

GERI A. MOORE, M.A.
ACSM Exercise Specialist, NSCA CP-T
Exercise Science Department
Director, Human Performance
Fitness Testing Laboratory

ADDRESS

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

**PROFESSIONAL
EXPERIENCE**

1/95 to Present **Exercise Science Department**
Creighton University, Omaha, NE
Instructor and Director of the Human Performance
Fitness Testing 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 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 people on exercise and healthy living. Presented formal classroom lectures and met with individuals informally, formulated exercise prescriptions and safe guidelines for exercise.

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. Instructed an aerobics class. Prepared and presented various health and fitness-related literature. Marketed programs.

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 Preventative and Rehabilitative Exercise Specialist Certified (2006 certification renewal submitted/ granted through 2009)

National Strength and Conditioning Association Certified Personal Trainer (2006 certification renewal granted through 2008)

American Red Cross- First Responder CPR Certified: Adult, Child and Infant & AED instruction (2007 recertification)

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

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

CITI Refresher Course/Online Exam Completed, Nov. 2007
CITI Refresher Course/Online Exam Completed, Oct. 2004

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
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)

American Heart Association

AHA- National Awareness Coalition Volunteer

AHA Speaker's Bureau 1989-present

-Promote Heart Disease Prevention through Heart Disease Awareness presentations and public forums

American Heart Association Public Relations

Representative- 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 and Supervise the Registration/Student Volunteers

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

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

MANUSCRIPT IN PRESS:

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*.

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*).

MANUSCRIPT IN PROGRESS

Eckerson, J.M., A.J. Bull, P.C. Pfeifer, and G.A. Moore. Effect of five days of Calorie free creatine supplementation on repeated Wingate performance (for submission to *Journal of Strength and Conditioning Research*)

RESEARCH

PUBLICATIONS

(refereed journals):

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:

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. 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 SportsMedicine 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

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.

Health and Fitness media spokesperson & representative for the CU Exercise Science Human Performance Fitness Testing Laboratory, publications, photographs, interviews & quotes, Omaha World Herald Living Section, HealthWise Magazine, Creightonian, 2001-ongoing

Recent article quoted: 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

REVIEWER

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

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: by: 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

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 and Nursing Research Grants, 1991-1998.

GRANTS &

FELLOWSHIPS

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 assigned 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

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
Department of Exercise Science and Athletic Training Lecture and
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 and Sciences Dean Search Committee,
Fall 2007 (Presidential Appointment)**

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

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

Creighton University Wellness Council, 1995 to present

**Creighton University Wellness Council Website, 2007 to present
Website Committee Chair- design/develop the website and
organize committee training/activities to update the current
website to CU-TYPOIII system**

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

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

**Meet with High school seniors, give tours of the Human
Performance Laboratory and Exercise Science Department,
discuss career options and the Exercise Science Major.**

**Human Performance Fitness Testing Laboratory Gift
Certificates. These are donated as giveaways to various
organizations within the Creighton Community and local
philanthropic organizations (health fairs, open houses, church
groups), ongoing.**

Human Performance Laboratory, Volunteered time working with
Creighton University faculty/staff in the laboratory (health/fitness
programs, testing, training).

Creighton University Wellness Council Subcommittee to
advice/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, Human Performance Fitness Testing Laboratory
-Supervise the laboratory, budget, laboratory staff
evaluations, equipment purchasing & maintenance, test
clients, laboratory safety, public relations, lab brochures**

-4th Annual Creighton employee weight loss challenge: *CU on the Scale!* that includes a website, team results and updates, educational handouts and presentations, raffle prizes and an award's luncheon for all participants

Department Website Coordinator

-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, Spring 2007/Summer 2007

-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, write letters of recommendation for medical/professional/graduate school, discuss career choices.

**Student Outcomes Assessment Co-Coordinator,
Assist Joan Eckerson in Outcomes Assessment**

EXSEL Major's Organization Moderator 1995 to present

Some activities as moderator/volunteer include:

- EXSEL Website-assisting students with the design, development and administration of a website**
- Family-to-Family Holiday Project,**
- American Heart Association Heart Walk
Registration Volunteers,**
- Assist in the Liberty Elementary School Health & Fitness Program**
- Supervise and organize fund-raising and social activities for students and faculty/staff.**
- Host Liberty School Field Day at CU**
- Indoor Triathlon**
- EXSEL Belly Buster Fun Run /Walk Event**

University Employee/Student Health fair

Fall Admissions Open house

University Major Exploration Fair

University Benefit's Fair

Spring Admissions Open House

Student Activities Involvement Fair (with the EXSEL club)

Senior Send-Off - assisted in organizing a farewell reception for the Exercise Science & Athletic Training Department and created a photo/video presentation for the students

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

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 to 2003

Assist with student outcome revision, Internship Manual
development and Writing Proficiency Requirements

**SERVICE TO
THE COMMUNITY**

St. Gerald Catholic Church - present

Core Committee, Landscape committee 2002 - present

Parish Festival Volunteer

Assist with various parish events and church fundraisers

Recruitment Committee Volunteer-present

Develop detailed recruitment booklet for the upcoming

school expansion

St. Gerald School Volunteer 2000 - present

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

**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 (2006)
created and donated multi-media DVD presentation featuring school activities and the 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
Outdoor Education/St. Gerald Volunteer, 2006
Eastern Nebraska 4-H Center in Gretna, NE

Athletic Committee Volunteer 2005-present

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

Silent Auction Committee 2001- present
Assist with Oral/Silent Auction acquisitions
Classroom Basket Committee
Classroom Project Committee
Oral Auction Co-Chair
Acquisition Committee

Assisted with Teacher Evaluation database/report

Completed the Archdiocese of Omaha Youth Volunteer Training Program

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 50 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.