

# Suzanne Meredith

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## **PERSONAL STATEMENT**

As an effective University instructor with over 14 years of experience, I am continually enthusiastic about the opportunity to engage with primarily undergraduate students. I had opportunities to engage with graduate students during some years of my 3-year contract 2022-2024, before I was asked to step away from the position. Given my communication, listening, and academic skills, I navigate the educational complexities of individual student needs, whether in one-on-one settings, small classes, or large lecture classes. I am a passionate education advocate who directs student experiences through on-campus and off-campus internships to maximize the academic success of each student.

When I held the ENS Graduate Advisor position, I continued to build upon an extensive understanding of prospective and current graduate students to ensure that each student achieved their intended outcome(s).

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## **EDUCATION**

2007 – Present	<i>American Council on Exercise</i> Continuing Education Seminars; Workshops; & Symposia
2005 - 2007	<i>University of California at San Diego [UCSD] - Extension</i> Fitness Instruction and Exercise Science Professional Certificate <ul style="list-style-type: none"><li>○ Coursework included: Exercise Physiology, Kinesiology/Anatomy/Internship/Nutrition/ Adult Fitness Instruction/ Fitness for Special Populations</li><li>○ Additional coursework--Assertiveness Training for Students and Instructors</li></ul>
1976 – 1978	<i>San Diego State University [SDSU]</i> B.A. Recreation Administration/Therapeutic Recreation Honors: Graduated Cum Laude
1974 – 1976	<i>University of Santa Barbara [UCSB]</i> Undeclared major

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## **INTERNSHIP EXPERIENCES**

2007	<ul style="list-style-type: none"><li>○ Scripps Center for Integrative Medicine/Cardiac Rehabilitation <i>Scripps Clinic; La Jolla, CA</i></li><li>○ Lifestyle Change Program</li></ul>
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*Scripps Clinic; La Jolla, CA*

#### **THERAPEUTIC RECREATION PSYCHIATRIC SETTINGS:**

1981 – 1988

- Mentor to Therapeutic Recreation Interns  
*Mesa Vista Hospital*

1977- 1978

- *Mesa Vista Hospital*
- *San Diego Center for Children*
- *Alvarado Hospital*

#### **PROFESSIONAL APPOINTMENTS & EXPERIENCES**

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2022 – 2023

ENS Graduate Advising Team/Trained incoming Graduate Advisor

2018 – 2022

ENS Graduate Advisor

*Exercise and Nutritional Sciences Graduate Advisor of Masters' degree programs*  
*SDSU*

- Review all prospective ENS Masters' degree applicant materials
- Provide training and supervision of Graduate Student Teaching Assistants and Graduate Advising Assistants
- Provide regular graduate advising hours for prospective and current graduate students
- Review program coursework submissions by students
- Ensure all Masters' students are 'on track' an expedient graduation

2012 – Present

ENS Internship Coordinator contact for ENS

ENS 440 Internship Course Instructor

*Exercise and Nutritional Sciences for graduate and undergraduate degree programs*  
*SDSU*

- Extensive experience counseling and facilitating undergraduate and graduate student placements for degree requirements in fitness, health & wellness; exercise physiology; sports strength & conditioning; rehabilitation; and corporate settings
- Communicate with all prospective internship students regarding possible internship sites
- Continually interact with existing and possible internship sites; diligently work to establish solid relationships with and visit potential and existing acceptable internship sites and site supervisors, for ENS students; maintain continuing review of present and future sites on a continual basis
- Point of contact for all ENS internship sites
- Routinely update internship sites that enrolled students can gain access to for current internship sites, while also reaching out to possible internship sites with whom SDSU does not have a current Service Learning Agreement [SLA]

2012 – 2015

Fairbanks FITness [Fairbanks Interactive Training] Program Manager

*Fairbanks Ranch Country Club Golf Course; Rancho Santa Fe, CA*

- Developed new fitness program focusing on scheduling of fitness hours and activities; hiring of group fitness and personal training instructors; established Guest Speaker series and their recruitment; coordinated integration of golf/tennis/fitness programs
- 2012-2020 Taught Individual Personal Training & Group Fitness to include Yoga, Mat Pilates, Stretch class sessions, exercise programming modifications

2007 – Present

*American Council on Exercise*

Continuing Education Seminars; Workshops; & Symposia

1978 – 1998

**Certified Recreation Therapist**

*Acute Psychiatric Center; Mesa Vista Hospital*

- Trained in Cognitive Behavioral Therapy by Dr. Arron Beck and colleague; Participated in 6-week training session for selected therapists and hospital staff
- Selected out of a pool of applicants as Lead Recreation Therapist at Mesa Vista Hospital in the Cognitive Therapy Unit under the supervision of lead Psychiatrist - Dr. Raymond Fidaleo
- Taught and applied Cognitive Therapy techniques to psychiatric patient groups regarding the importance of Fitness, Exercise, Leisure Education, Assertive Training, Relaxation education techniques as tools to improve Mental Health
- Program Development; planned innovative activity and exercise programs for the Child and Adolescent Program, and the Adult Cognitive Therapy Program
- Individual patient treatment planning; Individual therapy and motivational techniques
- Principally focused on the following Patients/Clients with Specialties, including: - Child & Adolescent Unit; Adult Cognitive Therapy Unit for Depression, Anxiety, Suicide; Adult Day Treatment, chronic patients; and Senior Adult Unit
- Mentor to Therapeutic Recreation Interns

*Mesa Vista Hospital*

1978

**Certified Recreation Therapist**

- *Long-Term Residential Treatment Center; San Diego Center for Children*

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## **TEACHING EXPERIENCE**

2012 – 2015

**Graduate**

*ENS 796 – Exercise Specialist Internship course*

School of Exercise and Nutritional Sciences; SDSU

2018 - Present

**Undergraduate**

*Full-Time Lecturer – During Academic Year*

School of Exercise and Nutritional Sciences; SDSU

- ENS 440 – Fitness Practitioner Internship

- My teaching evaluations for ENS 440 upper division average at: 4.6
- ENS 331(online) – Exercise and Nutrition for Health, Fitness & Performance
- ENS 330 (online) Exercise and Wellness Across the Lifespan
- My teaching evaluations for ENS 330 and 331 upper division average at: 4.6

Lecturer during Summer Sessions; SDSU; (2020 - 2024)

- ENS 330 (online) – Exercise and Wellness Across the Lifespan

2012 – 2017

*Part-Time Lecturer – During Academic Year*

School of Exercise and Nutritional Sciences; SDSU

- ENS 331(online) – Exercise and Nutrition for Health, Fitness & Performance
- ENS 388A – Adaptive Fitness Clinic
- ENS 440 - Fitness Practitioner Internship
- HHS 350 – International Experience Switzerland; Co-Leader - 2017

2007 – 2018

Part-Time Lecturer – UCSD Extension--Year round

- Fitness Instruction and Exercise Science Certificate Program
- Internship Course Instructor
- Post-graduation BA or BS adult students

## **CERTIFICATES AND CERTIFICATIONS**

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2012 – Present

American Council on Exercise  
*Specialty Certificate – Orthopedic Exercise Specialist*

2007 – Present

American Council on Exercise  
*Certified personal Trainer/Health Fitness Instructor*

2007 – Present

UCSD Extension  
*Professional Certificate in Fitness Instruction/Exercise Science*

2007 – Present

UCSD Extension  
*Certified Group Fitness Instructor*

1978 – 2015

California Board of Recreation & Park Certification  
*Formerly Certified Recreation Therapist*

## **MEMBERSHIPS**

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- USTA--United States Tennis Association
- ACE----American Council on Exercise
- IDEA—Health & Fitness Association

## **PERSONAL HEALTH & FITNESS AND ADDITIONAL SKILLS**

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- Women's doubles tennis league and recreational play
- Hiking/Walking
- White water rafting
- Domestic and International Travel
- Yoga/Pilates/Zumba/Dance
- Outdoor Recreation
- Water sports

## **REFERENCES**

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- Fabio Comana - Exercise Physiologist/Faculty Instructor M.S., SDSU, UCSD, ACSM, ACE, NASM,
- Dr. Larry S. Verity PhD – Clinical Exercise Physiologist; Emeritus Faculty; Formerly Associate Dean and Interim Dean of CHHS; ACSM - CES
- Diane Mendlen- Previous Director of Activity Therapy Mesa Vista Hospital; Certified Recreation Therapist
- Robert Dean - CEO Vista Hill Foundation
- Francis Perrot – Previous Fairbanks Ranch Country Club Operations Manager