

POSITION PROFILE

Position Title: Student Lab Aid for the EOU Laboratory of Exercise Assessment and Performance (LEAP).

EOU Department/College: Health and Human Performance, College of STMHS

EOU Supervisor Title: Kyle Pfaffenbach, PhD. Associate Professor in HHP

Typical Job Duration: 1/2025 – 6/2025 (remaining AY25)

Job Level: Level 1

Type of Schedule Flex Schedule-agreed upon based on Lab Needs

Typical Hours: Varies based on lab needs. Mainly weekdays, mainly afternoon/evening

Typical Number of Hours: Approximately 5-7 hours per week

POSITION INFORMATION

Student Position Description Summary: The Student Lab Aid for the EOU Laboratory of Exercise Assessment and Performance will assist LEAP Director, Kyle Pfaffenbach, and LEAP intern, Nathan Marshall, in lab regular lab operations and ongoing research projects. This position will work closely with the LEAP Director and Intern to assist as needed with lab processes including, but not limited to, conducting exercise testing, supervising research subjects, processing data, compiling lab reports, and helping to maintain a clean and safe environment in the LEAP. This is a part time, in person position, with varying schedule. This position is a Level 1 student position, paying \$13.70 per hour, and the position requires approximately 5-7 hours per week for the remainder of the 2024-25 academic year. The Lab Assistant needs to be a currently enrolled EOU student in the Health and Human Performance Department. The Lab Aid needs to be responsible, reliable, polite, and have a general understanding of exercise science lab procedures.

Job Duties, Functions & Responsibilities:

- Assist in conducting exercise testing including lactate threshold, VO2 max, exercise efficiency, Heart rate variability, sweat testing, etc.
- Assist in ongoing research projects in the LEAP, such as supervising subject exercise sessions.
- Help with maintaining the lab through cleaning, organization, and non-technical equipment maintenance.

HIRING CRITERIA

Position Description

Minimum Qualifications:

- Currently enrolled EOU student with sophomore, junior, or senior standing
- Currently enrolled as a Health and Human Performance Major
- Federal Work Study Eligible

Preferred Qualifications:

- Have completed EXS323 course.

Desired Knowledge, Skills & Abilities:

- Organized
- Reliable
- Have a basic understanding of exercise physiology
- Works well in a team environment
- Communicative

STUDENT LEARNING OUTCOMES *as a result of completing this employment, the student will:*

Academic Discipline-Specific Learning Outcomes: (concepts, theories, practices taught via coursework)

1. Students in this position will gain valuable practical experience in conducting exercise physiology tests. These are critical skills that have helped our students gain experience for graduate programs and careers in the health field. Additionally, the Student Aid will experience firsthand research in the field of exercise science. The Student Aid will be listed as an author on results of the studies that they are a part of, and may have the opportunity to present the work in a professional setting. They will also be included on any publications that result from the work they contribute to.

Industry Learning Outcomes: (knowledge & skills learned about the industry)

2. Student Aid will learn valuable technical skills in regards to operating industry leading exercise science equipment, including lactate testing, blood glucose monitoring, the use of metabolic cart, the use of cycle and treadmill ergometers, sweat testing, and more.

Career-Readiness/Essential Employability Skills Learning Outcomes:

3. There are both hard and soft skills that will be gained through this experience and directly impact career readiness. These include interacting with subjects, scheduling and organizing testing protocols, operating equipment, and others.

PROFESSIONAL DEVELOPMENT & TRAINING

EOU student employees have an opportunity to engage in professional development and training as a part of the job. Supervisors support the attainment of professional development by either providing internal department-specific training and/or time reassigned from normally scheduled duties to participate in University-wide training opportunities including appropriate virtual community training opportunities. Specific training/professional development opportunities:

Eastern Oregon University is an EEO Employer and welcomes application from women, members of historically underrepresented minority groups, US Veterans, and persons with disabilities. EOU is committed to providing equal opportunity in its recruitment, admissions, educational programs, activities and employment without illegal discrimination on the basis of age, color, disability, national origin, race, marital status, religion, sex, sexual orientation, gender identity, gender expression or any status as protected by state or federal law.

Position Description

- Student Aid position will receive training in operation of exercise science equipment in the lab. Students can also present work completed in the lab through professional opportunities such as the EOU Spring Symposium.
- Multicultural-sponsored training, activities, and events
- Career exploration activities via Career Services
- EO Career Expo Career-Ready symposium First Wednesday in April
- Resume Review with Career Services and/or WorkSource Oregon

LEARNING ASSESSMENT & PERFORMANCE EVALUATION

Once a term, student employees and supervisors meet to discuss the progress on completing the position's learning outcomes and the employee's job performance. Specifically:

- Adjustments to the learning outcomes and job duties as needed in order to meet the outcomes
- Upcoming training and professional development opportunities
- On-the-job performance feedback and the level of meeting job duty expectations
- Application of coursework to the workplace, job duties, and learning outcomes
- Application of possible connections to future career-related interests and coursework