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# LINDENWOOD ALUMNA ACCEPTS RESEARCH ASSISTANTSHIP AT UNIVERSITY OF CENTRAL FLORIDA

March 17, 2021

**By Emily Holmes**

Lindenwood graduate Jessica Moon has recently been offered and has since accepted a fully funded research assistantship at the University of Central Florida. Moon graduated in 2018 from Lindenwood with her Bachelor's in Exercise Science and again from Lindenwood in 2020 with her Master's in Health Sciences with an emphasis in Sports Science and Performance. She holds such a passion for health and wellness that she knew that this was the right path for her to help her discover new techniques and strategies for the promotion of nutrition and health through research.

Moon chose UCF to continue her education because she felt that it gave her valuable opportunities to learn new techniques within cellular exercise physiology and nutrition, particularly through examining immune function and recovery as she moves on to get her doctorate. Moon states, "I am excited to work with my future mentors in the program and explore new techniques while implementing my current skill set." While at Lindenwood, she has had the opportunity to oversee a multitude of different research projects, publish manuscripts, present at conferences, and explore her own personal research interests, while learning valuable hands-on skills within the Exercise Performance and Nutrition Laboratory.

Continuing her education at UCF will certainly be a change, full of new tasks and responsibilities in a new location. "During my time at UCF, I will hold duties within a research facility and classroom. Part of the assistantship will consist of being an instructor within undergraduate courses in the exercise science department, with my primary duties taking place within the cellular exercise physiology lab under the supervision of Dr. Adam Wells."

While earning her multiple degrees at Lindenwood, Moon racked up a multitude of accolades. "During my time at Lindenwood I was fortunate to receive recognitions for Top Researcher in Science (2018), the President's award for academic achievement (2018), as well as the Graduate Scholar award (2020). I've been involved with the publication of six peer-reviewed articles and have first author published one with another currently under review." As she continues to move forward, she hopes to keep

challenging herself through new techniques to best equip herself for a career in academic research and science.