

2014-2016 **Internship Coordinator**
Department of Kinesiology
Coastal Carolina University, Conway, South Carolina

UNIVERSITY TEACHING APPOINTMENTS

2023-Present **Instructor (promotion)**
Department of Kinesiology
University of North Georgia, Dahlonega, Georgia

2022-2023 **Senior Lecturer (promotion)**
Department of Kinesiology
University of North Georgia, Dahlonega, Georgia

2016-2022 **Lecturer**
Department of Kinesiology
University of North Georgia, Dahlonega, Georgia

2016 **Teaching Associate**
Department of Kinesiology
Coastal Carolina University, Conway, South Carolina

2014-2016 **Lecturer**
Department of Kinesiology
Coastal Carolina University, Conway, South Carolina

2012-2014 **Graduate Teaching Assistant**
Department of Human Performance and Health Education
Western Michigan University, Kalamazoo, Michigan

UNIVERSITY RESEARCH APPOINTMENTS

2018-2019 **Graduate Research Assistant**
Department of Kinesiology
Institute of Higher Education
University of Georgia, Athens, Georgia

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| KINS 4435 | Professional Development (face-to-face, hybrid, and online formats) |
| KINS 4430/L | Exercise Leadership/Exercise Leadership Lab (face-to-face, hybrid and online formats) |
| KINS 3380/L | Exercise Testing and Prescription/Exercise Testing and Prescription Lab |
| KINS 3012 | Introduction to Strength and Conditioning |
| KINS 2100 | Introduction to Kinesiology (face-to-face and hybrid formats) |

Coastal Carolina University

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| EXSS 495 | Internship in Exercise and Sport Science |
| EXSS 490 | Seminar in Exercise and Sport Science |
| EXSS 205 | Introduction to Exercise and Sport Science |

Western Michigan University

Coastal Carolina University, Alpha Xi Delta, Sorority (March 2015)
Healthy Living for College-Aged Women

Western Michigan University, FYE 2100: First Year Experience course (March 2014)
Topic: High Intensity Interval Training

UNIVERSITY CERTIFICATIONS

- 2020 **Biomedical Responsible Conduct of Research Certified**, Collaborative Institutional Training Initiative (CITI), University of Miami.
- 2020 **Biomedical Research- Basic/Refresher Certified**, Collaborative Institutional Training Initiative (CITI), University of Miami.
- 2018 **Social & Behavioral Research Certified**, Collaborative Institutional Training Initiative (CITI), University of Miami.
- 2017 **Facilitating Learning Online Certified (F.L.O.C.)**, Distance Education and Technology (DETI), University of North Georgia.
- 2015 **Distance Learning Certified**, Centers for Teaching Excellence to Advance Learning (CeTEAL), Coastal Carolina University.

UNIVERSITY SERVICE

- 2023 **Assistant/Associate Professor Search Committee**, Department of Kinesiology, University of North Georgia.
- 2023 **Non-Tenure Track Affairs Committee**, University of North Georgia.
- 2016- Present **Exercise Science Workgroup and Curriculum Committee**, Department of Kinesiology, University of North Georgia.
- 2016- Present **Exercise Science Admissions Committee**, Department of Kinesiology, University of North Georgia.
- 2016- Present **Academic Advisor**, Department of Kinesiology, University of North Georgia. Advisees 60-70 undergraduate students.
- 2020-2021 **Evaluation and Development Committee: KINS 2100 (Introduction to Kinesiology)**, Department of Kinesiology, University of North Georgia.

2020

- 2018 **Functional Movement Screen Level 2**, Functional Movement Systems.
- 2017 **Functional Movement Screen Level 1**, Functional Movement Systems.
- 2016 **Exercise Is Medicine**, the American College of Sports Medicine.
- 2013 **Certified Exercise Physiologist**, the American College of Sports Medicine.

PROFESSIONAL AFFILIATIONS

- 2017-Present **Member**, Functional Movement Systems.
- 2015-Present **Member**, the American College of Sports Medicine, Southeast Chapter.
- 2012 **Student Member**, the American College of Sports Medicine, Midwest Chapter.

PROFESSIONAL SERVICE

Book Reviewer, *Wolters Kluwer Health*,
Introduction to Exercise Science, 2nd Edition. February 2015.

PROFESSIONAL EXPERIENCE

- 2014-2016 **Personal Trainer**, *Coastal Carolina University, HTC Student Recreation and Convocation Center, Conway SC*. Assisted

- 2012-2014 **Health Fitness Specialist, EXOS/MediFit Corporate Services Inc., Zoetis Fitness Center, Kalamazoo MI.** Performed fitness assessments including body composition measurements, cardiovascular evaluation, muscular fitness tests, flexibility test, and equipment orientations for members. Facilitated daily operations of the fitness center such as attendance tracking and other administrative tasks, while interacting and communicating with members regarding program promotions, exercise education and casual conversation.
- 2012 **Program Manager (Corporate Wellness) Intern, EXOS/MediFit Corporate Services Inc., Zoetis Fitness Center, Kalamazoo MI.** Created a two-week wellness challenge involving 10 different events testing Health and Skill-Related Physical Fitness Components and assessments from ACSM Guidelines. Member participation was 22% by utilizing marketing and motivation strategies 68% of those completed more than half of the events. Developed and coached personalized exercise programs for members on core strength, upper and lower body strength, and stretching routines. Designed and conducted total body toning classes with rotating stations targeting different muscle groups that included at least one of our featured programs.
- 2012 **Adaptive Physical Education Intern, Special Olympics, Western Michigan University, Kalamazoo MI.** Guided athletes through proper warm up, varied sport practices, teamwork skills, and stretching routines in a safe manner. Measured, analyzed, and determined specific goals specialized for every athlete for the purpose of improving skill and adaption to physical activities.

PROFESSIONAL CONFERENCES ATTENDED

- 2023 **The American College of Sports Medicine, Southeast Chapter (SEACSM) Annual Meeting.** Earned 18 continuing education units.
- 2022 **The American College of Sports Medicine, Southeast Chapter (SEACSM) Annual Meeting.** Earned 18 continuing education units.
- 2021 **The American College of Sports Medicine, Southeast Chapter (SEACSM) Annual Meeting.** Earned 15 continuing education units.

- 2019 **The American College of Sports Medicine, Southeast Chapter (SEACSM) Annual Meeting. Earned 18 continuing education units.**
- 2018 **The American College of Sports Medicine, Southeast Chapter (SEACSM) Annual Meeting. Earned 18 continuing education units.**
- 2017 **Functional Movement Systems,**