

# Wilson, Sherri L.

## EDUCATION

### **Texas A&M University, 1999**

Master of Science, Health Education

### **Georgia Southern University, 1993**

Bachelor of Science, Sport Management

## TEACHING EXPERIENCE

**Lecturer/Wellness Passport Coordinator**, Department of Health Sciences, James Madison University, 2022-Present

- Teach large (>150 students) Personal Wellness and Introduction to Health Sciences classes and undergraduate courses within the B.S. in Health Sciences curriculum.
- Collaborate, communicate, schedule, promote and evaluate 11 campus-wide departments to provide HTH 100 students with an added opportunity to experience a variety of health and wellness activities, services, and programs that are available on campus.

**Fitness and Wellness Instructor**, Human Resources at Appalachian State University, 2005 - 2020

- Developed and implemented classes on fitness and wellness education for faculty (“Be Well” classes with up to 80 participants per class)

**Red Cross CPR and First Aid Instructor**, Appalachian State University, 2005 - 2020

- Instructed, supervised and certified several hundred faculty and college students in CPR and First Aid (classes ranged in size from 6 to 125)

**Group Fitness Classes**, Appalachian State University, 2005 - 2020

- Developed and implemented group fitness class for faculty (approximately 15 classes each week with 6 to 20 participants per class)

**Student Mentor**, Appalachian State University, 2005 - 2020

- Instructed and supervised over 100 college students from the Health Promotion (now Public Health), Exercise Science and Recreation Management Programs in Personal Training, Weight Room Management, Group Fitness Instruction, and Special Event Management
- Personal Training Certification pass rate for those I mentored (~20) was >95%.

**Health and Kinesiology Lecturer**, Blinn College, 2001 - 2003

- Managed full-course load (5 classes per semester with up to 40 students per class)
  - 3-hour courses: Personal Health, Drug Use and Abuse, Personal Wellness
  - 1-hour courses: Weight Training, Running, Walking
- Presented up-to-date health and fitness-related topics to college students
- Classroom management, grading, creating course syllabi

**Activities Course Instructor, Blinn College, 1999 – 2001**

- Instructed and supervised several hundred college students in Weight Training, Running, and Walking Classes
- Created Aerobic Walking Course for Health & Kinesiology Department
- Maintained accurate participating and grading records
- Assisted with annual UIL Region 3, AAA Track and Field Meet

**PROFESSIONAL EXPERIENCE IN HIGHER EDUCATION**

**Director, Health Promotion for Faculty & Staff, Appalachian State University, 2005 - 2020**

**Administrative and Staff Management**

- Provided comprehensive, well-being programs for more than 2,500 Appalachian State University employees
- Developed, implemented and assessed program goals and objectives
- Managed program budget of \$65,000.
- Hired, trained, supervised, scheduled and evaluated two full-time and ten part-time staff
- Managed two fitness facilities (2,000 square foot fitness facility and a 500 square foot annex fitness facility)
- Developed and maintained fitness and health programs (personal training, group exercise), preventive care services (blood work, immunizations), outreach programs (first aid/CPR classes, ergonomic assessments, blood drives), and student development (internships, part-time employment) to accomplish the mission of the program
- Assessed productivity and usage in annual report
- Certified faculty, staff and student groups in CPR/AED/First Aid

**Risk Management**

- Effectively managed risk through the establishment of participant rules and regulations, employee training, participant training, proper supervision, routine equipment maintenance, and regular facility inspections established by the university
- Coordinated regular maintenance of exercise equipment established by American College of Sports Medicine Standards
- Managed participant files, adhering to HIPAA rules and regulations

**Programming**

- Designed and assessed over 30 well-being programs to reduce health risk, medical costs and encourage healthy lifestyles for more than 2,500 Appalachian State University employees
- Promoted healthy lifestyles through fitness and exercise each semester: weight room orientations, over 100 personal training sessions, 12 group exercise classes, five wellness activities, and two special events
- Coordinated special events each semester: two incentive programs, two blood drives, a community drive, health awareness activities, etc.

- Provided wellness activities each month: three health-screenings, an educational seminar, 12 fitness classes, etc.
- Facilitated lifestyle changes: smoking cessation trainings and weight management consultations
- Delivered group exercise classes each semester: weight training for women, core conditioning, indoor cycling, high intensity interval training (HIIT), balance training
- Provided regular exercise modifications for participants with limitations due to injury or fitness level
- Administered over 30 ergonomic assessments each year

### **University and Community Collaboration**

- Collaborated with all campus constituents to promote a healthier work environment: Health and Exercise Science, Athletic Training, Exercise Science, Recreation Management and Physical Education, Human Resources, Health Services, Office of Sustainability, Institute of Health Human Services Community Outreach, Food Services, Physical Plant and Building Services
- Collaborated with Athletic Training Program to establish a joint program that consists of a referral program, which provides faculty/staff with rehabilitation services
- Collaborated with external constituents to promote a comprehensive, healthier work environment: local physicians and health care providers
- Collaborated with the Omar Carter Foundation, Appalachian Regional Health Care System and Beaver College of Health Sciences to administer campus-wide chest compression only training

### **Fundraising and Mentoring**

- Mentored student service-learning experiences: practicums, internships, 5K fundraisers (Note: Under my supervision, these 5K events have raised over \$100,000 for Huntington's Disease Society of America and over \$30,000 for student scholarships at Appalachian State University, among others)
- Effectively trained and mentored students and staff enabling them to obtain nationally recognized personal training certifications (ACSM, NSCA, ACE, NASM)

**Exercise Coordinator**, Health Promotion for Faculty and Staff at Appalachian State University, 2003 – 2005

### **Administrative and Staff Management**

- Assisted with program budget of \$40,000
- Actively assisted in developing overall program goals, objectives, strategies
- Hired, trained, and evaluated five exercise instructors and four personal trainers
- Maintained participation records
- Assisted program director as needed and as appropriate

### **Risk Management**

- Evaluated safety, effectiveness, usage, participant needs and interests for over 1,600 participants
- Maintained proper operational means, daily inspections, and purchases for all strength training and cardiovascular exercise equipment

### **Programming**

- Provided fitness/health promotion services to over 2,500 Appalachian State University employees
- Coordinated over program services with over 10 academic departments
- Conducted over 25 health and fitness screenings: multi-chemistry blood panels, fitness testing, immunizations, vision, mammograms, etc.

## **PROFESSIONAL EXPERIENCE**

### **Program Director, Endless Horizons: Movara East, December 2021 – June 2022**

- Oversee and facilitate pre-screening process of guests for proper fitness level grouping
- Promote and perform Vo2s and RMRs to guests upon arrival
- Monitor all medical concerns of guests and make sure information is given to appropriate managers and departments
- Address guest concerns relating to the fitness, hiking and education program
- Address any emotional, physical or health issues and make suggestions and refer guest to the nutritionist, life coaches, therapists, chiropractor, MAT, or any of the spa services when appropriate
- Manage and facilitate all outdoor activities such as private hikes, biking, and adventure activities on a needed basis
- Lead fitness classes, one-on-one training sessions, educational seminars, and guided hikes, as needed
- Provide take home program for guests
- Follow up with guests upon their departure regarding their progress at home

### **Wellness Instructor, Sunnyside Retirement Community, August, 2020 – December, 2022**

- Lead land and aquatic group exercise classes, providing the necessary modifications as needed per fitness level
- Supervised one-on-one exercise sessions
- Provided guest relations and manage reception desk to include greeting, welcoming and directing residents upon arrival; answering, screening and forwarding incoming phone calls
- Assisted Wellness Director in creating and implementing wellness programming
- Provided training on proper use of exercise equipment
- Processed information accurately, make appropriate decisions and take appropriate action based upon health history forms

- Developed and create written educational and informational materials, such as bulletin boards, flyers, articles, pamphlets
- Maintained current pool records
- Enforced facility policies
- Monitored and maintained work environment including fitness equipment
- Met all training requirements as required by Federal and State Regulations, company and community policies
- Demonstrated a commitment to safety by following safety rules and guidelines

**Recreation Specialist I**, Watauga County Recreation Parks and Recreation, July–Dec, 2003

- Planned, implemented, evaluated soccer, basketball, softball and baseball youth-athletic programs
- Coordinated the summer camp program of over 100 youth
- Supervised and assisted with evaluating 25 summer camp staff
- Assisted with monitoring the summer camp budget of \$50,000
- Recruited, trained, and evaluated coaches and officials for various athletic programs (soccer, basketball, softball, and baseball)

**Facility and Program Manager**, Northrop Grumman, 1996-1999

**Administrative and Staff Management**

- Supervised administration and operation of a 5,000 sq. ft. fitness and recreational facility for 500 employees
- Managed program budget of \$75,000
- Designed, implemented, supervised and evaluated all fitness programs (15 personal training sessions per week, 5 group exercise classes per week)
- Hired, trained, scheduled and evaluated five staff members (four group exercise instructors and one full-time staff)

**Programming**

- Recruited, coordinated, and promoted all health (weight room, group exercise, personal training), recreational (basketball team, softball team, racquetball, table tennis) and special events (blood drives, company party, company picnic)
- Promoted programs and services (monthly newsletters, word of mouth, Activities Committee)

**Risk Management**

- Effectively managed risk through establishment of facility rules and regulations, employee training, participant training, proper supervision, routine maintenance, and regular facility inspections using Occupational Safety and Health Administration (OSHA) regulations.

**Professional Service**

- Chair, Activities Committee

**Facility Supervisor, Aerofit Health & Fitness Center, 1995-2003**

- Maintained operations and supervision of facility (swimming pool, whirlpools, member services, weight room, emergency procedures)
- Maintained and updated Facility Supervisor training manual
- Trained new facility supervisors

**Personal Trainer, Aerofit Health & Fitness Center, 1995-2003**

- Provided one-on-one exercise-related consultations with members to help each of them best meet their fitness level and personal goals

**Fitness Program Director, YMCA at Barnett Office Park, 1993-1995**

**Administrative and Staff Management**

- Scheduled, trained, and supervised 10 part-time staff (weight room and front desk employees)
- Assisted with monthly membership application, renewals, customer service and facility reservations

**Risk Management**

- Effectively managed risk through the establishment of facility rules and regulations, employee training, participant training, proper supervision, routine equipment maintenance, and regular facility inspections

**Programming**

- Developed, implemented, supervised and evaluated educational and special events (YMCA Certified Workshop, employee health fair, incentive programs) for over 2,000 employees
- Coordinated cardiovascular, weight training, group exercise programs
- Coordinated recreational events (softball tournament, volleyball league)

**Informal Recreation Programmer, Georgia Southern University, January- March, 1993**

- Maintained and reported weekly participation statistics
- Data entry
- Maintained quarterly participation reports
- Assisted with day-to-day informal recreation operations
- Assisted with special events and athletic tournaments

**SKILLS AND CERTIFICATIONS**

- American College of Sports Medicine (ACSM) Fitness Specialist, 2004-Present
- National Strength and Conditioning Association (NSCA) Personal Trainer, 1999-Present
- American Council on Exercise (ACE) Personal Trainer, 1996-Present
- American Council on Exercise (ACE) Health Coach, 2008-Present
- American Red Cross CPR Instructor, 2007-Present
- American Red Cross First Aid Instructor, 2007-Present

- Young Men’s Christian Association (YMCA) Exercise Fitness Specialist, 1994-Present
- TRX Training Coach, January 2021-Present
- Occupational Safety and Health Administration (OSHA) Ergonomics, 2016-Present
- Physical Fitness Test Administrator, 1994-Present

### **AWARDS AND RECOGNITIONS**

- James Madison University, Lacrosse Team – Most Valuable Professor, Spring 2023
- Making a Difference Award, Beaver College of Health Sciences, Appalachian State University, 2015
- Recreation Management Service Award, Appalachian State University, 2013

### **PROFESSIONAL SERVICE**

- Member, James Madison University Health Sciences Diversity, Equity & Inclusive Committee, 2022-Present
- Member, James Madison University Social and Wellness Area Committee, 2022-Present
- Member, James Madison University Health Sciences Tenure Track Faculty Hiring Committee, Spring 2023
- Member, James Madison University President Council on Health & Wellness Committee, 2023-Present
- Participant, James Madison University 2022-23 New Faculty Academy
- Member, James Madison University Distinguished Teaching Award Committee, Fall 2022
- Chair, Appalachian State University Health Promotion for Faculty & Staff Advisory Committee, 2005-2020
- Member, Appalachian State University Smoking Policy Committee, 2007-2020
- Co-Chair, Appalachian State University Be-Well AppState Committee, 2015-2020
- Member, Appalachian State University Sustainability Committee, 2015-2020
- Member, Appalachian State University Health & Wellness Sub-Committee, 2015-2020
- Member, High Country Senior Games, 2004-2020
- Member, Emergency Response Team, 2016-2020

### **PRESENTATION**

- 2023 Diversity Conference: Leveraging book club sessions to amplify cutting-edge research findings and diversity classroom curriculum and community advocacy. Applying insights from the CFI book read, “Inflamed: Deep Medicine and the Anatomy of Injustice” to the health sciences teaching and advocacy work.

