams
- Use of therapeutic modalities to reduce risk of injury and maintain strength and flexibility of elite level synchronized swimmers

West Valley Water Polo Club

May 2018 – July 2018

Water Polo Head Coach - 14 and Under Girls

- Led practices for the assigned team
- Used 15 years of player experience to teach water polo skills
- Participated in Junior Olympics

GMP Management, INC. – Gatorade Summer Sports Camps

May 2018 – July 2018

Gatorade Team Leader, Athletic Trainer

- Assist in managing the inventory and storage of Gatorade product and premiums
- Mix and dispense Gatorade product for summer sports camp attendees
- Assist with the delivery of product and premiums
- Supervise summer sports camp attendees during practice times
- Provide first-aid and athletic training responsibilities to sports camp attendees

San Jose State University

August 2016 – May 2018

Student Athletic Trainer

- Responsible for the daily medical care of the football team
- Developed fast and efficient taping skills
- Independently demonstrated therapeutic exercises to athletes
- Operated therapeutic modalities such as ultrasound, E-Stim, H-Wave, and Game Ready
- Observed physicians and their operative and non-operative injury protocols
- Assisted in the keeping of injury records and taking inventory of equipment and supplies
- Internships at San Jose State University, Santa Clara University, The Kings Academy, Archbishop Mitty, and T.E.A.M. Clinic

Skills/Techniques

- AHA AED/CPR, First Aid Certified
- Exposure to FMS/SFMA
- Basic understanding of Graston Technique
- Fire cupping/ Suction cupping
- Basic understanding of Kettlebell rehabilitation

Activities/Awards

NATA Board of Certification (BOC #2000033269)

National Athletic Training Association Member (Student, member #: 94005)

San Jose State University Women's Water Polo Team Member

- Best Defensive Player Award 2016, 2017, 2018
- Honorable Mention All-MPSF Women's Water Polo Player 2017, 2018

Fellowship of Christian Athletes Member – 2014 to Present

Spartan Athletic Training Organization Member – 2016 to May 2018

Volunteer Student Athletic Trainer for San Jose State University – Football Summer Camp 2016