

Education

Master of Science in Exercise Science, California University of Pennsylvania, California, PA. July 2008.

Research interest: Balance training, resistance training in older adults and wellness and fitness.

Professional specialization: Health and Fitness. Research paper: *The Effects of balance training on fall prevention in older adults*. Chair: Professor Christine Romani-Ruby.

Bachelor of Science in Exercise and Health Science, Kennesaw State University, Kennesaw, GA. May 2000.

Work Experience

Temporary Lecturer, Kennesaw State University, Kennesaw, GA **2008 – Present**
Course development and instruction of Fitness for Living, Exercise Leadership, Physical Activity and Health Promotion for the Aging, Tennis, Advanced Strength Training and Walk Jog, in the Exercise and Health Science Undergraduate program. University service in the Athletic Mentoring Program.

Health Coach, Health Designs, Ponte Vedra Beach, FL **2007 – Present**
Conduct quarterly personal health coaching for employees of companies who have undergone health screenings and health risk assessments. Provide one on one counseling with participants to develop and sustain health and wellness plans.

Personal Trainer, Bridgemill Athletic Club, Canton, GA **2003 - Present**
Perform fitness assessments, create personal exercise prescriptions for individuals of all ages and fitness levels and conduct one on one personal training as well as lead youth fitness classes. Conduct monthly equipment orientation classes for new members.

Assistant Director, Seniors Participating in Activities Related to Health at Kennesaw State (SPARHKS) program.

Kennesaw State University, Kennesaw, GA.

2007 - 2011

Establish relationships with assisted living facilities and senior services centers within the community. Recruit active older adults to participate in the program. Organize weekly exercise programs and events, educate students to work with the older population prior to participants attending and oversee the student as they work with participants both in-house and in the field.

Personal Trainer, Concourse Athletic Club, Atlanta, GA **2002 – 2003**
Perform fitness assessments, create personal exercise prescriptions for members and provide one on one and group personal training.

Teaching Experience

HPS 1000: Fitness for Living, Fall 2008, Spring 2009, Summer 2009, Fall 2009, Spring 2010, Fall 2010, Spring 2011, Fall 2011, Spring 2012

HPS 2090: Exercise Leadership, Spring 2009, Spring 2010, Spring 2011, Spring 2012

HPS 1570: Walk/Jog, Fall 2009, Fall 2011

HPS 1390: Tennis, Spring 2008, Fall 2008, Spring 2009, Fall 2009, Summer 2010, Summer 2011

HPS 1850: Advanced Strength and Aerobic Training, Spring 2009, Fall 2009, Spring 2010, Summer 2010, Fall 2010, Spring 2011, Fall 2011, Spring 2012

HPS 3240: Physical Activity and Health Promotion for the Aging, Fall 2008, Spring 2009, Fall 2009, Spring 2010, Fall 2010

SPARHKS, Spring 2007, Fall 2007, Spring 2008, Fall 2008, Spring 2009, Fall 2009, Spring 2010, Fall 2010, Spring 2011

Research Experience

Hass CJ, Collins MA, Juncos JL. Resistance training with creatine monohydrate improves upper-body strength in patients with Parkinson disease: a randomized trial. *Neurorehabilitation and Neural Repair*. 2007 Mar-Apr;21(2):107-15.

Supervised the progressive resistance training (twice a week) of participants. Collected data for analysis.

Professional Development

Memberships/Activities

American College of Sports Medicine
American Council of Exercise
Georgia Association for Health, Physical Education, Recreation and Dance
United States Tennis Association, Cherokee County Board Member
Bridgemill Sixes Service League

Technology Skills

Microsoft Word, Power Point, Excel, Geogiview Vista, KH Webcom (online teaching)

Continuing Education

ACSM Health and Fitness Summit, March 2009
ACSM Health and Fitness Summit, March 2010

Certifications

American College of Sports Medicine, *Health Fitness Specialist*
American Council of Exercise, *Personal Trainer*
American Red Cross, *Adult CPR and AED*

Special Skills

Bilingual – Spanish/English