

Jessica M. Ostrander, DC

drostranderdc@gmail.com

EDUCATION

Palmer College of Chiropractic, Port Orange, Florida
Doctor of Chiropractic

September 2016

University of Wyoming, Laramie, Wyoming
Bachelor of Science, Kinesiology and Health Promotion

December 2012

CURRENT POSITION

Associate Professor, Biology
Eastern Wyoming College, Torrington, WY 82240

FACULTY EXPERIENCE

Eastern Wyoming College, Torrington, Wyoming

Associate Professor, Biology

August 2023 - Present

BIOL 1010: General Biology I
FCSC 1141: Principles of Nutrition
HLTK 1200: Medical Terminology
ZOO 1200: Human Biology
ZOO 2015: Human Anatomy
ZOO 2025: Human Physiology

Gillette College, Gillette, Wyoming

Faculty/Instructor

August 2019-August 2022

BIOL 1010: General Biology I
FCSC 1140/HOEC 1146: Nutrition/Nutrition for Health Care
FCSC 1141: Principles of Nutrition
ZOO 2010: Human Anatomy and Physiology I
ZOO 2015: Human Anatomy and Physiology II

Palmer College of Chiropractic, Port Orange, Florida

Part-Time Faculty

July 2017-December 2018

CARE 52122: Cervicothoracic Technique
CARE 62221: Subluxation Analysis and Full Spine Adjusting
FNCT 53134: Endocrine and Immunology
FNCT 61213: Gastrointestinal Physiology and Pathology
FNCT 62224: Cardiopulmonary Integrated Diagnosis
STRU 51114: Histology and Embryology

*I was typically a secondary instructor for the above courses, not the primary instructor; I was usually responsible for teaching labs or active learning sessions.

Daytona College, Ormond Beach, Florida

Adjunct Faculty

Human Anatomy and Physiology

January 2017-March 2017

OTHER ASSOCIATED EXPERIENCE

Palmer College of Chiropractic, Port Orange, Florida

Clinical Radiology Assistant

January 2016-June 2016

Teaching Assistant-Volunteer

July 2015-September 2016

CARE61211: Lumbar Spine and Pelvic Technique

CARE62221: Subluxation Analysis and Full Spine Adjusting

CARE 71311: Special Populations and Active Care

FNCT72325: Neuromusculoskeletal Diagnosis

STRU52123: Basic Neuroanatomy

TOAL: Technique Open Adjusting Lab

University of Nebraska-Lincoln Campus Recreation, Lincoln, Nebraska

Strength and Conditioning/Fitness and Wellness Intern

August 2012-November 2012

University of Wyoming Half-Acre Recreation and Wellness Center, Laramie, Wyoming

Certified Personal Trainer

April 2011-August 2012

ACADEMIC SERVICE

Eastern Wyoming College

- Faculty Senate Vice President (2025-present)
- Faculty Senate Representative, Math and Science (2025-present)
- Faculty Senate President (2023-2024)
- Faculty Senate Representative, Health and Physical Education, At-Large (2023-2024)
- Lead instructor for the Pre-Health Science AS program.
- Primary faculty advisor for Pre-Health Science AS students

Gillette College

- Faculty Senate Vice President (2021-2022)
- Faculty Senate Representative, Math, Science and Engineering (2021-2022)
- Curriculum and Standards Committee Member (2020-2022)
- Library Resources Committee Member (2020-2022)
- Tutor the Tutors (2019)
- Crisis Management Team (2021-2022)

Palmer College of Chiropractic

- Motion Palpation Club Advisor (2017-2018)
- Chiropractic Functional Medicine Club Advisor (2018)
- Student Appeals Committee (2018)

LICENSES, CERTIFICATIONS, AND ADDITIONAL TRAINING

Academic

- Advisor Academy (2020)

Chiropractic

- Licensed Chiropractor-State of Wyoming (2017-2020)
- National Board of Chiropractic Examiners (NBCE) Part I, II, III, IV, and Physiotherapy certified
- Motion Palpation Full Spine Analysis and Adjustive Technique Seminar
- Motion Palpation Extremities Analysis and Adjustive Technique Seminar
- Association of Chiropractic Colleges-Research Agenda Conference (attendee)
- National Florida Chiropractic Association Conference (attendee)

Health/Other

- Certified Group Fitness Instructor through the American Council on Exercise (ACE) (2022-present)
- Fitness Nutrition Specialist (ACE)
- Certified CPR/AED via ResusciTech (2024)
- Certified Personal Trainer through the American Council on Exercise (2011-2015)
- Certified First Aid/CPR Instructor (2012)
- Alternative and Integrative Nutrition Course (ACE)
- Diet, Exercise and Fitness Course (ACE)
- 11 Essential Pilates Exercises for Personal Trainers and Group Fitness Instructors (ACE)
- AcuPractice Acupuncture Certification Courses (2017)
- Clinical Neurosciences Institute Neurology Diplomate Program Courses
- Rock Tape Performance Movement Technique-PMT Certified
- Eric Dalton Myoskeletal Bodywork Certified

ADDITIONAL GRADUATE-LEVEL COURSEWORK

FCSC 5145: Advanced Nutrition Metabolism (University of Wyoming, F24)

FCSC 5147: Nutrition and Weight Control (University of Wyoming, Sp25)