

# **Jessica M. Ostrander, DC**

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## **EDUCATION**

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**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**

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

## **FACULTY EXPERIENCE**

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### **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**

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

Clinical Radiology Assistant

Teaching Assistant-Volunteer

January 2016-June 2016

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**

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**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**

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### **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**

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

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