



**Name:** Bryce Malecha

**Graduation Year:** 2024

**Major:** Exercise Physiology

**Story:** I have always been fascinated by movement of the human body. I grew up in a small town and spent a lot of time outdoors growing up doing activities or working with my family members. I have been a competitive swimmer since I was 8 years old. I was attracted to Gustavus for the size with a small campus that enabled me to make a ton of connections with classmates, faculty/staff, teammates and mentors.

All of the classes I took at Gustavus allowed me to see their applicability into my future of becoming a Physical Therapist even if they were not Biomechanics or Anatomy. In addition to my academic pursuits, my involvement with Swimming and Diving at the collegiate level allowed me to see growth and further solidify my interest in Physical Therapy through the motivation of teammates encouraging me to pursue my interests.

**Top Five Activities/Experiences (in no particular order):**

1. Swimming and Diving

2. J-Term Career Exploration Experience at OFC in Mankato
3. Parkinson's Rock Steady Boxing Class at River's Edge in St. Peter
4. Personal Training Experience apart of HES-398 Senior Seminar for Exercise Physiology
5. Gustie Guide for the Admissions Office

**Advice:**

1. Take advantage of every opportunity you have. You never know what you can get out of a simple experience.
2. Ask for help and advice from others. Rely on your friends and other supportive figures for help when you need it. This will help you feel less stressed and gain a different perspective that you may have never thought of.
3. Plan ahead. It allows you to have less stress and transition easier to new experiences.

**Future Plans:**

Attending The College of St. Scholastica in Duluth for my Doctorate in Physical Therapy (DPT) starting in June 2024.