

MONICA TAYLOR, PhD, FACSM, CSCS, EP-C.,

ACADEMIC TRAINING

Ph.D. Activity,	University of Pittsburgh, Department of Health and Physical August 2012 Exercise Physiology
M.S. August	East Stroudsburg University, Department of Exercise Science, 2008 Clinical Exercise Physiology
B.S. Education	University of Maine, Department of Kinesiology and Physical May 2005 Kinesiology

PROFESSIONAL EMPLOYMENT

Temple University

August 2022

Graduate Program Director, Associate Professor
Kinesiology Department, College of Public Health

- Organize and execute daily operations of the graduate program
- Organize curriculum schedule
- Faculty support
- Create curriculum requirements for major
- Create course content
- Teach within the Kinesiology department and college of Public Health
- Advise and mentor students

University of the Sciences in Philadelphia

July 2021- August 2022

Director of Community Development, Clinical Internship and Fieldwork
Associate Professor

- Locate and nurture appropriate sites across traditional medical settings, community-based, mental health, school, as well as emerging practice settings
- Develop outcomes, policies, procedures, materials and assessments for the kinesiology department.

- Mentor and coach fieldwork educators in designing intentional occupation-centered learning experiences grounded in educational theory and evidence and assessing student learning outcomes (site-specific objectives, teaching methods, etc.).
- Create positive relationships between community partners and USciences.
- Mentor fieldwork sites in a variety of fieldwork models such as same-site models, collaborative models, etc.
- Mentor and coach students before, during and after fieldwork or internship experience.
- Conduct site visits when selecting sites and to review student progress.
- Design and assess simulated and interprofessional learning experiences as part of an overall experiential learning approach.
- Create efficient systems to monitor multiple elements of the process (site requirements, fieldwork data forms, student performance data, site contracts, etc.) .

August 2018- August 2022

Physical Therapy Graduate Faculty

- Teach within the Physical Therapy Department
- Conduct Student based research

August 2016- June 2021

Program Director Exercise Physiology

Associate Professor

- Organize and execute daily operations of the Exercise Physiology program
- Organize curriculum schedule
- Faculty support
- Redesign the Exercise Science Program into a clinically focused Exercise Physiology degree
- Create curriculum requirements for major
- Create course content
- Teach within the Kinesiology department
- Advise and mentor students

St. Ambrose University

August 2012- August 2016

Assistant Professor

- Teach within the Kinesiology department
- Advise and mentor students
- Performance based research

August 2012- August 2016

Women's Basketball Strength and Conditioning Coach

- Design, implement, and coordinate strength and conditioning regimen for all seasons
- Assist in player recruitment
- Post player development
- Player academic development

Center for Disease Control (National Institute of Occupational Safety and Health Pittsburgh)

May 2012- July 2012 Research Assistant (NIOSH)

- Exercise and climate acclimatization research
- Assisted with patient recruitment
- Assisted with daily patient assessments
- Assisted with research project protocol

University of Pittsburgh

August 2009 - April 2012 Graduate Research Assistant (Department of Health and Physical Activity)

- Served as research assistant in The Center for Exercise and Health Fitness Research and Physical Activity and Weight Management Center
- Responsible for supervision and direction of undergraduate internships and student directed study participation

May 2011- May 2012 Strength and Conditioning Coach Women's Lacrosse

- Responsible for designing, implementing, and planning strength and conditioning regimen for all seasons.

Community College of Allegheny County

2010-2011

Adjunct Professor

Department of Biology- Anatomy and Physiology (BIO-161)

- Responsible for course planning and implementation of course material
- Responsible for lectures, lab material, and creating all test and quizzes for both lab and lecture.

West Point Military Academy

2008-2009

Strength and Conditioning Coach- Patriot League (Division I)

- Responsible for designing, implementing, and planning strength and conditioning regimen for all seasons for:
 - o Women's basketball
 - o Women's volleyball
 - o Men's and women's tennis
 - o Men's and women's swimming and diving

East Stroudsburg University

2007-2008 Graduate Assistant Women's Basketball –Pennsylvania State Athletic Conference (Division II)

- Post player development
- Designing, implementing, and coordinating strength and conditioning regimen for all seasons
- Player recruitment
- Player academic development

Service Learning Department

- Organizing Student Community service
- Organizing the Campus Food drive
- Designing the Universities Volunteer database
- Designing the Service Learning bi-monthly news letter

SERVICE WORK

Community

2020- Present Delaware County Council Member- Vice chair

- Council oversight of the following departments
 - o Health (est 2022)
 - o Department of Human Services
 - o Children and Youth Services
 - o Office of the Medical Examiner
 - o County Office for Services to the Aging
 - o County Workforce Development
 - o Housing and Community Development
 - o Facilities and Public Works
 - o Veterans Affairs
- Co-chair Criminal Justice reform
 - o Lead for Government DEI group
- Juvenile detention center board of managers
 - o member

2017-2019 Upper Darby School Board Director

- Co-Chair Finance and operations committee

2017-2019 Delaware County Intermediate Unit Board of Directors

Profession

Journal Reviewer

2015- Present International Journal of Exercise Science
 2016-Present Research and Investigation in Exercise Science
 2016- Present American Journal of Sports Science
 2016- Present Journal of Physical Activity and Health
 2017- Present Sports

NSCA

2019- Present *NSCA National Leadership and Diversity Program*

- o *Taskforce Chair*
- o *Program Developer and Director*

2016- Present NSCA National Diversity Equity and Inclusion Committee Member

ACSM

2014-Present ACSM National Committee Member
 Strategic Health Initiative- Youth Sports & Health

2014-2016 MWACSM Awards Committee
 2013-2016 MWACSM Abstract Reviewer
 2013-2016 MWACSM Scientific Research Judge

A.T. Still University

2018- Present Dissertation Advisor

- o *“Relationships between Self-Assessed Wellness, Academic Performance, Athlete Status, and Gender in First-Year Students at a Midwest University”-Erica Thomas, MS*

University of the Sciences

2019- 2021 Dean Search Committee

- Samson College of Health Sciences Dean search committee
2019/2020
- Misher College of Arts and Sciences Dean search committee
2020/2021

2020- Present Samson College Faculty Tenure and Promotion

- *Kinesiology Faculty committee*
- *PT Faculty Committee*

2019- Present Physical Therapy Program Graduate Research Advisor

2018- Present University Wellness Committee

2018- Present Samson College Strategic Planning Committee

2016- Present Kinesiology Student Research Group Director

2017- Present Honors College Research Advisor

2016-Present Developer of Usciences Early STEAM

- *Expose community elementary schools to Science, Technology, Engineering, Art, and Math through projects and interaction with faculty and students from the University*

2017-Present University of the Sciences Substance Use Disorder Institute

- *Faculty Board of Advisors- member*

2016- Present Kinesiology Club

- organize community outreach
- organize student activities
- organize career development opportunities

2017- Present Co-Developer-Healthcare Academy- Audenried Charter School

-Introduce minority and underrepresented student populations to various healthcare related professions including:

- Educational background needed
- Profession outlook/earnings
- Profession duties
- Profession Cases studies

2016- 2019 University Curriculum Committee

- Evaluate new course offerings and programs

Grievance Committee

- Consult on any Faculty/Staff related Grievances

St. Ambrose University

- 2014-2016 Kinesiology Club
 -organize community outreach
 - organize student activities
 - organize career development opportunities
- 2015-2016 University Institutional Review Board
 - Work to approve and review all research involving human subjects on campus
- 2014-2016 University Athletic Board Committee Member
 - Helping to ensure the overall academic success of student athletes through consultation and collaboration with the university athletic director.
- April 2014 Boxes and Walls- the oppression experience- Facilitator
 - This is an immersive Diversity experience that offers participants a tour of a house where each room has its own theme based on a stereotype.
- 2014- 2016 Bee Friends Program Participant
 Mentoring an international student at the university and helping them get acclimated to life in the United States
- 2013- 2016 Kinesiology Student Research Group Director
- 2013- 2016 Academic Advising Leadership Committee Member
 Organizing and discussing the best routes to train faculty for academic advising to best aid both the student and faculty member

University of Pittsburgh

- 2010- 2012 Faculty Residence Hall Mentor Program
 - Mentoring 34 freshman women at the University of Pittsburgh.

PRESENTATIONS

- 2021 **Taylor, M., Halt, R., Chudgar, R.,** Launching a New Health Department in the 21st Century. Presented at NACCHO 360 conference July 2021

The Evolution of Healthcare in the age of Covid-19”

- Congressional Roundtable
 - o Congresswoman Mary Gay Scanlon

“Revisiting Regionalism”

- Panel
 - o Philadelphia Citizen

“State of Covid-19 in the region”

- Panel
 - o PA State House SE regional Caucus

“K-12 STEM Education”

- Panel
 - o Engineers and Scientist Acting Locally

2020

“Social Justice, Public Health, and the 2020 election”

- Panel
 - o Temple University

“Virtual Conversation about Public Health”

- Panel
 - o Forum of Executive Women- Philadelphia

2019

Taylor, M., Thomas, E., Variations in Physiological Fitness between Starters and Non-Starters During a Collegiate Women’s Basketball Season. Presented at ACSM Annual Meeting, May 2019

2018

Taylor, M., Thomas, E., Variations in Physiological Fitness of Players During a Collegiate Women’s Basketball Season. Presented at NSCA International Conference, September 2018

Taylor, M., Moorman, L., Marszalek, A., Albur, T., Dohm, H., Thomas, E., Use of FMS for Injury Prediction in Male and Female Basketball Players. Presented at ACSM Annual Meeting, May 2018

2017

Taylor, M., Thomas, E., Marszalek, A., Dohm, H., Moorman, L., “The Effect of Drop Jump Height on Post-Activation Potentiation as Measured by Vertical Jump Performance in Male and Female Athletes” Presented at ACSM Annual Meeting, May 2017

2015

Taylor, M., Nagle, E.F., FACSM, Goss, F.L., FACSM., Use of

RPE for
Collegiate Basketball
May 2015

Monitoring Self-Regulated Intensity Throughout
Drills, Presented at ACSM Annual Meeting,

- 2014 **Taylor, M.**, Nagle, E.F., Goss, F.L., Apt, J., Coen, P., Rubinstein, E., Validation of the BodyMedia® Mini Armband to Estimate Energy Expenditure of Female Division I Basketball Players During Variable Intensity Game-Like Condition, Presented at ACSM Annual Meeting, May 2014
- 2012 **Taylor, M.**, Shafer, A.B., Wisniewski, K.S., Nagle, E.F., L., Goss, F.L., and Robertson, R.J., Effect of capillary blood sampling on physiological responses during load incremented cycle ergometry, Presented at ACSM Annual Meeting, May 2012
- 2011 **Taylor, M.**, Shafer, A.B., Wisniewski, K.S., Nagle, E.F., Goss, F.L., and Robertson, R.J., Effect of capillary blood sampling on physiological responses during load incremented cycle ergometry, ACSM Mid-Atlantic Regional Chapter (MARC) Annual Meeting, November 2011

PUBLISHED ABSTRACTS

- 2019 **Taylor, M.**, Thomas, E., Variations in Physiological Fitness between Starters and Non-Starters During a Collegiate Women's Basketball Season. Presented at ACSM Annual Meeting, May 2019
- 2018 **Taylor, M.**, Thomas, E., Variations in Physiological Fitness of Players During a Collegiate Women's Basketball Season. NSCA International Conference, September 2018
- 2017 **Taylor, M.**, Thomas, E., Marszalek, A., Dohm, H., Moorman, L., "The Effect of Drop Jump Height on Post-Activation Potentiation as Measured by Vertical Jump Performance in Male and Female Athletes" Presented at ACSM Annual Meeting, May 2017
- 2015 **Taylor, M.**, Nagle, E.F., FACSM, Goss, F.L., FACSM., Use of RPE for Monitoring Self-Regulated Intensity Throughout Collegiate Basketball Drills, ACSM Annual Meeting, May 2015
- 2014 McConnell, M.R., Lynch, E., Saladino, S.A., Piersanti, J.V., Koerner, N.D., Taylor, M., (**Undergraduate Research Student Presentation**), The Effects of A 7-week Power Lifting and

Plyometric Exercise Program on Female Collegiate Athlete's Vertical Jump Score, ACSM Midwest Chapter Annual Meeting, November 2014

- 2014 **Taylor, M.**, Nagle, E.F., Goss, F.L., Apt, J., Coen, P., Rubinstein, E., Validation of the BodyMedia® Mini Armband to Estimate Energy Expenditure of Female Division I Basketball Players During Variable Intensity Game-Like Condition, ACSM Annual Meeting, May 2014
- 2012 **Taylor, M.**, Shafer, A.B., Wisniewski, K.S., Nagle, E.F., L., Goss, F.L., and Robertson, R.J., Effect of capillary blood sampling on physiological responses during load incremented cycle ergometry, ACSM Annual Meeting, May 2012
- 2012 Michael, J., Marcus, M., Davis, K., Rogers, R., **Taylor, M.**, Coppock, J., McGuire, M., Unick, J., Jakicic, J., Acute Affective Responses to Varying Durations of Physical Activity among Overweight and Obese Women, Society of Behavioral Medicine Annual Conference, April 2012
- 2011 **Taylor, M.**, Shafer, A.B., Wisniewski, K.S., Nagle, E.F., Goss, F.L., and Robertson, R.J., Effect of capillary blood sampling on physiological responses during load incremented cycle ergometry, ACSM Mid-Atlantic Regional Chapter (MARC) Annual Meeting, November 2011
- 2011 Ireland, L., Hritz.T., Jakicic.J., **Taylor.M.**, Coppock.J. Day-to-Day Variations in Resting Energy Expenditure in Obese and Overweight Women, Obesity Society Annual Meeting, October 2011
- 2011 Garcia.D., **Taylor.M.**, Coppock., J., Jakicic.J., Verba.S. A Comparison of Energy Expenditure Estimates from SenseWear Monitor Armbands During Exercise. American College of Sports Medicine Annual Meeting, Denver, CO.

Publications

- 2022 **Taylor, M.**, Sustainable Solutions: Local Leadership as a Driver of Equity. Journal of Change. 11 (1): 10-11, 2022
- 2019 **Taylor, M.**, Moorman, L., Marszalek, A., Albur, T., Dohm, H., Thomas, E., Use of FMS for Injury Prediction in Male and Female Basketball Players. Research and investigation in Sports Medicine Res Inves Sports Med. 5 (3). RISM.000613. 2019

- 2019 **Taylor, M.**, Use of RPE for Monitoring Intensity Throughout Collegiate Basketball drills. *Research and investigation in Sports Medicine Res Inves Sports Med.* 5 (2). RISM.000610. 2019
- 2019 **Taylor, M.**, Thomas, E., Marszalek, A., Dohm, H., Moorman, L., The Effect of Drop Jump Height on Post-Activation Potentiation as Measured by Vertical Jump Performance in Male and Female Athletes. *Res Inves Sports Med.* 4 (5). RISM.000600. 2019
- 2018 **Taylor M**, Deldin A, Shafer A, Wisniewski K, Haile L, et al. The Effect of Intermittent Capillary Blood Sampling During Load Incremented Cycling on Physiological, Psychological and Perceptual Variables. *Res Inves Sports Med.* 1(5). RISM.000522. 2018.
- 2017 **Taylor, M.**, Nagle, E.F., Goss, F.L., Apt, J., Coen, P., Rubinstein, E., Evaluating Energy Expenditure Estimated by Wearable Technology During Variable Intensity Activity on Female Collegiate Athletes. *Int J Exerc Sci* 11(7): 598-608, 2018

GRANTS SUBMITTED

- 2019 University of the Sciences Bridge Grant
Awarded
- 2014 University Research Grant- St. Ambrose University
“Energy Expenditure Variations Throughout a College Basketball Season”- **Awarded**
- 2011 School of Education Research Fund- University of Pittsburgh
Dissertation: *“Validation of the BodyMedia Mini Armband to Estimate Energy Expenditure of Female Division I Basketball Players During Variable Intensity Game-Like Conditions”*. – **Awarded**
- 2011 Council for Graduate Students in Education- University of Pittsburgh
Dissertation: *“Validation of the BodyMedia Mini Armband to Estimate Energy Expenditure of Female Division I Basketball Players During Variable Intensity Game-Like Conditions”*. – **Awarded**

TEACHING EXPERIENCE

University of the Sciences

Developed Exercise Physiology Program

Undergraduate Level Teaching

- Cardiovascular Pathophysiology
 - Lecture 100% of class content
 - Grade test and assignments
 - Proctor/create exams
 - Class organization, administration, and design
- Research Principles
 - Help Students develop research concepts
 - Train on research equipment
 - Help students develop research proposals, papers, and presentations
 - Evaluate research proposal, papers, and presentations
- Scientific Principles of Strength and Conditioning
 - Lecture 100% of class content
 - Grade test and assignments
 - Proctor/create exams
 - Class organization, administration, and design
- Exercise Prescription and Program Design
 - Lecture 100% of class content
 - Grade test and assignments
 - Proctor/create exams
 - Class organization, administration, and design
 - Monitor student lead sessions with faculty
- Fitness and Sport Nutrition
 - Lecture 100% of class content
 - Grade test and assignments
 - Proctor/create exams
 - Class organization, administration, and design
- Exercise Physiology-Lecture and Lab
 - Lecture 100% of class content
 - Grade test and assignments
 - Proctor/create exams
 - Class organization, administration, and design

Incorporate practical lab experiences

Graduate Level Teaching

- Physical Therapy Exercise Physiology- Lecture and Lab

St. Ambrose University

Undergraduate Level Teaching

- Study Abroad Advanced Exercise Physiology (Altitude/Environmental Physiology)- (new course development)
 - Present 100% of class content
 - Grade test and assignments
 - Proctor/create exams
 - Class organization, administration, and design
- Study Abroad World Nutrition
 - Present 100% of class content
 - Grade test and assignments
 - Proctor/create exams
 - Class organization, administration, and design
- Honors II 401
 - Help Students develop research concepts
 - Train on research equipment
 - Help students develop research proposals, papers, IRB, and presentations
- Coronary Heart Disease and EKG
 - Lecture 100% of class content
 - Grade test and assignments
 - Proctor/create exams
 - Class organization, administration, and design
- Research Principles
 - Help Students develop research concepts
 - Train on research equipment
 - Help students develop research proposals, papers, and presentations
 - Evaluate research proposal, papers, and presentations
- Scientific Principles of Strength and Conditioning
 - Lecture 100% of class content

Grade test and assignments
Proctor/create exams
Class organization, administration, and design

- Motor Learning
 - Lecture 100% of class content
 - Grade test and assignments
 - Proctor/create exams
 - Class organization, administration, and design
- Personal Training
 - Lecture 100% of class content
 - Grade test and assignments
 - Proctor/create exams
 - Class organization, administration, and design
- Exercise Prescription and Program Design (Senior Capstone)
 - Lecture 100% of class content
 - Grade test and assignments
 - Proctor/create exams
 - Class organization, administration, and design
 - Monitor student lead sessions with faculty
- Nutrition in Health and Exercise
 - Lecture 100% of class content
 - Grade test and assignments
 - Proctor/create exams
 - Class organization, administration, and design
- Exercise Physiology-Lecture and Lab
 - Lecture 100% of class content
 - Grade test and assignments
 - Proctor/create exams
 - Class organization, administration, and design
 - Incorporate practical lab experiences

Volunteer Teaching

Early Childhood Development- Guest Lecturer
Lecture Childhood Nutrition

Undergraduate Level Teaching

- Sports Conditioning- Teaching Assistant
Lecture 50% of class content
Grade test and assignments
Proctor exams
- Principles of Strength and Conditioning Teaching Assistant
Lecture 25% of class content
Lecture 100% of class laboratory experience
Grade test and assignments
Proctor exams
- Nutrition in Health and Exercise Teaching Assistant
Lecture 25% of class content
Grade test and assignments
Proctor exams
- Research in Sports Science Teaching Assistant
Lecture 25% of class content
Lecture 100% of class laboratory experience
Grade test and assignments
Proctor exams
- Applied Human Anatomy Teaching Assistant
Lecture 50% of class content
Grade test and assignments
Proctor exams
- Applied Human Anatomy Laboratory Instructor
Responsible for course planning and
implementation of course material
Lecture 100% of class content
Grade test and assignments
Proctor exams

Graduate Level Teaching

- Advanced Exercise Physiology Laboratory Teaching Assistant
Lead instruction on laboratories that were:
Maximal Oxygen Consumption
Ventilatory Threshold
Body Composition
Anaerobic Power

- Advanced Laboratory Techniques Teaching Assistant

Lead instruction on:

- Metabolic Cart Usage
- Maximal Oxygen Consumption using various protocols
- Ventilatory Threshold
- Body Composition
- VO₂ Peak
- Research Planning
- Abstract Formation

Volunteer Teaching

- Physiological Aspects of Sport and Fitness Conditioning
Guest Lecturer

Lectured Practical Anaerobic Training Laboratory

Community College of Allegheny County

Undergraduate Teaching

- Anatomy and Physiology I
Organized and developed lesson plans, lectures, and implemented all class materials for 48

students

Developed and implemented class exams and

quizzes

- Anatomy and Physiology I Laboratory
Responsible for course planning and implementation of course materials
Developed syllabus, tests and quizzes related to the class material

CLINICAL/LABORATORY EXPERIENCE

University of the Sciences- Philadelphia, PA- Human Performance Laboratory- Director

2016- 2021

Research/ Lab Instructor- ECG monitoring and evaluation, anthropometrics, graded exercise testing, BIA, blood pressure readings, VO₂ peak testing, and VO₂max testing, blood lactate measurements, blood glucose measurements, and anaerobic testing.

St. Ambrose University- Davenport, IA- Human Performance Laboratory- Director

2012- 2016 Research/ Lab Instructor- anthropometrics, graded exercise testing, BIA, blood pressure readings, VO₂ peak testing, and VO₂max testing, blood lactate measurements, blood glucose measurements, and anaerobic testing.

*Center for Disease Control Prevention- Pittsburgh, PA- **Research/Lab Assistant***

Jan 2012- Aug 2012 Climate acclimatization testing, anthropometrics, graded exercise testing, BIA, blood pressure readings, VO₂ peak testing, and VO₂ max testing.

University of Pittsburgh - **Research/Lab Assistant**

2009- 2012 **Health Coach- Lifestyle intervention in female adolescents with PCOS “Healthy Bodies Healthy Minds”** at UPMC children’s hospital

Meet with participants weekly, one on one for behavioral intervention program.

2009- 2012 **The Center for Exercise and Health Fitness Research**

testing, Laboratory Assistant- anthropometrics, graded exercise testing, and VO₂ max testing, BIA, blood pressure readings, VO₂peak testing.

2009 - 2012 **Physical Activity and Weight Management Center**

Laboratory Assistant- anthropometrics, graded exercise testing, BIA, and blood pressure readings.

2009 - 2012 **Exercise Physiologist- at the University Club Fitness Center**

Faculty and Staff fitness program instructor, designed and implemented fitness classes along with exercise testing/prescription for clients ages 22-75.

East Stroudsburg University

2006-2007 *Clinical Exercise Physiologist*

Pocono Medical Center

- Diagnostic Stress Testing: Basic, Nuclear, and Pharmacological
- Inpatient Exercise and Education
- Outpatient monitored Exercise Programming

St. Luke’s

- Diagnostic Stress Testing: Basic, Nuclear, and Pharmacological
- Inpatient Exercise and Education
- Outpatient monitored Exercise Programming

- Outpatient Supervised Exercise Programming

Lehigh Valley Hospital Muhlenburg

- Diagnostic Stress Testing: Basic, Nuclear, and Pharmacological
- Inpatient Exercise and Education
- Outpatient monitored Exercise Programming
- Electrocardiogram (ECG) Interpretation
- Cardiac Catheterization

Lehigh Valley Hospital Cedar Crest

- Electrocardiogram (ECG) Interpretation
- Cardiac Catheterization
- Echocardiography
- Pulmonary rehabilitation
- Diagnostic Stress Testing: Basic, Nuclear, and Pharmacological
- Inpatient Exercise and Education
- Outpatient monitored Exercise Programming

Warren Hospital

- Outpatient Supervised Exercise Programming
- Pulmonary rehabilitation
- Exercise Programming for Special Populations

Mercy Hospital

- Pulmonary rehabilitation
- Exercise Programming for Special Populations
- Geriatric Exercise Programming
- Cardiac Assessments
- Wellness Assessments
- Outpatient Supervised Exercise Programming

Pocono Heart and Vascular

- Diagnostic Stress Testing: Basic, Nuclear, and Pharmacological
- Inpatient Exercise and Education
- Outpatient monitored Exercise Programming
- Electrocardiogram (ECG) Interpretation
- Cardiac Catheterization
- Echocardiograph

PROFESSIONAL ORGANIZATIONS

American College of Sports Medicine 2008- Present
Midwest Chapter of the American College of Sports Medicine 2012-2017
Mid-Atlantic Chapter of the American College of Sports Medicine 2008-
2012 and 2016- Present
National Strength and Conditioning Association 2009- Present

HONORS AND AWARDS

2022	City and State Pennsylvania 40 under 40 awardee
2021	Delaware County Literacy Council Hometown Hero Champion Award
2021	Main Line Today's Power Women for 2021
2019	ACSM Fellow
2019	Pennsylvania Education Policy Fellow
2019	Emerge Pennsylvania Alumni
2018	New Leadership Council Philadelphia Alumni
2018	Congressional Black Caucus Institute Alumni
2016- Present	ACSM National Mentoring Women to Fellowship -protégé
2012-2013	ACSM Leadership and Diversity Training Program - Level II
2002	America East Conference - Women's Basketball Rookie of the Year
2001	University of Maine - Scholarship Athlete Women's Basketball

CURRENT CERTIFICATIONS

American College of Sports Medicine Certified Exercise Physiologist
National Strength and Conditioning Association Certified Strength and
Conditioning Coach
Advanced Cardiac Life Support Certification