

Sarah E. Overby

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EDUCATION

PENNSYLVANIA STATE UNIVERSITY

M.S. Student | Kinesiology – Biomechanics

Relevant Courses: Experimental Methods in Biomechanics & Motor Control,
Advanced Biomechanics of Human Motion

May 2025

GPA: 3.85

UNIVERSITY OF NORTH CAROLINA at Chapel Hill

Biology B.S. | Exercise and Sport Science B.A. | Coaching Education Minor

Awards and Achievements: UNC Dean's List, ACC Honor Roll, Graduated with Distinction

Relevant Courses: Exercise Physiology, Human Anatomy, Human Physiology, Biomechanics,
Neuromuscular Control and Learning, Research Methods, Comparative Physiology

May 2023

GPA: 3.54

PROFESSIONAL EXPERIENCE

LOCOMOTOR CONTROL LAB

Graduate Research Assistant – Pennsylvania State University

August 2023 - Present

- Gained proficiency in motion analysis capture using Vicon and Motek systems while working on stepping variability project.
- Currently working on master's thesis, collecting data on stepping variability in older adults on winding paths with low light contrast
- Presenting at ASB 2024 on Probability of Instability as an alternative measure to mean Margin of Stability
- Gained proficiency in MATLAB as a form of data analysis through coursework and labwork.

BIOLOGY TEACHING ASSISTANT

Graduate Teaching Assistant – Pennsylvania State University

August 2023 - Present

- Taught BIOL 162 – Anatomy & Physiology. This course focuses on gross anatomy and basic physiological terminology.
- Taught BIOL 473 – Mammalian Physiology. This course involved in depth physiological concepts and experimental methods including a rat survival surgery, ultrasound readings, and EMG.

PSU CAMPUS RECREATION (AQUATICS).

Lifeguard

June 2024 – Present

- Responsible for safety of pool patrons and day-to-day operations of the pool

UNC CAMPUS RECREATIONS (AQUATICS)

Head Swim Instructor and Lifeguard

May 2021 – May 2023

- Instructing ages 3-50+ in both group and private settings in safe swimming per the American Red Cross
- Responsible for the management of 100+ swimmers during group lessons and deal with daily interactions with clients
- Responsible for the safety of pool patrons

CARDIOMETABOLIC LABORATORY

Undergraduate Research Assistant - UNC

September 2020 – May 2023

- Gained familiarity with reading literature and cardiometabolic terminology and shadowed multiple validity studies with Master's students
- Designed individual study proposal and presented at Southeast ACSM Conference
- Assisted in the running of 7+ studies, including data collection and analysis

LEADERSHIP AND COMMUNITY INVOLVEMENT

CENTRE COUNTY PAWS

Volunteer

March 2024 – Present

- Responsible for assisting with the walking and care of dogs housed at the shelter
- Practiced communication skills with other volunteers to coordinate the care of the dogs

RICHARD A. BADDOUR LEADERSHIP ACADEMY

Mentee and Mentor

August 2019 - May 2022

- Developed professional skills within the classroom and in sport, and determined leadership style, strengths, and weaknesses
- Mentored freshman student-athletes to develop their own leadership skills and style and acquainted them with a new athletic and academic environment

UNC NCAA WOMEN'S ROWING

Coxswain

August 2019 - August 2021

- Responsible for assisting with coaching through the spotting of technical errors and providing feedback to the athletes
- Employed leadership skills and confidence to run workouts with intensity

