

**Suzanne Meredith**  
5500 Campanile Dr.  
San Diego, CA 92182  
619-594-5979  
Email: [smeredith@sdsu.edu](mailto:smeredith@sdsu.edu)

**Education:**

- UC San Diego Extension/Fitness Instruction/ Exercise Science Professional Certificate 2007
- Continuing education symposiums/American Council on Exercise
- San Diego State University--B.A. Recreation Administration/ Therapeutic Recreation 1976-1978
- University of California, Santa Barbara 1974-1976
- UC San Diego Extension Continuing Education courses  
Instruction Adult fitness; Fitness for Special Populations;  
Assertiveness Training student and Instructor

**Certificates & Certifications:**

- ACE-Certified Personal Trainer/Health Fitness Instructor
- ACE-Specialty Certificate/Orthopedic Exercise Specialist
- UCSD Extension: Professional Certificate in Fitness Instruction/Exercise Science
- Group Fitness Instruction Certificate
- Certified Recreation Therapist (CRT)
- CPR Certified
- Fitness Instructor Liability Insurance

**Professional Experience:**

- SDSU ENS Dept. Graduate Adviser May 2018
- SDSU School of Exercise & Nutritional Sciences 2012-Present
- Lecturer/Course Instructor/Internship Coordinator  
Exercise Physiology/Nutrition/Kinesiology/Fitness  
Adaptive Fitness Course
- Fitness Program Manager/Fairbanks Ranch Country Club 2012-2015
- UC San Diego Extension Fitness Instruction/Exercise Science Course  
Instructor/Internship Coordinator 2007-2018

• **Fairbanks FITness (Fairbanks Interactive Training) Program Manager**  
**Responsibilities:**

Developed new Fitness Program from a non-existent program, and schedule, hired group fitness and personal training instructors, Guest speaker series/recruit speakers; Ballroom Dance classes, Fitness Fair, contributed to marketing, consulting, and Fitness education.

Provided and developed integration of Golf/Tennis/Fitness programs as a team.

Taught Yoga, relaxations classes

- **SDSU ENS Dept. and UCSD Extension: Internship Coordinator**  
**Responsibilities:** Ten years of experience counseling and facilitating undergraduate and graduate student placements for course credit in fitness, health, wellness, exercise physiology, sports strength & conditioning, rehabilitation, and corporate settings; communicating with eligible Fitness internship students in the program; review applications; CPR, and resumes, monitoring throughout placements.

Make contact with, maintain long term relationships with, and visit potential and existing acceptable internship sites and site supervisors, for present or future students. Maintain continuing review of present and future sites on a continual basis. I have a wide network of contacts, and relationships with Fitness Providers over San Diego County.

**Certified Recreation Therapist, Mesa Vista Hospital, Acute Psychiatric** 1978-1998  
**Certified Recreation Therapist, San Diego Center for Children** 1978  
 Long term Residential Treatment Center Mental Health Facility

**Recreation Therapist Job Responsibilities and expertise--Taught Group activities with specialized training in the following areas:**

- **Trained in Cognitive Behavioral Therapy** and applied techniques to Fitness, Exercise, Leisure Education, Assertive Training, Relaxation education
- **Program Development;** planned innovative activity and exercise programs for Child and Adolescent Program, and Adult Cognitive Therapy Program
- **Individual patient Treatment planning**
- **Individual therapy, and motivational techniques**
- **Planned group parties,** field trips, event coordination, holidays,
- **Adaptive physical activities,** field trips, communication skills, assertiveness training, social skills and conversational skills class, leisure education, self esteem building activities, exercise and conditioning, stretch, low impact aerobics, stress management activities, guided imagery and stretching /relaxation classes/Yoga
- **Patient/Client population served:**
- Specialties include Child & Adolescent
- Adult Cognitive Therapy Unit for Depression, Anxiety, Suicide prevention
- Adult Day Treatment, chronic patients
- Senior Adult Unit

**Internships:**

- Fitness & Wellness: Scripps Center for Integrative Medicine/Cardiac Rehabilitation & Lifestyle Change Program 2007
- Therapeutic Recreation Psychiatric setting:  
 Alvarado Hospital 1977  
 Mesa Vista Hospital 1978  
 San Diego Center for Children 1978

- Mentor of Therapeutic Recreation Interns, Mesa Vista Hospital

### **Private Clients:**

- Provide in home fitness, recreational, social/communication skills programming to meet individual client's personal therapeutic needs & interests
- Provide clients a treatment plan to structure, activity, social, emotional and fitness needs into a weekly schedule
- Individual Personal Training/Wellness/Sports conditioning for aging population
- Sports injury prevention and functional fitness for recreational athletes

### **Memberships:**

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

### **Personal Health & Fitness Interests:**

Women's doubles tennis  
Hiking/Walking  
White water rafting/kayaking/boating  
Travel  
Yoga/Pilates/Zumba/Dance  
Outdoor Recreation  
Water sports

### **References:**

Fabio Comana-Exercise Physiologist/Faculty Instructor M.S., SDSU, UCSD, ACSM, ACE, NASM,  
Dr. Larry Verity PhD-Exercise Physiologist/Faculty/Asst. Dean in HHS at SDSU; ACSM  
Diane Mendlen- Previous Director of Activity Therapy Mesa Vista Hospital; CRT  
Robert Dean, CEO Vista Hill Foundation  
Francis Perrot- Fairbanks Ranch Country Club Operations Manager

Contact information available upon request