

Sofiya Freimuth

Pullman, WA 99163 | Sofiya.freimuth@wsu.edu | 971-407-9957

EDUCATION

WASHINGTON STATE UNIVERSITY

Cumulative 3.99 GPA | Anticipated Graduation May 2026

Pullman, WA

Aug. 2021 - Present

- Bachelor of Science, Kinesiology
- Bachelor of Science, Psychology
- Minor in Strength Training and Conditioning

PROFESSIONAL EXPERIENCE

FAMILY RESOURCE HOME CARE

Pullman, WA

Home Care Assistant

May 2023 – Dec. 2023; Sep. 2025 – Present

- Deliver individualized in-home care supporting mobility, hygiene, and health monitoring
- Monitor vitals, medications, and health changes, coordinate updates with care teams
- Foster client trust and independence through compassionate, person-centered care

WHITMAN HOSPITAL & MEDICAL CLINICS

Colfax, WA

Physical Therapy Observations

Oct. 2025 – Dec. 2025

- Observe therapists during patient evaluations and treatments in inpatient and outpatient settings
- Record observations on therapeutic techniques and patient progress to strengthen clinical knowledge
- Demonstrate professionalism, safety, and effective communication within a multidisciplinary team

IMPACT PHYSICAL THERAPY OF HILLSBORO

Hillsboro, OR

Physical Therapy Observations

May 2025 – Aug. 2025

- Shadowed orthopedic and sports PT sessions, completing 100+ clinical hours
- Observed exercise programming, manual therapy, and functional movement screenings
- Engaged with patients and staff to develop clinical communication skills

WASHINGTON STATE UNIVERSITY

Pullman, WA

WSU Athletics Academic Services Tutor

June 2023 - Dec. 2024

- Facilitated individual and group tutoring for student-athletes in anatomy, anthropology, and English
- Clarified complex topics using visuals, guided practice, and discussion
- Encouraged academic accountability and improved study strategies

CERTIFICATIONS

NATIONAL STRENGTH AND CONDITIONING ASSOCIATION (NSCA)

Certified Strength Training and Conditioning Specialist (CSCS)

Anticipated July 2026

USA WEIGHTLIFTING

USAW Level 1 Coach Certification (USAWL-1)

Anticipated Apr. 2026

WASHINGTON STATE DEPARTMENT OF HEALTH

Home Care Aide Certification (HCA)

Anticipated Apr. 2026

AMERICAN RED CROSS

Adult and Pediatric First Aid/CPR/AED

Valid Apr. 2024 – Apr. 2026

WASHINGTON STATE DEPARTMENT OF SOCIAL & HEALTH SERVICES

Nurse Delegation: Special Focus on Diabetes

Sep. 29, 2025

Nurse Delegation: Core

Nov. 30, 2023

SCHOLARLY ACTIVITIES

WASHINGTON STATE UNIVERSITY

Pullman, WA

Bruya-Wood Research Conference, Kinesiology Department

Poster Presentation & Topic: TBD (KINES 484)

Anticipated Apr. 2026

Showcase for Undergraduate Research and Creative Activities (SURCA)

Poster Presentation & Topic:

Anticipated Mar. 2026

Exploring the Experiences and Attitudes of Using Apple Vision Pro to Support Mindfulness Practice in Undergraduate Students

Strength Training and Conditioning Intern

Aug. 2025 – Present

- Assist with implementing training programs for Division I athletes across multiple sports.
- Coach warm-ups, mobility work, and technique corrections during daily sessions.
- Collaborate with coaches to track progress and maintain a safe training environment.

Teaching Assistant, Human Anatomy (KINES 262)

Aug. 2023 – Present

- Facilitated lab sessions and demonstrations for undergraduate anatomy students.
- Provided individualized support and answered student questions during labs and office hours.
- Encouraged peer collaboration through guided team-based learning activities.

UREKA Undergraduate Research Fellow

May 2024 – Present

- Conduct qualitative research on Apple Vision Pro–based mindfulness practices.
- Design and implement structured interviews; analyze data using thematic coding.
- Support literature reviews and integrate findings on mindfulness and immersive technology.
- Collaborate on literature reviews and contribute to team reports and presentations.

Bruya-Wood Research Conference, Kinesiology Department

Poster Presentation & Topic:

Nov. 2025

An exploration of multimodal physical exercise on the progression of Alzheimer's Disease

Showcase for Undergraduate Research and Creative Activities (SURCA)

Poster Presentation & Topic:

Mar. 2025

Exploring the Experiences and Attitudes of Using Apple Vision Pro to Support Mindfulness Practice in Undergraduate Students

Student Assistant, Gross and Microanatomy (BIO 315)

Aug. 2025 – Dec. 2025

- Instruct students in a cadaver-based lab and help identify anatomical structures.
- Guide students through complex topics using one-on-one and group discussions.
- Maintain lab safety and cadaver preservation procedures in coordination with faculty.

Exercise Physiology and Performance Lab Research Assistant

Mar. 2023 – Feb. 2024

- Collected and managed data for VO₂ max and Bod Pod testing protocols.
- Operated lab equipment, ensuring accuracy and standardization of procedures.
- Built participant rapport through professional communication and clear instruction.

MEMBERSHIPS/INVOLVEMENT

WASHINGTON STATE UNIVERSITY

Pullman, WA

Division I Women's Rowing Student-Athlete

Sept. 2021 – May 2025

- Competed at the Division I level while balancing 20+ weekly training hours and full-time academics.
- Demonstrated teamwork, leadership, and resilience through consistent athletic and academic performance.
- Engaged in community service projects, including local food drives and youth reading programs.
- Collaborated with teammates and coaches to foster a positive and disciplined team culture.

AWARDS & HONORS

WASHINGTON STATE UNIVERSITY

Pullman, WA

College of Education Scholarship

Aug. 2025

- Recognized for strong academic achievement and commitment to educational excellence.

Gertrude Kay Kaiser Dean's Merit Award

Aug. 2025

- Recognized for exceptional academic achievement and leadership within the College of Education.

PAC-12 Academic Honor Roll

Jan. 2022 – May 2025

- Earned consecutive honors for maintaining a GPA above 3.5 while competing as a Division I student-athlete.

The Cougar Award

Aug. 2021 – May 2025

- Four-year merit-based scholarship awarded for high academic performance and potential for success at WSU.

VOLUNTEER/COMMUNITY SERVICE

SPECIAL OLYMPICS

Pullman, WA

Volunteer

Feb. 2023 – Feb. 2025

- Supported athletic events and group activities for children and adults with intellectual disabilities.
- Encouraged athlete participation through positive communication and inclusive engagement.
- Collaborated with coaches and volunteers to maintain a safe and welcoming environment.

DIGITAL4GOOD X #ICANHELP NON-PROFIT ORGANIZATION

Remote

Public Relations Intern

June 2021 – June 2022

- Developed and distributed monthly press releases to promote partnerships and organizational initiatives.
- Coordinated cross-team communication between marketing, outreach, and executive staff.
- Expanded audience reach by managing social-media content and digital engagement campaigns.

Recruiting Specialist

Aug. 2020 – June 2021

- Designed digital infographics and recruitment materials using Canva and Photoshop.
- Organized and led monthly volunteer meetings via Zoom to onboard new team members.
- Engaged with prospective volunteers through email and social media correspondence.

REFERENCES

Jane LaRiviere

Head Women's Rowing Coach at Washington State University
509-432-6768
janela@wsu.edu

Kent Bond, PT

Physical Therapist, Founder of IMPACT PT of Hillsboro and Banks
503-615-5969
kentb@impactpthillsboro.com

Amanda McMahon, PhD

Assistant Professor, Kinesiology, Washington State University
509-335-5130
amanda.mcmahon@wsu.edu

Phillip Morgan, PhD

Associate Professor, Kinesiology, Washington State University
509-335-8838
morganp@wsu.edu