

CURRICULM VITAE

EDUCATION

- Psy.D. University of the Rockies, August 2016
School of Organizational Leadership
Major Field of Study: Health and Wellness Psychology
- M.S. University of Southern Mississippi, December 2003
School of Human Performance and Recreation
Major Field of Study: Sports Administration
- B.S. University of Southern Mississippi, August 2002
School of Human Performance and Recreation
Major Field of Study: Exercise Science

PROFESSIONAL APPOINTMENTS

Academic

- Assistant Professor, Stephen F. Austin State University, Department of Kinesiology and Health Science, August 2017 - present
 - Teaching academic classes
 - Mentorship of students
- Adjunct Instructor, Stephen F. Austin State University, Department of Kinesiology and Health Science, January 2013 – August 2017
 - Teaching academic classes
- Instructor, Northwestern State University, Department of Health and Human Performance, August 2007 – July 2009
 - Teach academic classes
 - Advise students
 - Scientific Research
 - Grant Writing

Other relevant experience

- Exercise Physiologist, Fitness 360, August 2013 – present
 - Fitness and Wellness Testing
 - Exercise Prescription
 - Personal Training of Special Populations
 - Wellness Coaching

- Presenter/Examiner, Primary Group Exercise, Aerobics and Fitness Association of America, April 2012 – present, part-time employment

- Director, Arkansas State University, Department of Wellness and Health Promotion, July 2009 – August 2012
 - Facilitate workshops and examine workshop attendees for certification
 - Faculty/Staff Comprehensive Wellness Programming
 - Departmental Budgeting and Accounting
 - Health Insurance Comparative Research on Wellness Programming
 - Health and Wellness Seminars focusing on fitness, nutrition, stress management, and chronic disease
 - Smoking Cessation Program
 - Health and Wellness Incentive Programs
 - Fitness Testing
 - Exercise Prescription
 - Personal Training Program
 - Blood Lipid Profiles
 - Group Exercise Classes
 - Health and Wellness Counseling
 - Supervision of Exercise Science and Health Promotion Graduate Assistants and Interns
 - Grant Writing
 - Host - ASU Wellness Radio, KASU 91.9 FM

- Wellness Coordinator, Northwestern State University Department of Wellness and Recreation, November 2004 - August 2007
 - Director of Fitness Assessment Lab, (administering initial consultations, fitness assessments, metabolic profiles, blood lipid profiles)
 - Managed the Group Exercise program, teaching group exercise classes (Step, Yoga, Pilates, Kickboxing, Strength Training, Boot Camp, BOSU, Spin Cycle)
 - Implemented wellness incentive programs
 - Wellness lectures
 - Managed student fitness staff, student interns, and graduate assistants

- Fitness Assessment Manager, University of Southern Mississippi Recreational Sports August 2002 - December 2003

- Managed the Fitness Assessment Center
 - Supervised Personal Fitness Instructors Program, which includes fitness testing, assessments, writing exercise prescriptions, and management of day-to-day operations, supervising personal trainers
 - Personal Training
 - Supervision of professional, student staff, interns, and graduate assistants
- Cardiac Rehabilitation Assistant/Wellness Center Assistant, South Central Regional Medical Center, January 2002 - August 2002
- Assisted in day-to-day cardiac rehabilitation procedures
 - Exercise testing
 - Wellness center orientation

ACADEMIC/TEACHING EXPERIENCE

- HP 1660 - Beginning Aerobics
- HP 2000 - Health Fitness Management
- HP 2110 - Basic Movement and Rhythmic Activities
- HP 2270 - Physical Fitness
- HP 2670 - Introduction to Group Fitness Instruction
- HP 4300 - Recreational Sports Management
- HED 1010 - First Aid and CPR
- HED 1090 - Personal and Community Health
- HED 2000 - Health Education and Promotion
- HSC 151 - NSC Advanced First Aid/CPR/AED
- HSC 337 - Consumer Health
- HSC 351 - Substance Abuse Prevention and Addictive Behaviors
- HSC 430 - Health and Integrative Medicine
- HSC 475 - Stress Management
- HSC 475 - Worksite Health Promotion
- KIN 340 - Foundations of Personal Fitness
- KIN 431 - Organizational Administration and Leadership
- KIN 450 - Personal Training
- KIN 468 - Exercise Psychology
- KIN 475 - Sport and Exercise Psychology
- KIN 560 - Graduate Psychophysiology
- KIN 569 - Graduate Exercise Psychology

NATIONAL CERTIFICATIONS AND LICENSES

- NSC Instructor Trainer, National Safety Council, August 2013
- ZUMBA Dance Instructor, ZUMBA Fitness, March 2011
- Primary Group Fitness Instructor, Aerobic and Fitness Association of America, September 2009

- American Red Cross CPR, AED, and First Aid Certification, September 2009
- American Red Cross Instructor Trainer-First Aid/CPR, January 2005
- Group Fitness Instructor, American Council on Exercise, August 2004
- Certified Exercise Physiologist, American College of Sports Medicine, October 2001

SCIENTIFIC PRESENTATIONS

- Whitehead, M.T., Sizemore, B., **Whitehead, R.H.**, “*Functional Movement and Gender Differences in High Intensity Athletes*” Poster Presentation – National Strength and Conditioning Association, Washington D.C. July 2019
- **Whitehead, R.H.**, “*Expanding Wellness: Making Wellness a Priority for Everyone*” Oral Presentation - 4th Annual National Corporate Health, Wellness, and Benefits Summit, San Francisco, CA. January 2012
- **Whitehead, R. H.**, and Whitehead, M. T., “*Health Status, Physical Activity, and Beliefs in Sedentary and Active College Females*” Poster Presentation - Arkansas Association for Health, Physical Education, Recreation and Dance Annual Conference, Little Rock, AR. November 2011
- **Whitehead, R. H.**, McMillan, C. & Whitehead, M., “*Impact of physical activity on metabolic syndrome in adolescent and young female*” Poster Presentation – 7th Annual Conference Girls and Women in Health and Physical Activity, Shreveport, LA, February 2009
- **Whitehead, R. H.**, McMillan, C., & Thornton, M., “*Factors Associated with Metabolic Syndrome in Children and Adolescents*” Poster Presentation - Louisiana Association for Health, Physical Education, Recreation and Dance Annual Conference, Baton Rouge, LA, November 2008
- McMillan, C., Owusu-Duku, B., & **Whitehead, R.H.**, “*An exploration of breast cancer regarding girls and women.*” Poster Presentation – 7th Annual Conference Girls and Women in Health and Physical Activity, Shreveport, LA, February 2008
- Wintersteen, S.E., Whitehead, M.T., Martin, T.D., Scheet, T.P., Webster, M.J., **Whitehead, R.H.**, Zoeller, R.F, “*A Pilot Study of the Impact of Structured vs. Non-Structured Training Regimens on Health and Fitness Parameters in Police Officers and Cadets*” Poster Presentation - Louisiana Association for Health, Physical Education, Recreation and Dance Annual Conference, Baton Rouge, LA, November 2008

MANUSCRIPTS IN PREPARATION

- **Whitehead, R.H.**, Whitehead, M.T., Arcuri, M., *Evaluating Health and Fitness Professionals' Attitudes and Beliefs Regarding Obesity*, 2016

UNIVERSITY SEMINARS/LECTURES

- *"Exercise and Stress Management"* - A seminar on how importance exercise is in dealing with stress. Skilled learned: Progressive Relaxation, April 2011
- *"Wellness and Nutrition Roundtable"* - A question and answer session for employees to receive information concerning exercise, nutrition, and lifestyle/behavior modification, March 2011
- *"Heat Stress"* - Heat Stress Safety related to occupations within the labor and maintenance field, May 2010
- *"Break the Habit"* - ASU Smoking Cessation Program - A four-week cessation program to educate individuals on how to quit smoking, Multiple dates each year
- *Freshman 15, "Myth or Reality"*- Presentations given to OR 1010 classes on the importance of maintaining their health and wellness into their college years - Northwestern State University, Multiple dates each year
- *"Spring into a Healthier You"*- New Year's Resolutions, Time Management, Obesity and Disease Control, Goal Setting, How to get started on an exercise program, Nutritional Tips - Northwestern State University, January 2007
- Freshman OR 1010 Personal Wellness: *"What does Wellness mean to you?"* - Northwestern State University, August 2006
- *"Finding Your Nitch"* Personal Training and Exercise Prescription- Southern Fit Fest - University of Southern Mississippi, March 2006
- *"Spring Break Solution"*: Staying healthy during Spring Break - Northwestern State University, March 2006
- Exercise and Heart Disease (American Heart Month) *"The importance of exercise in prevention of heart disease"* - Northwestern State University, February 2006
- *"What is your New Years Resolution?"* Guidelines for Effective Weight Loss Management - Northwestern State University, January 2006
- *"Exercise and Stress Management"*: The importance of exercise in stress maintenance

Northwestern State University, November 2005

- *“Know Your Nutrition”*: An overview of general nutrition guidelines and healthy lifestyle
Northwestern State University, October 2005
- *“Sizing Down Yourself While Sizing Up Your Health!”* Making Wellness High on Your
Priority List - Northwestern State University, September 2005
- *“Becoming a Healthier You”* An Overview of General Guidelines for Achieving Proper
Wellness and Nutrition - Northwestern State University, August 2005

GRANTS AND FUNDING

<u>Amount</u>	<u>Status</u>	<u>Investigator</u>	<u>Title</u>	<u>Funding Agency</u>
\$41,553.00	Applied	Co-Author	2011 Blue and You Foundation Grant	Blue and You Foundation
\$57,737.00	Applied	Primary	2010 Blue and You Foundation Grant	Blue and You Foundation
\$2993.98	Funded	Primary	2008 Kentucky/Louisiana Campus Compact Service-Learning Course Mini Grant	Kentucky Campus Compact Louisiana Campus Compact

UNIVERSITY AND COMMUNITY SERVICE/COMMITTEES

- Member - Nacogdoches Junior Forum, September 2012
- Member - Healthy Nacogdoches Coalition, September 2012
- Chair - ASU Wellness Council, August 2011
- ASU Omega Psi Phi Health and Wellness Fair Committee, June 26, 2010
- Member - HMG Health and Fitness Expo Committee, February 2010-April 2010
- Chair - ASU Smoke Free Campus Committee, October 2009-August 2010
- Water Aerobics Instructor - NSU Natatorium, September 2008-2009
- Member - NSU Wellness Coalition Board, April 2008-2009
- Recreational Director - Korean Teachers Education Program, July 2008-August 2008
- Member - Les Amies Service Organization, Natchitoches, LA, August 2007 - July 2009
- Director and Member - NSU Total Wellness Program, August 2007-May 2008
- Member - HealthFest Committee, January 2006-2008

DEPARTMENTAL/COMMUNITY/PROFESSIONAL SERVICES

- Volunteer Director of the Nacogdoches Memorial Hospital Employee Wellness Program,
August 2017 – December 2017
- Member, Tobacco Free Coalition of Craighead County, July 2011 – August 2012
- Assisted with Chris Roper Memorial Golf Tournament, April 2007

- Member - HealthFest Committee, January 2006-2008

NATIONAL SERVICE/BOARDS/COMMITTEES

- Executive Board Member, Sport and Exercise Psychology Committee, National Strength and Conditioning Association, July 2016 - present
- Wellness Article, "*The Freshman 15: Are You at Risk?*", Coach Stacy's Healthy U, <http://coachstacyshealthyu.com/2012/08/>, August 2012
- Member, Executive Board of Directors, National Association for Health and Fitness, January 2011 - present
- Arkansas Demonstration Center Coordinator, President's Challenge Program, President's Council on Fitness, Sport, and Nutrition, March 2010 - August 2012

AWARDS

- Faculty Senate Teaching Excellence Award, College of Education, Stephen F. Austin State University, March 2019
- Arkansas Governor's Council on Fitness Leadership Award, Individual Category, October 2011
- Arkansas Governor's Council on Fitness Departmental Leadership Award, Government Agency Category, October 2011
- Personal Fitness Instructor Leadership Award, University of Southern Mississippi, May 2003
- Dedicated Service Award, University of Southern Mississippi, May 2003

PROFESSIONAL ORGANIZATIONS

- American College of Sports Medicine
- American College of Sports Medicine, Central States Chapter
- American College of Sports Medicine, Southeast Chapter
- Aerobic and Fitness and Association of America
- American Council on Exercise
- Arkansas Association for Health, Physical Education, Recreation and Dance
- Louisiana Association for Health, Physical Education, Recreation and Dance
- Mississippi Alliance for Health, Physical Education, Recreation and Dance
- National Association for Health and Fitness
- National Intramural-Recreational Sports Association
- National Strength and Conditioning Association
- President's Challenge
- SHAPE
- Sports Professional Student Association
- Zumba Fitness

COMPUTER SKILLS

- EndNote Reference Software
- Microsoft Excel
- Microsoft Outlook
- Microsoft Power Point
- Microsoft Publisher
- Microsoft Word
- SPSS
- Survey Monkey

SOCIAL MEDIA

- www.linkedin.com/pub/robyn-whitehead-m-s-acsm-hfs-afaa/45/692/761