

GERI A. MOORE, M.A.
ACSM Clinical Exercise Physiologist, NSCA-CPT
Director, Exercise Testing & Training Laboratory
Department of Exercise Science & Pre-Health Professions
College of Arts & Sciences
Creighton University

ADDRESS

Creighton University Department of Exercise Science 2500 California Plaza Omaha, NE 68178 (402) 280-2494 Fax: (402) 280-4732 e-mail: gmoore@creighton.edu	Home address: 10583 Adams Drive Omaha, NE 68127 (402) 593-0979
---	---

**PROFESSIONAL
EXPERIENCE**

1/95 to Present Department of Exercise Science and Pre-Health Professions
Creighton University, Omaha, NE
Instructor and Director, Exercise Testing & Training Laboratory

Teaching Experience:

Undergraduate:

Laboratory Methods and Procedures
(EXS 489 Lecture and Laboratory sections)
Exercise Prescription (EXS 401)
Designing a Personalized Fitness Program (EXS 240)
Freshman Seminar (FRS 111)

Graduate:

Exercise Physiology (NUR 669)
Guest Lecturer

12/88 to 8/95 Clinical Exercise Specialist, Cardiovascular Disease Prevention and
Rehabilitation, Creighton Cardiac Center

Responsible for the direct supervision of Phase III participants and assisted with Phase II participants of the Cardiac Rehabilitation program. Evaluate cardiovascular parameters prior to, during and post-exercise. Developed patient reports to referring physicians. Maintained equipment and purchased supplies and equipment for the exercise area. Assisted in preparation of the Phase III budget. Assisted in research projects (pharmaceutical studies, exercise equipment trials). Provided patient and student intern education. Participated in Quality Improvement (QI) activities. Served as a Safety Director for the Cardiac Center during initial OSHA/JCHOA accreditation and inspection.

6/89 to 12/91 Exercise Physiologist, AMI-St. Joseph Hospital Weight Loss Program

Instructed participants of a physician-supervised weight loss/maintenance program for obese participants that encouraged exercise and healthy living in a team support setting.

1/88 to 12/88 Health Promotion Consultant, U.S. Public Health Service Federal Occupational Health Department

Responsible for administering health risk appraisals and follow up education to Federal Government employees in a clinical occupational health setting. Assisted with the design of the health education programs.

8/87 to 1/89 Exercise Specialist, Union Pacific Railroad Fitness Center

Responsible for the supervision of the center, administrative duties, conducted orientations for members and retirees, performed fitness evaluations including body composition, blood pressure, flexibility, pulmonary function and lipid evaluations. Performed submaximal exercise stress testing, formulated exercise prescriptions, educational literature and market programs. Instructed an aerobics class/group fitness class.

PROFESSIONAL

PREPARATION University of Nebraska at Omaha
Master of Arts degree in Exercise Science, 1988

University of Nebraska at Lincoln
Bachelor of Science degree in Exercise Science, 1987

CERTIFICATIONS

American College of Sports Medicine Certified
Clinical Exercise Physiologist
(Recertified December 2015- granted through 2018)

National Strength and Conditioning Association
Certified Personal Trainer
(Renewal received in 2015- granted through 2017)

American Red Cross- First Responder CPR Certified: Adult, Child and Infant & AED instruction
(Recertified through 2016)
American Heart Association -Basic Cardiac Life Support (BCLS) Instructor Certified, (1989-2002)
Taught Adult, Child & Infant CPR courses to health professionals at CUMC and the local community

PROFESSIONAL
MEMBERSHIPS

American College of Sports Medicine
Northland Chapter of the American College of Sports Medicine
National Strength and Conditioning Association
American Heart Association-Nebraska Affiliate (1988-1995)
Nebraska Cardiovascular & Pulmonary Rehabilitation Network

PROFESSIONAL
ASSOCIATION
OFFICES/COMMITTEES

American College of Sports Medicine
ACSM Member, 1988-present
Health /Fitness Instructor Certification Presenter/Examiner
ACSM Health/Fitness Instructor Examiner (1993 to 2004)
Development Chair and Planning Committee (1993 to 2002)
Healthy People 2000 Representative

Northland Chapter of the American College of Sports Medicine:
Member, 1989-present

ACSM Northland Chapter Research Reviewer- present
Executive Board, Nebraska Representative 1989-92,
Development Chair 1991-93
Site Coordinator and Development Chair: ACSM Lecture Tour (1991 & 1994), Coordinator and Development Chair: Regional Conference "Exercise and the Elderly (1992)

WorkWell (Lancaster County)/WELCOM (Douglas County)
Speaker's Bureau-Cardiovascular Education, 2010-2012
-Selected as a Cardiovascular Education/Risk Factor Reduction Presenter as part of a United States Federal Grant awarded to the Nebraska Department of Health and administered through the Wellness Council of the Midlands

American Heart Association
AHA National Awareness Coalition Volunteer 2003- present

Go Red for Women Heart Expo, Representative
September 30th 2013

American Heart Association Speaker's Bureau 1989-present
*-Promote Heart Disease Prevention through Heart Disease
Awareness presentations and public forums*

American Heart Association- Women and Heart Disease
“*Go Red for Women*” Volunteer/Presenter 2006-present

American Heart Association Public Relations
Representative 1989- present Radio/T.V. interviews, national print
on AHA/Health-related topics and public appearances
Operation HeartBeat Program Committee

American Heart Walk Logistics Committee 1996-present
Organize, Supervise the Registration Volunteers at the Heart Walk
American Heart Association Committees/Service
Douglas County Program Committee, 1989-2003
American Heart Walk Team Captain 1996-2001
Douglas County Board of Directors, 1993-1999
Board of Directors Nominating Committee 1995-1999
Golf Scramble Committee, 1995-1998
Nebraska Affiliate Board of Directors, 1995-1998
Nebraska Affiliate Program Committee, 1993-1998
President, Douglas County Board of Directors (1995-1997)
Douglas County Program Chair (90 -93),
Affiliate Volunteer selected to attend the National American Heart
Association "Synergy" conference (1992) and the "Heart of
Heart" Regional Training conference, Dallas, TX (1994)
Affiliate Minority Task Force 1993-1994.

Nebraska Cardiovascular and Pulmonary Rehabilitation
Network, Member 1988-1996 & 2004-2005

NCVPRN Executive Board 1991-1994, elected Secretary 1994-95
Program Chair (organized a five-state Regional conference) 93-94
Public Relations Chair 91-93,

American Association of Cardiovascular and Pulmonary
Rehabilitation, Member 1988-1996

AWARDS/HONORS

Wellness Council of the Midlands *2011 Light of Wellness – Leadership Award*, November 3rd 2011

Creighton University SHINE Teaching Award
Gamma Phi Beta Sorority, March 25th 2009

Creighton University: College of Arts and Sciences Dean's Award
for Professional Excellence Non-Tenure Track Teaching, February,
2005

Women Educators, 2004-2005 Honors Edition Registry
Recognized as "Who's Who Among Executive & Professional

American Heart Association Service Award, Board President,
June 24, 1997

Received a "Letter of Commendation" at the Creighton Cardiac
Center, June 27, 1994

Outstanding Service Award, Program, American Heart
Association Nebraska Affiliate (1991-1993)

American Heart Association, Program Volunteer of the
Year, June 4, 1993

RESEARCH IN PROGRESS:

Lambert, G., Lanspa, S., Moore, G., Yee, J. "Intestinal Permeability in Obese
Individuals Before, During, and After Weight Loss. (Dr. George F. Haddix
President's Faculty Research Fund (Grant-funded for 2014-2015 research)

RESEARCH PUBLICATIONS (refereed journals):

Eckerson, J.M., Bull, A.B, Moore, G.A., Baechle, T., Yee, J, Egan, S.,
Fischer, C., O'Brien, D., and Pulverenti, T. Acute Ingestion of Sugar-Free
Red Bull Energy Drinks has no Effect on Upper Body Strength and
Muscular Endurance in Resistance-Trained Men, *Journal of Strength and
Conditioning Research*. 27(8):2248-2254, 2013

Lenz, T.L, Gillespie, M.S, Skrabal, M.Z., Faulkner, M.A., Skradski, J.J.,
Ferguson, L.A., Pagenkemper, J.J., Moore, G.A. and Jorgensen, D.A.
Using Employee Experts to offer an InterProfessional Diabetes Risk
Reduction Program to Fellow Employees. *Journal of Interprofessional
Care*. Sept.7, 2012.

Eckerson, J.M., Bull, A. and Moore, G.A. Effect of 30 Days of Creatine Phosphate Supplementation with Phosphate Salt Supplementation on Anaerobic Working Capacity in Men. *Journal of Strength and Conditioning Research*. 22(3):826-832, 2008.

Lambert, G.P, J.A. Lange, A.J. Bull, P.C. Pfeifer, J.M. Eckerson, and G.A. Moore. Fluid Restriction Increases GI Permeability *International Journal of Sports Medicine*. 29:194-198, 2008.

Eckerson, J.M., J.R. Stout, G.A. Moore, N. Stone, K. Iwan, A. Gebauer, and R. Ginsberg. Effect of Creatine Phosphate Supplementation on Anaerobic Working Capacity and Body Weight in Men and Women. *Journal of Strength and Conditioning Research*. 19(4):756-763, 2005

Eckerson, J.M., J.R. Stout, G.A. Moore, N.J. Stone, K. Nishimura, and K. Tamura. Effect of Two and Five Days of Creatine Loading on Anaerobic Working Capacity in Women. *Journal of Strength and Conditioning Research*, 18(1): 168-173, 2004.

Stout, J., J.M. Eckerson, K. Ebersole, G. Moore, S. Perry, T. Housh, A. Bull, J. Cramer, and A. Batheja. Effect of Creatine Loading on Neuromuscular Fatigue Threshold. *Journal of Applied Physiology* 88:109-112, 2000.

Stout, J., J. Eckerson, D. Noonan, G. Moore, and D. Cullen. Chronic Effects of Creatine Supplementation on Exercise Performance and Fat-Free Mass in Football Players During Resistance and Speed Training. *Nutrition Research*. 19:217-225, 1999

PUBLISHED RESEARCH

ABSTRACTS/PRESENTATIONS:

Lambert, G.P., S. Lanspa, G. Moore, and Yee, J. Obesity Does Not Alter Urinary Concentrations of Markers of Intestinal Barrier Dysfunction. Haddix's President's Faculty Research Fund. University Research Day, March 2015.

Eckerson, J., A. Bull, G. Moore, T. Baechle, J. Yee, S. Egan, C. Fischer, D. O'Brien, and T. Pulverenti. The Effect of Sugar-Free Energy Drinks on Upper Body Strength and Muscular Endurance in Males. (Presented at the 2010 National Strength and Conditioning Annual Meeting, Orlando, FL).

Bull, A.J., J.M. Eckerson, T.S. Pulverenti, J.C. Yee, G.A. Moore, and C.J. Vacek. Reproducibility of a Simulated 20 Km Time Trial in Competitive Cyclists and

Triathletes. (Accepted for presentation at the 2010 National Strength and Conditioning Annual Meeting, Orlando, FL).

Eckerson, J.M., A.J. Bull, G.A. Moore, J.C. Yee, and B.D. Roy. The Effect of Two Different Creatine Formulations on Skeletal Muscle Creatine Retention. *Medicine and Science in Sports and Exercise* 41(5):S321, 2009.

M. Healy, S. Ochi, S. Woita, S. Radniecki, J. Eckerson, A. Bull, G. Moore, J. Yee, L. Beisel, G. Holte, and S. Shirley. The Effect of Two Different Creatine Formulations on Strength and Power in Resistance Trained Men. Presentation at the 2008 National Strength and Conditioning Association Annual Meeting, Las Vegas, NV).

Bull, A.J., J.M. Eckerson, G.A. Moore, P.C. Pfeifer, and D.R. Obermiller. Employee Perceptions of Wellness Program Needs at a Midwestern University. *Medicine and Science in Sports and Exercise*. 38(5): S253, 2006. Presented at the American College of Sports Medicine Annual Meeting in Denver, CO (May 31-June 3 2006)

Bull, A.J., P.C. Pfeifer, J.M. Eckerson, G.A. Moore, and M. Joshi. The Effect of 5 Days of Calorie Free Creatine Supplementation on Repeated Sprint Cycling (*Medicine and Science in Sports and Exercise*. 37(5):S44, 2005).

Pfeifer, P.C., A.J. Bull, J.M. Eckerson, G.A. Moore, and M. Joshi. The Effect of 5 Days of Creatine Supplementation on Anaerobic Indices of a Wingate Test. (*Medicine and Science in Sports and Exercise*. 37(5): S44-45, 2005).

Eckerson, J.M., A.J. Bull, and G.A. Moore. The Effect of 30 Days of Creatine Phosphate Supplementation on Body Weight in Men. *Medicine and Science in Sports and Exercise*. 35(5):S217, 2003. American College of Sports Medicine Annual Meeting, San Francisco, CA

Bull, A.J., J.M. Eckerson, and G.A. Moore. Effect of 30 Days of Creatine Phosphate Supplementation on the Critical Power Test in Men. *Medicine and Science in Sports and Exercise*. 35(5):S401, 2003. 2003 American College of Sports Medicine Annual Meeting, San Francisco, CA

Eckerson, J., J. Stout, G. Moore, N. Stone, K. Iwan, A. Gebauer, and R. Ginsberg. The Effect of Creatine Phosphate Supplementation on Body Weight after Two and Six Days of Loading in Men, Presented at the 2002 National Strength and Conditioning Association Annual Meeting, Las Vegas, NV.

- Eckerson, J., J. Stout, G. Moore, N. Stone, K. Iwan, A. Gebauer, and R. Ginsberg. The Effect of Creatine Phosphate Loading on Anaerobic Working Capacity in Women. *Medicine and Science in Sports and Exercise*. 34(5):S232, 2002.
- Eckerson, J., J. Stout, G. Moore, J. Klein, M. Frazier, C. Chambers, and A. Posey. The Validity of the Tanita Body Fat Monitor/Scale for Estimating Percent Body Fat. *Medicine and Science in Sports and Exercise*. 33:S241, 2001.
- Eckerson, J., J. Stout, G. Moore, N. Stone, K. Iwan, A. Gerbauer and R. Ginsberg. The Effect of Creatine Phosphate Supplementation on Anaerobic Working Capacity Following 2 and 6 days of Loading in Men. *J. Strength and Cond. Res.* 15(3): 392
- Eckerson, J., L. Bachle, D. Petzel, J. Stout, G. Moore, L. Albertson, S. Yokoyama. Reliability of a 1-H Performance Test in Physically Active Males. (Presentation at the 2000 American College of Sports Medicine Annual Meeting, Indianapolis, IN)
- Eckerson, J., J. Stout, G. Moore, K. Nishimura, K. Tamura, S. Swaney. The Effect of Creatine Supplementation on Anaerobic Work in Females Following Two and Five Days of Loading, (Presentation at the 2000 National Strength and Conditioning Association Annual Meeting, Orlando, FL.
- Eckerson, J., L. Bachle, L. Albertson, D. Petzel, J. Stout, G. Moore. Reliability of a 1-H Performance Test in Physically Active Females. *Journal of Strength and Conditioning Research*, 13(4):423, 1999.
- Eckerson, J., J. Stout, G. Moore, T. Housh, and G. Johnson. Validity of Bioelectrical Impedance Equations for Estimating Fat-Free Weight in Lean Females. *Medicine and Science in Sports and Exercise*. 31 (5):S204, 1999. (1999 American College of Sports Medicine Annual Meeting, Seattle, WA)
- Stout, J., J. Eckerson, G. Moore, K. Ebersole, S. Perry, and A. Bull. The Effects of Creatine Loading on Neuromuscular Fatigue Threshold in Female Athletes, *Medicine and Science in Sports and Exercise*. 31(5):S204, 1999. (1999 American College of Sports Medicine Annual Meeting, Seattle, WA)

- Stout, J., J. Eckerson, M. Jelinek, A. Haas, and G. Moore. Acute Effects of Neuro-Gain Kick™ on Strength and Endurance in Female Athletes. (1998 National Strength and Conditioning Meeting, Nashville, TN)
- Eckerson, J., J. Stout, D. Cullen, G. Moore, D. Baumgartner, J. Yee, D. Johnson, and D. Noonan. Validity of Dual-Energy X-ray Absorptiometry for Assessing Changes in Fat-Free Weight. (1998 American College of Sports Medicine Annual Meeting, Orlando, FL).
- Eckerson, J., G. Moore, J. Stout, D. Noonan, D. Cullen, J. Yee, D. Baumgartner, and D. Johnson. Prediction of Percent Body Fat Using Dual-Energy X-Ray Absorptiometry, Bioelectrical Impedance Analysis, and Near-Infrared Interactance. *Medicine and Science in Sports and Exercise*, 29:S53, 1997. (1997 American College of Sports Medicine Annual Meeting, Denver, CO)
- Stout, J., J. Eckerson, D. Noonan, G. Moore, and D. Cullen. The Effects of a Supplement Designed to Augment Creatine Uptake on Exercise Performance and Fat-Free Mass in Football Players. *Medicine and Science in Sports and Exercise*, 29:S251, 1997. (1997 American College of Sports Medicine Annual Meeting, Denver, CO)
- J. Eckerson, J. Stout and G. Moore, C. Weber, and H. Mann. The Validity of Bioelectrical Impedance Analysis, Near-Infrared Interactance, and Skinfold Equations for Estimating Percent Fat in Females. *Research Quarterly for Exercise and Sport*. 68:A-51 (Suppl). 1997 American Alliance for Health, Physical Education, Recreation and Dance Annual Meeting, St. Louis, MO)

NON-REFEREED PUBLICATIONS

CU on the Scale – Healthy Holiday Challenge Website and Blog, present: <http://gmoorecu.wixsite.com/holidaychallenge>
Created, launched and maintain a multi-page website and monthly blog for participants in the annual weight loss challenge. Print copies were distributed to all program participants.

Health and Fitness media spokesperson & representative for the CU Department of Exercise Science & Pre-Health Professions - Exercise Testing and Training Laboratory, publications, photographs, interviews & quotes, Omaha World

Consumers Digest, March 2014, Interviewed/Contributed to the article, “Health Club Memberships”, Print & Online Edition

Howley, E.T. & Thompson. with G. Moore (2012)*.
Fitness Professional's Handbook Instructor Guide, 6th edition.
Champaign, IL: Human Kinetics.
(*Author - Online Instructor Guide & Ancillary Materials)

Interviews/Contributions to Omaha World Herald Living
Section, HealthWise Magazine, Creighton Magazine,
Creightonian, 2001-present
Examples: Creighton Magazine (print/online): 2016: Stress!
<https://www.creighton.edu/creightonmagazine/2016sprfeaturestress/>
CU On the Scale! Fox42 News Interview and Feature Story,
Creighton University Admissions) CU on the Scale! feature article:
November 2009, Creightonian; CU Media Alert: April 3rd 2009
Exercise Science Major's Club Field Day)

Moore, G., Yee, J., Egan, S (2008). Human Performance Fitness
Testing Laboratory: Flexibility Handout (created an educational
handout with photos & descriptions) for students and clients

Howley, E.T. & Franks, B.D. with G. Moore (2007).
Fitness Professional's Handbook Instructor Guide, 5th edition.
Champaign, IL: Human Kinetics.
(Author - Online Instructor Guide & Ancillary Materials)

CU Human Performance Laboratory featured in web article
based on personal interview posted on Find Your Detour,
<http://www.findyourdetour.com>, Oct. 2007.

Omaha World Herald, HealthWise Magazine- Saturday, Dec. 8th
2007 on Exercise Programming, Safety and Exercise Equipment

Nebraska State Plan for Cardiovascular Disease Prevention
(served on the task force that assisted in writing and editing the
document)

"Aerobic Exercise Prescription" addendum to the Essentials of
Personal Training Symposium Workbook, Phoenix, Arizona,
June 1995

FACULTY

DEVELOPMENT Campus Labs Training for IDEA Online Teaching Evaluations,
November 18, 2015

Qualtrics/BlueQ Survey Training, May 7, 2015
Instructional training on the new BlueQ Survey Tool

Student Organization Online Moderator Training, 2014-2017
Required online moderator training and examination renewed every
three years

Collaborative Institutional Training (CITI) IRB Certified
CITI Courses/Online Exams (*Renewed Completed- Fall 2015*)
-Group 1: Human Research/Biomedical Research
-Conflict of Interest CITI Education Course
-Responsible and Ethical Conduct of Research Course
CITI Refresher Course Completed, Nov. 2007/Oct 2004

Preventing Discrimination & Violence Training/Working with
Children & Vulnerable Adults Online Course Completion,
December 2014

Creighton University, Experience Series Technology Program
Faculty Moderator, 2012-2013
Helped to develop and moderate a technology enrichment program
for Creighton University faculty

Creighton University iPad Project, Sept. 2010- Dec. 2011
Selected to participate in a collaborative effort to explore
possible iPad technology applications/innovations to enhance
student learning, teaching, patient care and research

TYPO 3 Training (2006) Typo Ver.4.4 Upgrade, 2010-2011
Website Management Program Training and Updates for
Department Website Editors

BOD-POD Training Completed, September 2010
Completed BOD-POD (Air Displacement Plethysmography
Training hosted by Life Measurement Incorporated.

Research Compliance: Mandatory Disclosure Requirements
Training, January 18, 2006, Creighton University, Criss III

Creighton University, Academic Development & Technology
Center eFellow, May – September 2005

Computer Technology Development and Training Fellowship
Focuses on multi-media integration in the classroom and laboratory

The Experience Series- Faculty Moderator ADATC (CeLAI)
May 2012- September 2013
Collaborate with The Center for Academic Technology staff to
develop curriculum for the faculty-led program that explores the use
of technology to enhance teaching & research as well as encourage
collaboration for faculty enrolled in the series that included:
collaboration tools, blogs, google apps, social media,
survey instruments, mobile devices, ipads, photography, audio,
video and lecture capture

REVIEWER

Northland Chapter of the American College of Sports Medicine
Student Research Review Committee, 1993-present

Wolter, Kluwer Health, Lippincott Williams & Wilkins
Reviewer: ACSM's Guidelines for Exercise Testing and
Prescription Proposal Reviewer, November 2014

Wolter, Kluwer Health, Lippincott Williams & Wilkins
Reviewer: Total Fitness Assessment Online Tool, February, 2014

Human Kinetics, Textbook Review: Exercise Prescription: A Case
Study Approach to the ACSM Guidelines, 2nd ed. by David Swain
and Brian Leutholtz, 2005

Lippincott Williams & Wilkins, Textbook manuscript: *Essentials of
Exercise Physiology*, 3rd edition: McKardle, Katch & Katch
2004-2005

Mindleaders and elementK Internet Server Review:
DoIT Educational Review (participation in online computer
program review of potential products/services for CU for possible
University usage of internet educational services, April 2004

Lippincott Williams & Wilkins, Textbook manuscript: Exercise
Physiology: Basis of Human Movement in Health and Disease,
edited by Stanley Brown, Ph.D. 2001-2003

GRANTS &
FELLOWSHIPS

Benjamin Cummings Health & Kinesiology, 2003 Interactive Physiology CD-ROM, a learning tool included with the text Exercise Physiology for Health, Fitness and Performance, March 2002

Benjamin Cummings Health & Kinesiology, Internet Exercise Physiology Website Review, 2002

American Heart Association Nebraska Affiliate Reviewer for Non-Standard Program & Nursing Research Grants, 1991-1998.

Dr. George F. Haddix President's Faculty Research Fund (Research Personnel, Funded for Research in 2014-2015)

LB692-CTS, Effects of Creatine Supplementation on Immune System Function, June 2012 – June 2014, \$50,000 (Co-Investigator, Funded)

American Diabetes Association Innovation Grant, 'The Effect of a Culturally Appropriate Wellness Intervention Program on Type 2 Diabetes Risk Factors in Native American College Students', 2010, \$97,417 (Co-Investigator, Not Funded)

Fortress Systems International, The Effect of Beta-Alanine and Phosphorus Supplementation on Anaerobic Exercise Performance, 2007, \$12,748 (Co-Investigator, Not Funded)

Creighton University eFellowship Mentor to Dr. Judy Gale 2005-2006, held regular meetings with mentee, assisted with projects with current eFellow, Creighton University eFellowship (Summer 2005)

Numico Research, Effect of 30-day Supplementation of Creatine Phosphate on Anaerobic Working Capacity in Men, 2001, \$10,800 (Co-Investigator, Funded)

Numico Research, Effect of Creatine Phosphate Supplementation on Anaerobic Working Capacity in Males and Females, 2000, \$9,150 (Co-Investigator, Funded).

American College of Sports Medicine Foundation Grant, Effects of Resistance Training on Older - Elderly Cardiac Patients, 1999, \$15,000 (Co-Investigator, Not Funded).

St. Joseph Hospital Service League, Pediatric CPR and Safety Courses, 1996, \$4000.00, (Funded).

PRESENTATIONS

Wellness Council Healthy Luncheon Series

Staying Active During the Winter, December 13, 2016

Weight Training/Aerobic Training and Fitness Trackers

“Wellness Council Health Luncheon Series” Presentation with Jen Yee for Creighton University Employees, March 24, 2015

“Choose to Lose” ConAgra WebEx Webinar Presentation,

BodPod Assessment & Weight Loss Tips, February 27, 2015

Gearing Up for the Holidays, Holiday Tips Roundtable

Presentation for Creighton University Employees, November 20th 2012

Experience Series Presentation, Breakfast Bytes Presentation,

The Center for Academic Technology, Nov. 15th 2012

Team Coaching Tips, Presentation to participants in the CU on

the Scale Weight Loss Challenge at Creighton University,

Nov. 2nd 2012

CU ACTIVE! Resistance Training/Home Exercise Program

Presenters: Jen Yee, Geri Moore, Kelsey Blunck & Michaela Spenceri, December 2nd 2011

Physical Activity and Cardiovascular Disease

Creighton University Cardiovascular Risk Reduction Program

Creighton Cardiac Center, April 15th 2009

Heart Health for Women Seminar, University of Nebraska-Omaha,

Chancellor’s Commission on the Status of Women (CCSW) Lecture Series, February 28th 2007.

Women’s Heart Health Presentation/Luncheon, Creighton

University: Women’s History Month Event, March 19th 2007.

Participant Workshop: CU on the Scale Weight Loss Challenge:

Weight Loss Tips for Success, Creighton University, Kiewit Fitness

Center Classroom 148, November 10th 2006

Women in Higher Education Leadership Annual Conference,

University of Nebraska, Omaha, Nebraska,

“Women and Heart Disease Awareness”, March 31st 2006

American College of Sports Medicine Health/Fitness Instructor
Workshop, Pre-Activity Screening: Risk Factors and Stratification
May 2005

Introduction to Computer Technology Shopping, Fall 2005
Dept. of Exercise Science and Athletic Training Lecture/CD-ROM

Resistance Training with Elastic Bands, *CU on the Scale* Weight
Loss Challenge, Fall 2005 (presented with Jen Yee)

Weight Loss Tips for Success, *CU on the Scale* Weight Loss
Challenge (weight loss contest for Creighton employees, 2004)

Exercise Prescription Considerations for Older Adults,
Friendship Program: Adult Care Center, Omaha, NE,
March 2004

American College of Sports Medicine Health/Fitness Instructor
Workshop, Pre-Activity Screening: Risk Factors and Stratification
May 2004

American Heart Association Heart Healthy Presentation- Risk
Factors and Emergency Procedures/Automatic Defibrillator, United
Parcel Service, Bring your Child to Work Day (8-12 yr. old
children), April 24, 2003

American College of Sports Medicine Health Fitness Instructor
Certification Workshop, "Exercise Considerations for
Special Populations, May, 2003

Risk Stratification, ACSM Health/Fitness Instructor Workshop, May
2002

Case Studies in Exercise Testing/Prescription, ACSM Health/Fitness
Instructor Workshop, May 2003

Exercise Prescription in Special Populations, The Friendship
Program, April 2002 Continuing Education Presentation for
Medical Personnel at the Friendship Program Facility.

"Exercise and Fluid Intake" Radio Interview-Public Broadcast
Midwest- 5 state region, American Heart Association representative,
June 25, 2002

Auxillary Meeting, "Women and Resistance Training", 1998

Women's Organization/Mary Our Queen, "Women and Exercise Programming", 1998

American College of Sports Medicine Health Fitness Instructor Certification Workshop, "Exercise Considerations for Special Populations", May, 2002-1998

Risk Stratification, ACSM Health/Fitness Instructor Workshop, May 2002-00

Case Studies in Exercise Testing/Prescription, ACSM Health/Fitness Instructor Workshop, May 2002-00

Creighton University, Sponsor: Child Development Center Parent Advisory Program, "Nutrition and Exercise for Children", April 28, 1997

Creighton University Wellness Council Program, "Exercise Goals for 1997: Have you Started Yet?", Febr. 27, 1997. Creighton Ballroom.

Tenth Region VII Cardiovascular Disease Risk Reduction Conference, "American Heart Association Programs", Omaha, NE June 13, 1996

BoysTown National Research Hospital's Science and Math program for Gifted Hearing and Deaf Youth, July 27 and Aug. 17, 1995, Omaha, NE, "Benefit of Aerobic Exercise to the Cardiovascular System"

Nebraska Cardiovascular and Pulmonary Rehabilitation Network Annual Conference Roundtable Presentation, "The Importance of Certification", March 5, 1993

Northland Chapter of the American College of Sports Medicine Annual Spring Meeting, Omaha, NE, "Update on Healthy People 2000", April 24, 1992

Nebraska Association for Health, Physical Education, Recreation, and Dance Annual Meeting, "Professional Opportunities in Exercise Science: Cardiac Rehabilitation"

SERVICE TO THE
UNIVERSITY/
COLLEGE
of ARTS
& SCIENCES

Mission Catalyst Committee, 2014-Present

Serves to facilitate reflection on, and implementation of Creighton's Jesuit Catholic Mission at the department, CCAS and University

Mission Catalyst/Welcome the Stranger Committee Member,
Creighton University, December, 2016

Helped to plan, organize and promote the final Year of Mercy event.
Assisted with the collection of "most needed items" to benefit the Lutheran Family Services Refugee program.

College of Arts and Sciences: Unlimited Opportunities

Creighton University, February 22, 2016

Coordinated the EXS Department Alumni presentation program for current students exploring career/professional school options

College of Arts and Sciences: Dean's Fellows Program Interviews,
February, 2016

Conducted phone interviews and follow-up with prospective Dean's Fellows students.

DoIT Customer Relationship Management Committee, February
2016-present

Serve as an advisory board representative and help to develop a vision and actionable goals for Creighton University communications, web and relationship management technologies.

Mission Catalyst/Martin Luther King Committee Liaison, Jan, 2016

Helped to promote the Martin Luther King Week events as part of the Year of Mercy events at Creighton University

Calling All Jays Program, Department of Residence Life at
Creighton University, September 29, 2014

Meet with freshman residents and Resident Advisors and answer questions and get to know students in an effort to increase student retention at Creighton University.

Holiday Spirit Project -Department Coordinator 2007- present

Help to coordinate the Holiday Spirit project with department faculty and the student major's club. Project selected in 2014 was the Omaha Heart Ministry Center. Project selected in 2013 was to fulfill a cancer patient's wish at Children's Hospital. Project selected 2007-2012 were Adopt-A-Family/Family-to-Family.

Creighton University Cardiovascular Risk Reduction/Diabetes
Mellitus Risk Reduction Program Team
Exercise Physiologist 2011

Creighton University Bereavement Ministry Committee Member,
Creighton University Collaborative Ministry,
2005- present

Serve as a source of support to the Creighton community by visiting
and praying for those who have recently suffered the loss of a family
member.

Creighton University Wellness Council Member, 1995 to present
Attend monthly meetings to help promote health and wellness
for the entire Creighton community.

Creighton University Wellness Program - Wellness Champion,
2010- present
Serve as an ambassador for the Creighton's Employee Wellness
Program by helping to market and encourage participation in the
various Wellness Programs.

Creighton University Wellness Program- Healthy Dining
Subcommittee, 2016-present
Support and encourage healthy dining initiatives on campus and
promote health and wellness to the entire Creighton community.

Creighton University Wellness Website Subcommittee Chair, 2007 -
2016 - design/develop the website and organize committee
training/activities using TYPO system

Creighton University Law School- Wellness Day, Jan. 27th 2011
Coordinate the Department of Exercise Science- Human
Performance Laboratory's Presentation Booth

Creighton University Wellness Council Website, 2003 -2006
Developed and help to maintain the University Wellness Council
Website using FrontPage working with a student web designer
(homepage and multiple programming links).

College of Arts and Sciences Dean Search Committee,
Fall 2007- completed early 2008 (Presidential Appointment)

College of Arts and Sciences Dean Search Committee,
2006-2007 (Presidential Appointment)

Creighton University Greek Awards Judge, 2006
Reviewed CU Greek Organization reports and ranked

Meet with prospective students, give tours of the Exercise Testing and Training Laboratory and the EXS Department, discuss career options and the Exercise Science Major, present

Department of EXS- Exercise Testing and Training Laboratory volunteerism, present

Meet with Creighton University faculty/staff in the laboratory (health/fitness programs, testing, training at reduced/no charge to those in need). Offer fitness testing laboratory gift certificates as giveaways to organizations within the Creighton community and local organizations and perform services free of charge.

Creighton University Wellness Council Subcommittee to interview/select third party wellness vendors (i.e. SimplyWell)

Walk 100 Award Recognition Committee- Assist with the annual recognition luncheon, 2002- 2004

DoIT Videotaped Interview/Presentation: selected as a DoIT Discovery Workshop Series graduate to discuss course experiences & share classroom applications for a Multi-Media Conference Presentation by Collette Hanson, 2004.

Represented Creighton University at the 6th Annual Worksite Wellness Award Luncheon, accepted the Gold Well Workplace Award on behalf of the University, February 20, 2003

Gold Award Committee- Assist with the successful application of the Well Workplace Gold Award application
Co-chair of the Omaha Well-city Silver Award committee

United Way Representative, Exercise Science Department

“Bring Your Sons to Work Day” Laboratory Presentation
And Tours, 1998-1999

“Bring Your Daughters to Work Day” Laboratory Presentation
and Tour, 1998

Lady Jays Golf Marathon, Creighton University Athletic Department, fundraiser for Creighton Women's Athletics 1996-1997

Bosses Challenge Softball Game, fundraiser to benefit the Omaha Women's Shelter

Welcome Week/Summer Preview, participated as a freshman advisor 1997

SERVICE TO THE DEPARTMENT

Director, Department of Exercise Science and Pre-Health Professions- Exercise Testing and Training Laboratory (*formerly: Human Performance Fitness Testing Laboratory*)
-Organize staff interviews/hiring, supervise the laboratory, budget, laboratory staff scheduling, lab staff evaluations, oversee equipment purchasing & maintenance, laboratory safety, laboratory public relations/media and website.

-Coordinator of the Annual Creighton University Employee Weight Loss Challenge: *CU on the Scale!* includes updating the website, blog site, team results and updates, educational handouts and presentations, raffle prizes and a recognition/award ceremony for all participants. Assist with HPL Boot Camp- help to develop and assist with fitness program for weight loss challenge participants that choose group exercise

Department of Exercise Science & Pre-Health Professions Website Editor

Create and maintain Department of Exercise Science Website including Faculty Biography updates and EXS Advising Worksheets to assist current and prospective students in curriculum planning

-EXS Website Redesign: Met with DoIT web team and planned, redesigned and reformatted the entire department website, Fall 2015

WellFest Wellness Fair, October, 2015 & 2016

Coordinated and worked the EXS Laboratory Booth

Creighton University, Interfaith Prayer Service Department
Representative, February 4, 2015

EXS Web Re-Design, Spring/Summer 2007

Led the department in the process of training, redesign and implementation of the Exercise Science Department website.
Spent many hours with DoIT and self-study to successfully launch the site

Assisted with the planning & implementation to equip the Human Performance Laboratory with a multi-media A-V system (help to obtain equip quotes, room plan/design)

Kiewit Management Training Program, Administrative

Develop & Coordinate Fitness programming for Kiewit Management Seminar: Corporate executives

Test/screen Creighton University ROTC cadets

Advisor, Exercise Science Majors, present
write letters of recommendation for
medical/professional/graduate school, discuss career choices

Student Outcomes Assessment Co-Coordinator,
Assist Joan Eckerson in Outcomes Assessment – 2012

EXSEL (Exercise Science-Excellence in Leadership- Major's Organization) Moderator 1995 - 2016

Some activities as EXSEL Moderator include:

-EXSEL Website- create and maintain the EXSEL website, teach/encourage students to help design, develop and maintain the club website and media publications.

- Work with the EXSEL Officers to plan meetings and events, create and maintain a budget, receive member dues and update membership lists and submit annual reports and communicate with Student Activities office

-EXSEL membership management – administration and update the list on the CU Mailman Server – Group account management

-Christmas Project – help to coordinate this project with EXS Department & submit to CU Holiday Spirit

-American Heart Association Heart Walk
Recruit and coordinate Creighton University Registration Volunteers

-Supervise and organize fund-raising and social activities for EXSEL students and faculty/staff.

-Host Liberty School Field Day at CU, 2008 - 2013
Field day for K-3 grade students

-Assisted in the Liberty Elementary School Health & Fitness Program at Liberty Elementary School

-Siena Francis House/EXSEL BBQ, 2010-2014
helped to collect donations and submitted on behalf of the EXSEL group to benefit the Siena Francis House

-Shoe Drive for the Siena Francis House and the Lydia house during December 2008 & December 2009

-Indoor Triathlon

-EXSEL Belly Buster Fun Run /Walk Event

Creighton University Law School Wellness Fair

Creighton University Employee Health fair

Creighton University Admissions CU Sunday Open house

Creighton University Major Exploration Fair

Creighton University Benefit's Fair

Student Activities Involvement Fair (with the EXSEL club)

Exercise Science Senior Send-Off - assisted in organizing a farewell reception for the Exercise Science Department and assisted with the photo/video presentation for the students & EXSEL recognition

Department Open House (hosted by the Beadles)
Gave laboratory tours, discussed the major, 2007-2008

Student Health Fair (now is a combined Health Fair)

“Techniques for Estimating Body Composition” Co-Presenter, Burke High School Student Tour/Presentation, February 25th, 2004

Health Career Fair- Abraham Lincoln High School- Febr. 28th, 2003, discussed health/exercise science careers to high school students

Kiewit Fitness Center Advisory committee 1999-2003
Assist with student outcome revision, Internship Manual development and Writing Proficiency Requirements

SERVICE TO THE COMMUNITY

Omaha Convention & Visitors Bureau Ambassador, 2014 – present
Volunteer at the Omaha Visitors Bureau headquarters -greeting out of town visitors and providing information about the city and promoting businesses and services within the city of Omaha.

Co-Chair Fundraising Event to benefit the Omaha Catholic Charities/Juan Diego Center Catholic Charities,
December 2013- December 2014-December 2015

Gross Catholic High School – present
Gross Catholic Athletic Department Volunteer
Support the Athletic Program, Attended Campaign Meeting/Events & Donated to Program, 2008-present

Gross Catholic Recruitment Committee, 2008- 2012
Recruit new students and promote the school, attend recruitment meetings, plan events and volunteer at the Annual Open House and serve as a host family to potential recruits and their families

2011 Gross Catholic Casino Night Chairperson
Coordinate the Acquisitions, Set-up, Meetings and Volunteers at the fund-raising event

Gross Catholic Capital Campaign Committee
Solicitation of Advanced Gifts 2008-2009

Work Concession Stands, Fund raising/Donations, host team events, 2008- 2012

Gross Catholic Celebration Committee Volunteer
Gold Cup Committee Co-Chairperson, 2008-2013
Acquisitions/Quilt Committee Chair 2008-2012

St. Gerald Catholic Church
Christmas with Santa Fundraiser Volunteer to benefit
St. Vincent DePaul and Juan Diego Center/Catholic
Charities, 2012-2015

Capitol Campaign Leadership Volunteer, present
Meet with fellow parishioners to discuss and solicit campaign
contributions

St. Gerald Catholic Church & School, 1999 – present
Assist with various parish events and church fundraisers
(i.e. creating fliers and advertising materials, support and
volunteer at the events)

St. Gerald Silent Auction Committee/Volunteer, 2001- 2007,
2009-2013 Assist with “Last One Standing” at the event dinner

St. Gerald School Silent Auction
Assist with Oral/Silent Auction acquisitions
Classroom Basket Committee
Classroom Project Committee
Oral Auction Co-Chair
Acquisition Committee

St. Gerald Church Landscape committee 2002 - 2009

St. Gerald Parish Recruitment Volunteer-2007-2008
Develop detailed recruitment booklet school expansion

St. Gerald Parish Festival Volunteer 2000-2007

St. Gerald School Volunteer, 2000 – 2008

St. Gerald Graduation Committee Volunteer-2008
Helped to organize 8th grade graduation activities (Awards
Breakfast, DVD, graduate gift, graduation ceremony and 8th
grade field trip)

St. Gerald School Yearbook Volunteer- 2006-present
Attend computer program training, photograph and create yearbook pages using school software program

Computer/Technology Project Volunteer/Instructor, 2007
Taught middle school students to use PhotoStory Video software and basic photo editing and network storage

Computer/Technology Project Volunteer (2008 & 2006)
created and donated multi-media DVD presentation featuring school activities for 8th grade graduates and the 6th grade Outdoor Education Science experience

St. Gerald Elementary/Middle School Fundraising
Assisted with new and ongoing development/marketing and delivery of school/athletic organization fundraising projects, 2005-present

Middle School Chaperon- St. Gerald Social Event volunteer- 8th Grade Graduation Activities: Visit CU – KFC, Outdoor Education/St. Gerald Volunteer, 2006
Eastern Nebraska 4-H Center in Gretna, NE

St. Gerald Athletic Committee Volunteer 2005-2008

Assist the Athletic Committee at fundraising events, assist the Athletic Director and Parish Baseball Commissioner at various fundraising events and serve as a committee advisor/resource and volunteer at athletic events

Middle School Classroom Volunteer (assisted with Elementary & Middle School classroom activities, assist students with computer/technology experience

Assisted with Teacher Evaluation database/report

Completed the Mandatory Archdiocese of Omaha Youth Volunteer Training Program

Heartland Family Services, Summer 2010
Assisted with neighborhood “wish-list” collection to benefit Heartland Family Services

Institute for Latin American Concern (ILAC) at Creighton University, 2009-2010
Helped to create and collect donations, blankets to benefit the ILAC/Haiti Relief Project

Ralston Baseball Association
Volunteer/assist with baseball team, created team publications using digital photography, created VCD

Catholic Youth Organization/PAL/South Omaha Saints League
Volunteer, Photography/Video and create video/digital publications for sports teams and/or school publications

Boys/Girls Club of Omaha, Fitness Testing for children ages 8-12 yrs old, September 30, 1997

Over 75 community presentations and health fairs representing Creighton University, The Creighton Cardiac Center and the American Heart Association to various organizations, businesses discussing Coronary Heart Disease/Risk Factor Modification and Exercise. Some include: First Data Resources, The Omaha, Ralston, Millard public and catholic schools, Bellevue Eye Institute, Union Pacific Railroad, U.S. West and ConAgra.