



- Conducted team practices and physical conditioning programs
- Recruited, advised, and mentored student-athletes
- Coordinated and monitored student-athlete eligibility

Assistant Basketball Coach (2000 – 2001)

- Assisted with recruitment and eligibility efforts
- Assisted with game preparation and strategy
- Conducted practices, strength and conditioning programs, and travel

Wellness Center Coordinator/Adjunct Faculty (Aug 1998 – Aug 2000)

- Planned and coordinated wellness programs for all students, faculty, and staff
- Performed physical fitness assessments, personal training, and provided nutritional counseling to the Wellness Center membership
- Served as strength and conditioning coach to the athletic teams
- Provided daily leadership and supervision to college student work study

Central Branch YMCA of Philadelphia and Vicinity, Philadelphia, PA

Apr 1997 – Aug 1998

Director of Personal Training/Physical Fitness Testing (Apr 1998 – Aug 1998)

- Provided daily leadership and guidance to a staff of Nationally Certified Personal Trainers
- Coordinated all sport-specific training and conditioning programs for the membership and guests
- Performed comprehensive fitness testing for the membership and guests
- Performed comprehensive physical fitness and criterion testing for the Septa Transit Police Department
- Tenure Award Forthcoming (Fall 2006)

Physical Director (Apr 1997 – Apr 1998)

- Directed the daily operations at a 66,000 square foot fitness facility
- Provided direct and indirect supervision to over 40 employees
- Recruited, trained, and supervised the staff of the fitness and aerobics departments
- Coordinated sports leagues, tournaments, and special programs
- Provided internship opportunities for Temple University's physical education major students

The Fitness Company at Franklin Plaza, Philadelphia, PA

Aug 1996 – Apr 1997

Fitness Counselor

Supervised and directed the men's and women's sprint teams  
 Directed on-campus recruitment efforts  
 Developed and implemented year-round conditioning programs for sprint team members

#### SUMMARY OF PROFESSIONAL ACTIVITIES

Developed Online PHED 7140 Course – University of North Georgia Department of Health, Physical Education & Recreation, 2013  
 Developed Online PHED 7060 Course – University of North Georgia Department of Health, Physical Education & Recreation, 2013  
 Program Coordinator – University of North Georgia Department of Health, Physical Education & Recreation, 2013  
 Program Coordinator – Gainesville State College Oconee Campus Department of Physical Education, 2010 - 2013  
 Instructional Coordinator – Gainesville State College Division of Education, Health & Wellness, 2007 – 2010  
 CPR & First Aid Trainer for Faculty & Staff at Oconee Campus – Gainesville State College Division of Education, Health & Wellness, 2009  
 Developed Mat Pilates Course – Gainesville State College Division of Education, Health & Wellness, 2009  
 Developed Stationary Cycling Course – Gainesville State College Division of Education, Health & Wellness, 2009  
 Chair, Full-Time Tenure Track Faculty Search Committee – Gainesville State College Division of Education, Health & Wellness, 2008 & 2009  
 Chair, Facility Director Search Committee – Gainesville State College Division of Education, Health & Wellness, 2007  
 Developed Online PHED 1020 Course – Gainesville State College Division of Education, Health & Wellness, 2007  
 Developed Firearm Safety & Marksmanship Course – Gainesville State College Division of Education, Health & Wellness, 2007  
 Developed Wilderness Survival Course – Gainesville State College Division of Education, Health & Wellness, 2007  
 Developed Division Policies & Procedures Manual – Gainesville State College Division of Education, Health & Wellness, 2007  
 Chair, Full-Time Tenure Track Faculty Search Committee – Bucks County Community College Health, Physical Education, & Nursing Department, 2002 & 2004  
 Developed Personal Training Certification Curriculum – Bucks County Community College, 2003  
 Developed & Instructed Beginning Weight Training Course – Bucks County Community College, 1999  
 Trained as Web-CT Course Designer & Instructor – Bucks County Community College Health, Physical Education, & Nursing Department, 2001 – Present  
 Advising Specialist – Health, Physical Education, & Nursing Department, 2002

#### PRESENTATIONS

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Your New Year's Resolution: Is It the Solution? – Gainesville State College Oconee Campus Wonderful World of Wellness Program, 2010  
 Nutrition Crash Course – Barrow County Chamber of Commerce, 2010  
 Essential Nutrients for a Healthy Life – Commerce GA Library & Auburn GA Library, 2009  
 Five Steps to Optimal Health – Winder/Piedmont Library, 2008  
 The Effects of a 10-Week Personal Fitness Course on the Attitudes and Behaviors of Community College Students – Wilmington University Doctoral Defense, 2006

Personal Health Issues for Educators – Faculty Center-Sponsored Program, Bucks County Community College, 2005

Healthy Choices Lifestyle & Weight Management Program – University of South Carolina

PHED 124 – Badminton and Volleyball  
PHED 170 – Individual Fitness and Wellness  
PHED 176 – Basketball and Softball  
PHED 178 – Basketball and Baseball  
PHED 189 – Bowling and Volleyball  
PHED 1002 – CPR & First Aid  
PHED 1020 – Personal Health & Wellness  
PHED 1020 – Personal Health & Wellness (Internet Instruction)  
PHED 1115 – Beginning Bowling  
PHED 1134 – Beginning Weight Training  
PHED 1332 – Volleyball  
PHED 2000 – Personal Training with Lab

