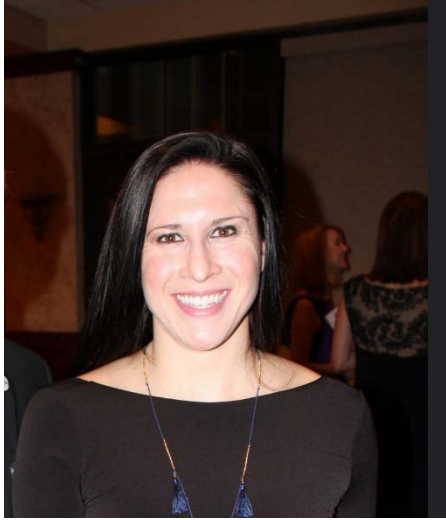


**College of Health & Behavioral Sciences
Department of Public & Allied Health Sciences**



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Position/Title: Lecturer

Major Area: Kinesiology

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Hometown: Dover, DE

Education:

- **D.Sc.** In progress, Health Promotion and Wellness Human and Sport Performance (Rocky Mountain University of Health Professions, Provo, UT)
- **M.S.** 2012 Applied Health Physiology (Salisbury University, Salisbury, MD)
- **B.S.** 2009 Exercise Science (Wesley College, Dover, DE)

Research Interest:

- Exercise conditioning – the effects of exercise on the metabolic and nutritional dietetic factors
- Overtraining in the fitness field- physiologic factors placed upon fitness instructors

Publications and Presentations:

- NSCA Delaware State Clinic, Speaker
Present evidence on controversies in Exercise Science
- DACA 2017 Conference, Speaker
Technology in Sports Science
Representing NSCA

Professional Organizations and Memberships:

- National Strength and Conditioning Association, Professional Member
- American Association for Cheerleading Coaches and Administrators
- American College of Sports Medicine, Alliance Member

