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Kaliana Pangallo

Education

Bachelor of Science in Exercise Science, Human Performance, Health Promotion <i>Union Commonwealth University</i> GPA 4.0	Aug 2023 – May 2026 Barbourville, KY
Bachelor of Science in Exercise Science <i>Indiana Institute of Technology</i>	Aug 2021 – May 2023 Fort Wayne, IN

Employment History

Sports Performance Intern <i>AMP Sports Performance at Town & Country</i> - Observed sports performance coaches working with youth, high school and college athletes in group training sessions - Assisted with warm-ups, speed and agility work, and strength training - Interacted with athletes and coaches to support a positive and energetic training environment - Gained hands-on experience with athlete development, movement preparation, and performance training methods - Helped maintain organization of training areas to ensure safety and efficiency	May 2026 – Present Wilder, KY
Tournament Director <i>Athletx Sports Group</i> - Directed game day operations for national youth baseball and softball tournaments - Served as primary point of contact for coaches and umpires to ensure smooth communication and rule enforcement - Conducted coin flips, coordinated game start times, and handled score reporting and all-star nominations - Assisted with event setup and breakdown	June 2025 – Aug 2025 June 2026 – Present
Health Educator Intern <i>Knox County Health Department</i> - Supported the planning, implementation, and evaluation of health education and wellness programs - Developed, assembled, and distributed health education materials for community outreach - Engaged professionally with community members and partner organizations during events and outreach activities	Jan 2026 – May 2026 Barbourville, KY
Exercise Science Strength & Conditioning Intern <i>Whitley County High School</i> - Observed the strength coach working with diverse students across multiple training sessions - Coached students on proper exercise technique and safe movement patterns - Led warm-ups, mobility work, and structured workout sessions for groups of students - Interacted professionally with coaches and students to support a positive training environment - Helped maintain organization and cleanliness of the weight room to ensure safety and efficiency	Aug 2025 – Nov 2025 Williamsburg, KY

Work Study Student - Wellness Center Staff**Aug 2024 – May 2026*****Union Commonwealth University*****Barbourville, KY**

- Monitored the gym to ensure a safe and welcoming environment for all students
- Assisted with maintaining cleanliness and organization of fitness equipment and facilities
- Provided support to students by answering questions

Member Services Representative**May 2022 - Present*****Planet Fitness*****Florence, KY**

- Greeted members and guests to create a friendly, customer-focused environment
- Answered phone calls and assisted members with questions regarding services and policies
- Checked members into the system and completed new member sign-ups
- Helped maintain the cleanliness and organization of the club to uphold PF standards

Field Experience Intern**Nov 2022 – May 2023*****Parkview Sports Medicine Performance*****Fort Wayne, IN**

- Observed strength and performance coaches working with athletes of varying ages and skill levels
- Assisted coaches by leading athletes through workouts, mobility drills, and warm-ups
- Interacted with athletes and staff to support training sessions and facility operations
- Helped maintain the cleanliness and organization of training facilities

Team Member**June 2020 – Nov 2020*****Graeter's Ice Cream*****Taylor Mill, KY**

- Provided customer service by greeting guests and preparing orders efficiently
- Managed cash register operations with accuracy and attention to detail
- Stocked inventory and maintained organization throughout the store
- Cleaned the store and bathrooms to ensure a sanitary environment

Skills

Core Professional Skills: Strong communication, customer service and member support, team collaboration and leadership, time management and reliability, adaptability in fast paced environments, conflict management and problem solving

Health and Wellness Skills: Health education and community outreach, data collection, organization and basic analysis, program support, exercise technique coaching and movement instruction, facility safety, monitoring, and policy enforcement

Operational and Organizational Skills: Documentation and record keeping, organization and cleanliness standards, inventory management, cash handling and POS system operation, attention to detail

Additional Information

Campus Involvement***Indiana Tech Softball Team*****Player 2021-2023**

- Developed strong teamwork, communication, and leadership skills through collegiate athletics
- Demonstrated advanced time-management by balancing academics, training, and competition
- Built resilience by learning from setbacks and applying feedback to improve performance
- Maintained discipline, consistency, and a high level of personal accountability

Union Commonwealth University Softball Team

Player 2023-2026

- Developed strong teamwork, communication, and leadership skills through collegiate athletics
- Demonstrated advanced time-management by balancing academics, training, and competition
- Built resilience by learning from setbacks and applying feedback to improve performance
- Maintained discipline, consistency, and a high level of personal accountability

Professional Development

NSCA Kentucky State Clinic

Nov 1, 2025

- Attended a 7-hour event focused on strength and conditioning and sports performance
- Presented a presentation to the Exercise Physiology class at Union Commonwealth University summarizing key takeaways, professional insights, and applications to exercise science

Centre College Strength Coaches Clinic

April 18, 2026

- Attended a 6-hour event learning from collegiate and professional strength coaches on athlete development, performance training, and applied coaching strategies

NHSCA Kentucky Clinic

May 23, 2026

- Attended a four-hour event hosted by NHSCA at Fredrick Douglas High School in Lexington, Kentucky
- Learned from presentations on force output between movement variations, warm-up implementation, and applied coaching strategies
- Networked and connected with other strength and conditioning coaches and discussed challenges in high school strength and conditioning

Links

LinkedIn: **Kaliana Pangallo**