

# Stefen Rogers

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## Summary

Aspiring physical therapist with 7+ years of experience in performance training. Proven ability to lead and motivate others. Passionate about helping others improve strength and mobility and achieve their performance goals.

## Education

**Bachelor of Science in Exercise Science** – CAAHEP Accredited

Expected May 2026

Winthrop University, Rock Hill, SC

GPA: 3.7

- Activities: Exercise Science Club (President), Student Veterans of Winthrop (Member)
- Minor in Psychology

## Certifications

- **ACSM Certified Personal Trainer** (In-Progress)
- **NASM Certified Personal Trainer (CPT)**
- **Basic Life Support (BLS)** – American Heart Association (Expires 9/28/2027)
- **CPR/First Aid/AED** – American Red Cross (Expires 9/28/2027)

## Experience

**Intern** (300 Hours)

August 2025 – Present

Ornitho Orthopedic Clinic, Rock Hill, SC

- Shadow licensed physical therapist during evaluations and therapy sessions with orthopedic patients.
- Guide patients through therapeutic exercises focused on restoring strength, flexibility, and balance.
- Record progress notes and prepare documentation for therapist review using EMR systems.
- Support warm-up and cool-down routines aligned with clinical recovery goals.
- Maintain clean, organized, and safe treatment areas in compliance with clinic protocols.
- Practice trauma-informed communication and adapt interactions to diverse patient needs.

**Group Fitness Instructor**

August 2024 – Present

Winthrop University Recreational Services, Rock Hill, SC

- Lead 3-5 weekly group fitness classes for diverse student populations, focusing on strength and recovery.

**Volunteer – Adaptive Fitness Assistant**

September 2023 – Present

Wounded Warrior Project / VA Medical Center, Charlotte, NC

- Collaborate with physical therapists to deliver weekly 90-minute adaptive fitness sessions for 25+ disabled veterans, modifying exercises to support strength, mobility, and rehabilitation goals.

**Research Methods in Exercise and Physical Activity** (PESH 381)

January 2025 – May 2025

Winthrop University Department of Physical Education, Sport and Human Performance, Rock Hill, SC

- Collaborated with 5 student researchers on a study examining the effects of stress on physical activity levels.
- Conducted detailed literature review and assisted with IRB-compliant survey design.
- Collected and analyzed student health and activity data using Qualtrics and SPSS.
- Co-authored research paper and presented findings in a department-wide symposium.

**Squad Leader/Physical Training Leader**

June 2016 – June 2022

U.S. Army - Active-Duty Service Member, Various Locations

- Led structured physical training programs for groups of 10–25 soldiers across multiple deployments.
- Facilitated sessions on injury prevention, recovery strategies, and goal setting.
- Mentored junior soldiers, emphasizing resilience, wellness, and peak physical performance.
- Coordinated and participated in unit-level fitness competitions and community wellness initiatives.