

# SAI TEJASWARI GOPALAKRISHNAN

+1(480) 466 3668 | [gtejasofficial@gmail.com](mailto:gtejasofficial@gmail.com) | 1255E University Dr, Tempe, AZ 85181 | [LinkedIn](#)

---

## **EDUCATION**

### **ARIZONA STATE UNIVERSITY**

Master of Science in Clinical Exercise Physiology

Relevant coursework – Advanced Exercise Prescription, Cardiopulmonary Rehab, Advanced Exercise Physiology

Tempe, Arizona, USA

*Aug 2023 - May 2025*

### **SIR VITHALDAS THACKERSEY COLLEGE OF HOME SCIENCE**

Master of Science in Exercise Science and Sports Nutrition (CGPA: 9.2/10)

Mumbai, Maharashtra, India

*September 2021 - July 2023*

### **SRI RAMACHANDRA MEDICAL COLLEGE & RESEARCH INSTITUTE**

Bachelor of Science in Sports and Exercise Sciences (CGPA: 7.26/10)

Chennai, Tamil Nadu, India

*August 2017 - September 2021*

---

## **INTERNSHIP EXPERIENCE**

### **ART OF EATING AND COMPLEAT NUTRITION CARE**

Exercise Science and Sports Nutrition Intern

Chennai, Tamil Nadu, India

*October 2022 – June 2023*

- Created spreadsheets and schedule for social media content creation.
- Developed nutrition-based health education and promotion education materials.
- Planned a cyclic menu and conducted a market survey about sports supplementation.
- Mentored undergraduate junior students and taught multiple theory sessions.
- Conducted nutrition education-based programs at sports academies.
- Organized and arranged the consultation room and fuel station for track and field athletes.

### **MY SPORTS DIETICIAN**

Sports Nutrition Intern

Gonzales, Louisiana, USA

*April 2022 – July 2022*

- Team game plan: Nutrition and Supplementation
- Symposium and course content creation: Meal plan guides
- Content creation at social media: Infographics, blog, and presentation

### **SRI RAMACHANDRA MEDICAL COLLEGE & RESEARCH CENTRE**

Sports and Exercise Science Intern

Chennai, Tamil Nadu, India

**October 2020 – October 2021**

- Worked with International Olympic athletes and National Khelo India athletes, both in laboratory setting for assessments and High-Performance Centre for performance optimization.
- Ensured safety and proper equipment use and maintained hygiene of the facility.
- Created exercise prescription and executed performance evaluation testing.
- Prepared handouts and lecture notes on Exercise sciences.

### **INDIAN SQUASH ACADEMY**

Sports and Exercise Science Intern

Chennai, Tamil Nadu, India

**October 2020 – March 2021**

- Designed exercise programs and rehabilitation programs.
- Conducted exercise sessions; group and individual session: Yoga, Pilates, Strength and Conditioning

## **TRAINING AND PROFESSIONAL DEVELOPMENT**

- Precision Nutrition - Level 1 coach
- Basic Life support and CPR for healthcare providers by The American Heart Association
- The Art of Living & Ministry of AYUSH - Yoga Instructor
- **Sports Secretary – Student Council & University Team Captain : Track & Field**