**Suzanne Meredith**

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Personal Statement

As an effective University instructor with over 10 years of experience, I am continually enthusiastic about the opportunity to engage with both undergraduate and graduate students. 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. As ENS Graduate Advisor, I continue to build upon an extensive understanding of prospective and current graduate students to ensure that each student achieves their intended outcome(s).

Education \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_

2007 – Present *American Council on Exercise*

 Continuing Education Seminars; Workshops; & Symposia

2005 - 2007 *University of California at San Diego [UCSD] - Extension*

Fitness Instruction and Exercise Science Professional Certificate

* Coursework included: Adult Fitness Instruction; Fitness for Special Populations; Assertiveness Training for Student and Instructor

1976 – 1978 *San Diego State University [SDSU]*

 B.A. Recreation Administration/Therapeutic Recreation

Honors: Graduated Cum Laude

1974 – 1976 *University of Santa Barbara [UCSB]*

 Undeclared major

**INTERNSHIP EXPERIENCES**

2007 UCSD:

* Scripps Center for Integrative Medicine/Cardiac Rehabilitation

*Scripps Clinic; La Jolla, CA*

* Lifestyle Change Program

*Scripps Clinic; La Jolla, CA*

**Therapeutic Recreation Psychiatric Settings:**

1981 – 1988

* Mentor to Therapeutic Recreation Interns
* *Mesa Vista Hospital*

1978-SDSU

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

**PROFESSIONAL APPOINTMENTS & EXPERIENCES**

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

 *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

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

1978 Certified Recreation Therapist

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

**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
* ENS 331(online) – Exercise and Nutrition for Health, Fitness & Performance
* Lecturer during Summer Sessions (2020-present) SDSU
* 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

2007 – 2018 Part-Time Lecturer

* Fitness Instruction and Exercise Science Certificate Program: Internship Course Instructor

 UCSD Extension

**CERTIFICATES AND CERTIFICATIONS**

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**

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

**PERSONAL Health & FTINESS AND ADDITIONAL SKILLS**

* Women’s doubles tennis
* Hiking/Walking
* White water rafting
* Domestic and International 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 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; CRT
* Robert Dean, CEO Vista Hill Foundation
* Francis Perrot- Fairbanks Ranch Country Club Operations Manager