**EDUCATION**

Ph.D. Seton Hall University, South Orange, NJ

School of Health and Medical Sciences

Doctor of Philosophy, Movement Science (2014)

MS Montclair State University, Montclair, New Jersey

Master of Science, Exercise Physiology (1996)

BS William Paterson University, Wayne, New Jersey

Bachelor of Science, Exercise and Movement Science (1989)

**LICENSES:**

LMTInstitute for Therapeutic Massage, Pompton Lakes, New Jersey

Academic preparation for the National Certification Board for Therapeutic Massage and Bodywork licensure examination (2005)

**EMPLOYMENT EXPERIENCE**

**Exercise Consultant - (1988 – 2019)**

**Exerflex Inc. dba Nature’s Remedy, Wayne, New Jersey**

Health/Fitness/Wellness Consulting Company - Private and Corporate

Exercise Instructor, Massage Therapy, Yoga, Meditation and Reiki Practitioner

**Adjunct Professor - (1999-2013)**

William Paterson University, Department of Kinesiology

**Instructor - (2013-2014)**

William Paterson University, Department of Kinesiology

**Assistant Professor - (2015 to present)**

William Paterson University, Department of Kinesiology

**Group Exercise Instructor – Yoga, Pre-natal Yoga, Pilates, National Arthritis Group Exercise Class (2004-2013)**

Chilton Memorial Hospital New Vitality and Inspire Programs

**Instructor­- Sports Massage, Energetic Techniques, Developed Personal Training Curriculum - (2009-2010)**

Institute for Therapeutic Massage, Pompton Lakes, New Jersey

**Exercise Consultant**

**Hoffmann-La Roche, Nutley, New Jersey (1996-2013)**

Coordinate and manage the group exercise and health promotion programs for various Roche campuses

Worked closely with their onsite Ergonomist to prescribe exercises for the Call Center, Animal Researchers and Tablet and Capsule production team.

Recommend individual exercise programs

Instruct group exercise classes

Conduct fitness assessments and retests for the rescue squad and hazmat team and fire brigade

Encourage and motivate employee participation in health and fitness programs

Develop, implement and track participation for monthly health and wellness programs

Conduct bone density screenings utilizing the Achilles Heel machine

Conduct cholesterol screenings utilizing the Cholestech apparatus

Conduct health coaching sessions

Actively work with the Medical Department and the Wellness staff to communicate programming information across the organization

**Assistant Professor - (1996)**

William Paterson University, Department of Kinesiology

Teaching Assignments: Aerobics

**Fitness Specialist – (1995)**

**Reckitt and Coleman, Wayne, New Jersey**

Assisted in the start-up of firm's fitness center

Conducted submaximal fitness testing

**Fitness Specialist – (1994)**

**Fitness Systems at American Cyanamid (Fortune 500 Company) Corporate Fitness Center, Wayne, New Jersey**

Conducted submaximal fitness testing, orientations, and group exercise instruction for members

Developed individual exercise programs for members

Employed state-of-the-art computer technology to develop fitness programs for members and chart their progress

Tracked participation and facility usage

Assisted with the development, promotion and evaluation of health and fitness employee programs

Assisted with managing and developing 1995 fitness center budget

**Exercise Specialist, Valley Chiropractic Center/Rehab Plus, Wayne, NJ (Feb. – Sept. 1994)**

Conducted computerized muscle strength testing, EMG testing and body composition analysis

Designed and implemented rehabilitation programs for patients

Assisted with modalities and therapy, ultrasound, electrical muscle stimulus, traction and massage

**Cardiac Rehabilitation, St. Joseph’s Hospital, Paterson, NJ (1988)**

Assisted patients in cardiac rehabilitation

Monitored blood pressure, EKG and heart rates during rest, exercise and recovery

**Owner, Exerflex Inc. dba Nature’s Remedy, Wayne, NJ (1988-present)**

Personal fitness training (private, corporate)

Provide health/fitness programs to corporations

Develop and implement health/fitness/wellness lectures and programs

Provide and train instructors for group exercise programs

Provide vendors for services such as health fairs, cooking demonstrations nutritional consultations, cancer screenings, presentations

Provide onsite chair massage programs to corporations

Instruct classes in yoga, gentle yoga, yoga for back care and pre-natal yoga

**Manager, Sales and Service, Woman’s Way Fitness Center, Wayne, NJ (1984- 1992)**

Managed a 7,000 square foot fitness center with approximately 700 active members

Supervised and trained support staff in membership sales, member service and group exercise instruction

Responsible for designing, implementing and evaluating motivational and promotional programs for members

Fulfilled daily operational responsibilities including maintenance of equipment and supplies

Developed daily, weekly, monthly, and annual sales goals for the sales and service staff

Personal sales always exceeded monthly quota

**Administrative responsibilities included:**

Fitness Center Budget

Marketing

Monthly and Annual Reports

Daily Cash Receipts

**Achievements included:**

Top Sales Award, 1987 and 1989

New car awarded for top sales (1989)

Manager of the year (1985-1986)

**Group Fitness Instructor for employees - (1983-1985)**

Health Start Program, Wayne General Hospital, Wayne, NJ

**UNIVERSITY TEACHING EXPERIENCE**

**1999 – Present**

EXSC 4900 Internship in Exercise Physiology

PBHL 1100 Healthy U

EXSC 4600 Exercise Programs for Older Adults (hybrid and online)

KNES 1500 Intro to Movement Science

EXSC 3900 Aerobic and Anaerobic Leadership (hybrid and online)

PEAC 254 History and Philosophy of Sport

PEAC 353 Psychology of Motor Learning and Lab

KNES 2300 Tests and Measurements

EXSC 3800 Health Promotion and Fitness Management (online)

PEAK 263 Conditioning

PEGE 150 Fitness for Life

PEGE 200 Active Lifestyles (hybrid)

KNES 3500 Physiology of Exercise and Lab

PEAK 167 Badminton

PEAK 261 Field Hockey

PEAK 165 Golf

PEAK 169 Folk, Square and Ballroom Dance

Freshman Seminar

**Graduate Classes:**

EXSC 4160 Physical Activity and Aging

EXSC 6130 Neuromuscular Physiology

EXSC 6600 Current Trends

EXSC 5020 Research Methods & Design

EXSC 7700 Graduate Internship

EXSC 7800 Graduate Thesis Advisor

Doctoral Thesis Committee Member – 2 Seton Hall Students (2020 to present)

**SERVICE**

***UNIVERSITY***

2022-2023 **Chair, Career Development/Tuition Reimbursement Committee –** reviewed 27 career development applications with no tuition reimbursement applications

2021 - 2022 **University Faculty Range Adjustment Committee** – Reviewed those full-time who meet or exceed criteria established for range adjustments within rank

2021 **Career Development** - Co-hosted with Alma Diaz “Careers in Health and Fitness” – invited 4 guest speakers from Physical Therapy, Flexology, Health Coaching and Cardiac Rehabilitation on zoom. (30 students from Exercise Science attended)

2021 WP Continuing Education – working with Iris Dimaio and Kim Wolfe on bringing the American Council on Exercise (ACE)– Certified Personal Trainer program to WP students, high school students and the community.

2020-2023 **Assessment Committee-** responsible for assessing UCC’s

2020 **University Admissions Out-Reach –** made phone calls to prospective students

2020 **Suicide Prevention Committee** – Assisted Health, Wellness and Counseling with program planning for suicide prevention

2020-2021 **Career Development** – Worked on Pilot program to bring our internship program online with Career Development

2021 **New York City Chiropractic College** – working to establish a 3 + 3 program

2021 **WP Continuing Education** – working with Iris Dimaio and Kim Wolfe on bringing the American Council on Exercise (ACE)– Certified Personal Trainer program to WP students, high school students and the community.

2020-present **Health, Wellness and Counseling** - Provided Exercise is Medicine on Campus (EIM-OC) – working towards bringing physical activity, mental health and wellness activities to our students in the time of a Pandemic.

Created videos for Wellness 101 Course Content:

How to Reduce Stress and Anxiety during a Pandemic

<https://www.youtube.com/watch?v=WCgr1Yddm3Y>

How to Manage Stress and Anxiety as you return to Campus (Power Point)

What does Mental Health Mean to You: <https://www.youtube.com/watch?v=4G4krbHYj-o>

Physical Activity and Exercise for Your Health (Power Point)

Take a Breath (Power Point)

2019- 2021 **Career Development/Tuition Reimbursement Committee** – reviewed career development and tuition reimbursement applications

2019 - 2021 **Three Search Committees** (Chair 2021) (Retention and Tenure) for Dept. of Kinesiology Exercise Science, Sport Management and Physical Education candidates

2019 - 2020 **Supervisor -** BAPE - St. Joseph’s Children’s Hospital’s Binder Autism Program -

2021 - 2022 Organized a Swim and Gym Program at William Paterson University

2018 Women’s Center **–** collaborating with Women’s Center, Recreation Center, Counseling Health and Wellness, Alumni Office to bring ‘Love Your Body Fair’ to our student population. Provided a speaker (owner of one of our internship sites), had my leadership students perform Body Fat evaluations for the WP students.

2017 **Love Your Body Fair** – provided a speaker and students to do Body Composition

2016 - 2018 **Human Resources** – Provided exercise classes to improve bone and overall health

2016 - 2018 **Civic Engagement** - Internal Advisory Board

2016 **Human Resources** –Lunch and Learn – presented Osteoporosis the Impact of Exercise

2016 **Human Resources** –Conducted bone density screenings to faculty

2015 - 2016 **Search Committee** for Dept. of Kinesiology Sport Management

2015 - 2016 **Homecoming Committee** – organized a table with games and prizes

2005 - 2018 **Workshop Host and Presenter** - 2-day workshop for the American College of Sports Medicine’s Health Certified Exercise Physiologist Certification every year This workshop is available to WPU graduates of the Exercise Science program as well as other interested candidates across the United States.

2006 – 2015 **Liaison** between the WPU testing department and the NSCA – Host site for the National Strength and Conditioning Certified Personal Trainer and Certified Strength and Conditioning Specialist Exam

2014 **Human Resources - Lunch and Learn** – presented Back Safety while Gardening.

2014 – 2020 **ACSM Exercise is Medicine (EIM)** -worked with Health and Wellness, various departments on campus as well as St. Joseph’s Medical Center to foster a collaborative relationship that embraces physical activity and good health practicesacross our campus.

2014 - 2015 Awarded the Bronze Level Recognition

2015 - 2016 Awarded EIM Silver Level Recognition

2016 - 2017 Awarded EIM Gold Level Recognition

2017 - 2018 Awarded EIM Gold Level Recognition

2020 - 2021 Awarded EIM Silver Level Recognition

2015 **Cruise Into Better Health** - Collaborated with Desyra Highsmith on a summer 6- week journey to better health program. Conducted weekly weigh-ins, body composition, BMI and waist circumference measurements for the WP faculty and staff that signed up

***COLLEGE***

2022-2023 **Chair, Career Development /Tuition Reimbursement Committee-** identify eligible Items for Reimbursement.

2020 - 2023 **COSH Assessment Committee-** responsible for Exercise Science and Sport Management assessments are done. Also responsible for assessing UCC’s

2020 – 2021 **COSH University Range Adjustment Comm**ittee - Reviewed those full-time who meet or exceed criteria established for range adjustments within rank

2020 - 2021 **Career Development/Tuition Reimbursement Committee** – reviewed career development and tuition reimbursement applications

2020-present **Recreation Center** –

Working towards establishing an internship program with Rec.

Working to establish a relationship between the Aerobic and Anaerobic

Leadership program to do hands on training at the Rec

Exercise is Medicine on Campus (EIM-OC) – working towards bringing physical activity, mental health and wellness activities to our students in the time of a Pandemic.

2019- 2020 **Career Development/Tuition Reimbursement Committee**

2019 - 2020 **COSH New Faculty Mentoring Program**- Assisted mentored a first year Nursing faculty

2015 –2020 **Library Committee**- act as a liaison between Kinesiology and Library. Established customized sites for our undergraduate and graduate classes

2015 –2017 **Safety and Advisory Committee** – created safety posters for the Exercise Science Human Performance Lab

2015 **Carried COSH banner at Convocation**

2015 **Autism Spectrum Group** -Attended meetings with Dr. Amy Learmonth

***DEPARTMENT***

2000 – 2001 **Undergraduate Academic Advisement**

2013–present **Kinesiology Majors Club Faculty Advisor** – responsible for overseeing the students are planning programs for the entire University and they work to collaborate with other departments

2013 – 2018 **Social Committee** – Plan for social events within the department

2014 In-service for the Athletic Training Majors-developed a manual and presented Myofascial Release techniques for Dr. Linda Gazzillo-Diaz’s ATEP-3700 Therapeutic Exercise in Athletic Training class

2014 – 2021 Conduct CPR/AED Certification Workshops to Students.

2015 – 2018 **Undergraduate Academic Advisement**- Advise Exercise Science students

2021 - 2022 **Undergraduate Academic Advisement** - Advise Exercise Science students

2015 – 2018 **Incoming and Transfer Student Advisement** – Positioned in the Ballroom and advised those accepted to the University and guide them with course selection

2015 – 2016 **Wayne Township Young Adult Transition Program (YATP)**

Responsible for establishing a connection between the township and the Dept. of Kinesiology in bringing those who completed their graduation requirements to WP to complete their state mandated PE requirements.

2013 **Authored two course proposals**, EXSC 1500 and 1600

2019 **Revised two course proposals**, EXSC 1501 and 1601

2019 **Authored one course proposal**, EXSC 3902

2019 – 2020 **Program Supervisor** – St. Joseph’s Children’s Hospital’s Binder Autism Program 2022 Organize a Swim and Gym Program at William Paterson University

2020-2022 **Technology Committee** –

responsible for the Exercise Science page on the Kinesiology website

Manage our Facebook, Instagram and Twitter page

2020 - 2021 **Virtual Open House** – Created an Academic Presentation for our internship program and presented it to community college students

2021-present **In-person Open House** – conducted presentations and tours to prospective students

2021 **Developed and presented promotional videos** to Bergen County Community College and County College of Morris

2021 **Chair** – promotion and retention committee for faculty member

**Member** – range adjustment committee for faculty member

**2016, 2017, 2019 Author Reception:** Submitted publications done with faculty and students

***COMMUNITY SERVICE***

2021 Wrote an article for Zippia.com on the “Most Important Exercise Physiology Skills According to Experts” (scroll all the way down):

<https://www.zippia.com/exercise-physiologist-jobs/skills/>

2020 – 2022 **Wayne Township** – Mayor’s Senior Advisory Board

**Wayne Township** – Age Friendly Initiative Board

**Wayne Township** –

Developed a Five Month Health Promotion program for Channel 77– Dimensions of Wellness- each month address each component of Wellness

Featured on Ch. 77 Wayne’s local station (T, Th at 2:00) - Chair Yoga and Cognitive Exercise Classes

**Wayne Township** –

Developed 4 exercise videos (Flexibility, Strength, Low Impact Walking, and Walking with Weights) for seniors to be featured on Channel 77 (T, Th at 2:00)

2021 **Alumni Relations, Recreation, Wayne Township, Exercise Science –**  Worked on planning a 5K for Fall 2022.

2021 **Wayne Township** –

Developed and Implemented a Multigenerational Walking Program for Wayne Seniors – Students from EXSC 3800 Exercise and The Older Adult Class - assisted seniors 2 days per week for 8 weeks in the fall 2021 on a walking program followed by a strength and flexibility program

2020 **Developed 3 Online Live Webinars for Massage Therapists, Chiropractors, Athletic Trainers and Physical Therapists.**

* Stretching to Reduce Stress
* Ethics for Massage Therapists, Chiropractors, Dentists and Health Care Professionals
* Massage for Aging
* Myofascial Release for Performance

2019 – 2020 **St. Joseph’s Children’s Hospital’s Binder Autism Program** – Supervise and

2022 Organize a Swim and Gym Program at William Paterson University

2016 – 2018 **St. Joseph’s Hospital,** Paterson working on bringing Exercise is Medicine to Paterson School District.

2013 – 2017 **Wayne Health Department and Chilton Memorial Hospital** Represented William Paterson University as a mentor for students who managed a table with educational handouts relating to the importance of body composition and flexibility and performed fitness assessments for participants

2013 **Chilton Memorial Hospital’s Health and Wellness Program** - Provided Children’s Fitness Classes for a 12-week project in conjunction with a research grant for Childhood Obesity

2013 **St. Joseph’s Children’s Hospital** - Research Assistant for a 12-week Wellness Program at School Number 5 Elementary School, Paterson, NJ

1999 **Wrote articles related to health and fitness** which have appeared in the Wayne

Today, Suburban Trends, Newark Star Ledger, the Independent News and The Jewish Community News of Northern NJ

1999 **Featured on radio talk show and three local cable television show**s answering questions related to health and fitness

1998 **Consulted in a nationally distributed teen exercise video**

**SCHOLARSHIP**

***PEER REVIEWED PUBLICATIONS:***

**LaSala, T**., Cola, J., Dimartino, V. (2022). Exercise Considerations and Recommendations for Chronic Obstructive Pulmonary Disease. *ACSM’s Health and Fitness Journal. November Issue 2022.*

**LaSala, T.** (2022). Post Lung Transplant-Exercise Guidelines. *ACSM’s Health and Fitness Journal. November Issue 2022.* **(Invited)**

**LaSala**, T., Kowzun, T, & Figueroa, M. (2021). The Effect of a Hatha Yoga Progression on Hamstring Flexibility. *Journal of Bodywork and Movement Therapies, 28*, p. 439-449.

<https://www.sciencedirect.com/science/article/abs/pii/S1360859221001315?via%3Dihub>

**LaSala, T**., Cola, J. Figueroa, M. & Emmons, R. (2020). Fat Oxidation Differences in Deconditioned Normal Weight and Obese Individuals on a Lower Body Positive Pressure Treadmill. *International Journal of Applied Science and Technology, 10(4*), p. 14-22. *doi:10.30845/ijast.v10n4p2*

<http://www.ijastnet.com/journals/Vol_10_No_4_December_2020/2.pdf>

Cola, J**, LaSala, T**. (2019). The Effects of Various Warm-Up Devices on Baseball Bat Velocity

in Collegiate Baseball Players: A Pilot Study. *International Journal of Applied Science and*

*Technology*, *9*, (2) 1-9.

<https://www.ijastnet.com/journals/Vol_9_No_2_June_2019/1.pdf>

**LaSala, T**., Cola, J., Figueroa, M.A., & Emmons, R. (2018). Determination of Exercise Intensity that Elicits Fat Oxidation on a Body Weight Supported Treadmill in Normal Weight Individuals. *International Journal of Applied Science and Technology, 8 (4)*, p.11-9.

<https://www.ijastnet.com/journals/Vol_10_No_4_December_2020/2.pdf>

Louie, K., Kollia, B., Vargas, P., Figueroa, M., **LaSala, T**., Emmons, R. (2018). Assessment of Inter-Professional Competencies among Graduate Students in Nursing, Communication Disorders and Exercise Science in the US. *International Journal of Applied Science and Technology, (8),* 5, 10-15.

<https://www.ijastnet.com/journals/Vol_8_No_4_December_2018/2.pdf>

**LaSala, T.,** Cola, J., & Figueroa, M.A. (2017). Energy Expenditure of Obese Men Walking with Body Weight Support. *International Journal of Applied Science and Technology, (7),* 3, 1-8.

<https://www.ijastnet.com/journals/Vol_7_No_3_September_2017/1.pdf>

Figueroa, M.A., Di Stephano, P., Poole, C., **LaSala, T**., Emmons-Hindelong, R. & Manning, J. (2016). Aerobic Conditioning in Two Simulated Reduced Gravity Environments Compared to Terrestrial Treadmill Training. *International Journal of Applied Science and Technology*, 6, (4).

<https://www.ijastnet.com/journals/Vol_6_No_4_December_2016/1.pdf>

**LaSala, T.,** Pinto Zipp, G., DeBari, V.A., & Figueroa, M.A. (2016). Physiological Responses of

Walking on a Lower Body Positive Pressure Treadmill in Males Classified as Obese.

*International Journal of Applied Science and Technology, (6),* 3, 57-66.

<https://www.ijastnet.com/journals/Vol_6_No_3_September_2016/7.pdf>

**LaSala, T**., Pinto Zipp, G., DeBari, V.A., & Figueroa, M.A. (**2015**). Peak Fat Oxidation Rates

in Males with Obesity during Treadmill Walking With Body Weight Support. *International*

*Journal of Applied Science and Technology, (5),* 5, 10-18.

<https://www.ijastnet.com/journals/Vol_5_No_5_October_2015/2.pdf>

\*Santillo N., Figueroa M., **LaSala T. & Manning, J. (2014).** Ventilatory Threshold Responses

at Different Percentages of Body Weight The Alter-G® Anti-Gravity Treadmill: A Pilot Study.

*International Journal of Exercise Science: Conference Proceedings*: Vol. 9: Iss. 2, Article 72.

Available at: <http://digitalcommons.wku.edu/ijesab/vol9/iss2/72>

**\*Undergraduate student research**

***PUBLICATIONS IN PROGRESS***

**LaSala, T.,** Cola, J., & Hack, D. (**currently collecting data**). How to reduce Stress and Anxiety during a Pandemic-Take a Breath.

Emmons, R., **LaSala, T.,** & Figueroa, M. (**data collected, currently writing**). Postprandial lipemic responses after acute high intensity short duration and low intensity long duration exercise

**LaSala, T.,** Laughlin, M.K., Learmonth, A., & Lagomarisino, C**. (on hold due to Pandemic).** The Effects of Aquatic Skills Training on Social Behavior, Flexibility and Balance in Children with Autism.

***SCHOLARLY PRESENTATIONS***

***International Presentation - Invited:***

**LaSala, T**., & Figueroa, M. (2021) - 2nd International Conference on Alternative Medicine “*Unveiling the advances in the field of the alternative medicine*” October 25 and 26, 2021 in the city of Vienna, Austria. “The Effect of Hatha Yoga Practice on Hamstring Flexibility”.

Kowzun, T, **LaSala, T**., & Figueroa, M. The Effect of a 7-week Progressive Yoga Intervention on Hamstring Flexibility. **Presented at the Mid-Atlantic Regional Chapter of the American College of Sports Medicine Annual Regional Meeting, Harrisburg, PA. November, 2020.**

**\*Graduate student research**

**LaSala T**., & Butler, B., (2019) – Invitation to Present for CAPE - Exercises for Children/Adolescents with Autism. NJAHPERD Future Professionals Workshop Long Branch Middle School November 17, 2019.

Cola, J., **LaSala, T.** (2019). The Effects of Various Warm-Up Devices on Baseball Bat Velocity in Collegiate Baseball Players: A Pilot Study. **William Paterson University Explorations, May 2019.**

**LaSala, T**., Cola, J. Figueroa, M., & Emmons, R. (2019). Determination of Exercise Intensity that Elicits Maximal Fat Oxidation on a Body WeightSupported Treadmill in Normal Weight Males, **Explorations, William Paterson University, April 2019.**

**LaSala, T.,** Cola, J., Emmons, R.R., Figueroa, M.A., Frabasile, F. (2018). Acute Physiological Responses During Steady State and High Intensity Interval Training in Inactive Men. **Presented at ACSM’s 65th Annual Meeting, Minneapolis, MN. June, 2018.**

**LaSala, T**., Cola, J., Figueroa, M.A. & Pinto Zipp, G., (2017). Energy Expenditure of Obese Men Walking with Body Weight Support. **William Paterson University Explorations, May 2018.**

\*Patel, K., **Lasala, T**., Cola, J., Emmons, R.R., Figueroa, M.A., Dabon, J., (2018). Caffeine supplementation on Anaerobic Power during Sprint Interval Exercise. **Presented at the Mid-Atlantic Regional Chapter of the American College of Sports Medicine Annual Regional Meeting, Harrisburg, PA. November, 2018. \*Graduate student research**

**\***Moore, A., **LaSala, T., (2016).** Predictability of a Linear Model of Repetition Maximums in the Bench Press v. Traditional Conversion Equations. **Presented at the** **National Strength and Conditioning State Clinic, June 4, 2016. \*Graduate student research**

**LaSala, T.,** Pinto-Zipp, G., Figueroa, M., & DeBari, V. (**2015)**.Peak Fat Oxidation Rates in Males with Obesity during Walking on a Treadmill with Body Weight Support. **Presented at the American Society of Exercise Physiologists, DeSales University, April 18, 2015.**

**LaSala, T.,** Pinto-Zipp, G., Figueroa, M., & DeBari, V. (2014).The Effects of Walking on the AlterG® Treadmill on Fat Oxidation in Overweight/Obese Males. **Seton Hall University December 9, 2014.**

**LaSala, T.,** Pinto-Zipp, G., Figueroa, M., & DeBari, V. (2014).The Effects of Walking on the AlterG® Treadmill on Fat Oxidation in Overweight/Obese Males. **Presented at the Mid-Atlantic Regional Chapter of the American College of Sports Medicine Annual Regional Meeting, Harrisburg, PA. November, 2014.**

**LaSala, T.,** Pinto-Zipp, G., Figueroa, M., & DeBari, V. (2014).The Effects of Walking on the AlterG® Treadmill on Fat Oxidation in Overweight/Obese Males. **Seton Hall University – Research Forum – Presented Results -October 16, 2014.**

**LaSala, T.,** Pinto-Zipp, G., Figueroa, M., & DeBari, V. (2014).The Effects of Walking on the AlterG® Treadmill on Fat Oxidation in Overweight/Obese Males. **Seton Hall University – Research Forum – Presented Methodology- June 17, 2014.**

**LaSala, T.,** Pinto-Zipp, G., Figueroa, M., & DeBari, V. (2014).The Effects of Walking on the AlterG® Treadmill on Fat Oxidation in Overweight/Obese Males. **Seton Hall University – Research Forum – Presented Review of Literature-** **May, 22, 2014.**

Santillo N., Figueroa M., **LaSala T. (2013).** Ventilatory Threshold Changes at Different Percentages of Body Weight The Alter-G® Anti-Gravity Treadmill: A Pilot Study. **Presented at the Mid-Atlantic Regional Chapter of the American College of Sports Medicine Annual Regional Meeting, Harrisburg, PA. November, 2013. \*Graduate student research**

**FACULTY SPONSORED GRADUATE STUDENT RESEARCH**

Kowzun, T, **LaSala, T**., & Figueroa, M.. The Effect of a 7-week Progressive Yoga Intervention on Hamstring Flexibility. **Accepted to** **present at the Mid-Atlantic Regional Chapter of the American College of Sports Medicine Annual Regional Meeting, Harrisburg, PA. November, 2020. \**Graduate student research***

Patel, K., **LaSala, T**.,Cola, J**.**, Emmons, R.R., Figueroa, M.A., Dabon, J. (2019) Caffeine Supplementation on Anaerobic Power During Sprint Interval Exercise. **\*Graduate student research**

Lora, M., **LaSala,** T. & Figueroa, M. **(2020).** Motivators and Barriers to Returning to the Gym as a Result of the Pandemic.  **\*Graduate student research**

Galan, T., **LaSala, T. & Figueroa, M (2020).** Effects of a Mindfulness Practice on Emotional Regulation in Urban Youth. **\*Graduate student research**

***GRADUATE AND UNDERGRADUATE PRESENTATIONS***

Frabasile F, Llivicura O, Lipata A, Garcia R, **LaSala T**, Cola J. (2018)

The Effects of RER, RPE, VO2, HR on Steady State and High Intensity Interval Training

Energy Expenditure of Obese Men Walking with Body Weight Support, **Explorations William Paterson University, April 2018. (*Undergraduate Student Research)***

Frabasile, F. **LaSala, T**., & Cola, J (2018). Acute Physiological Responses During Steady State and High Intensity Interval Training. **Annual Meeting, World Congress on Exercise is Medicine®, and World Congress on the Basic Science of Muscle Hypertrophy and Atrophy, Minneapolis Convention Center and Hyatt Regency Minneapolis Hotel, June 2, 2018. (*Undergraduate Student Research*)**

\*Patel, K., **Lasala, T**., Cola, J., Emmons, R.R., Figueroa, M.A., Dabon, J., (2018). Caffeine supplementation on Anaerobic Power during Sprint Interval Exercise. **Presented at the Mid-Atlantic Regional Chapter of the American College of Sports Medicine Annual Regional Meeting, Harrisburg, PA. November, 2018. \**Graduate student research***

**LaSala, T.,** Cola, J., Poirier, T., Rodas, J., Okafor, N., and Shidfar, J. (2017). The Effects of a Heart Rate and Blood Pressure when Performing a Burpee. **William Paterson University Explorations, April 2017. *(Undergraduate Student Research*)**

**LaSala, T**., Cola, J., Malgieri, A., Monico, A., Phillips, C., Marcelo, C. (2017). The Acute Effects of Kripalu Yoga versus Dynamic Stretching on Hamstring Flexibility. **William Paterson University Explorations, April 2017. (*Undergraduate Student Research*)**

**LaSala, T**., Cola, J., Aiello, F., Brown, M., Cortez, W., Clyburn, R. (2017). Does Performing Self-Myofascial Release Prior to Anaerobic Activity Increase Strength? **William Paterson University Explorations, April 2017. (*Undergraduate Student Research*)**

**LaSala, T**., Cola, J., Soriano, J., Valencia J., Xie, M., Treier, D. (2017). The Effect of Plyometrics Compared to Resistance Training on Vertical Jump Height. **William Paterson University Explorations, April 2017.**

**\***Moore, A., **LaSala, T., (2016).** Predictability of a Linear Model of Repetition Maximums in the Bench Press v. Traditional Conversion Equations. **Presented at the** **National Strength and Conditioning State Clinic, June 4, 2016. \*Graduate student research**

**FUNDING**

**LaSala,** T., Cola, J., Dimartino, V., & Acampora R. (2021). Submitted with Wayne Township Health Department. Move Together, is a Power of She Fund grant (Women’s Sports Foundation), supporting organizations that foster multigenerational connection in their communities through sport, fitness and movement-based programming for girls and women.

**Wicke, J., LaSala, T., & Cola, J. (2022).** Faculty Research and Grant Incentive Program. Inertial Changes During Pregnancy - Approved May 15, 2022. ($25,000)

**LaSala, T.,** & Laughlin, M. K. (2018, 2019). Horizon Blue Cross Blue Shield Grants. ($45,000)

***EDUCATIONAL PRESENTATIONS***

2022 **Faculty Survey Spring 2022 Advisor Session** – March 29th zoom **recorded**

Ethics for Massage Therapists, Chiropractors, Dentists and other Healthcare Professionals. Institute for Continuing Education/Dental Studies, Fairfield, NJ. (April 19th, June 9th)

Prescriptive Stretching -Institute for Continuing Education/Dental Studies, Fairfield, NJ (Jan. 18th April 14th).

Myofascial Release -- Institute for Continuing Education/Dental Studies, Fairfield, NJ (Jan 20th, May 21st).

Stretching for Stress Reduction- Live Webinar, Institute for Continuing Education/Dental Studies, Fairfield, NJ (June 15th)

Massage for Aging. Institute for Continuing Education/Dental Studies, Fairfield, NJ.

(June 23rd)

2021 Stretching for Stress Reduction- Live Webinar, Institute for Continuing Education/Dental Studies, Fairfield, NJ (May 27th, June 24th, August 19th)

Massage and Aging – Live Webinar, Institute for Continuing Education/Dental Studies, Fairfield, NJ (June 3rd).

Myofascial Release -- Institute for Continuing Education/Dental Studies, Fairfield, NJ (June 27th, July 29th, Sept. 26th).

Prescriptive Stretching -Institute for Continuing Education/Dental Studies, Fairfield, NJ (July 8th, Oct. 10th).

2020 Stretching for Stress during COVID-19. Institute for Continuing Education/Dental Studies, Fairfield, NJ.

Ethics for Massage Therapists, Chiropractors, Dentists and other Healthcare Professionals. Institute for Continuing Education/Dental Studies, Fairfield, NJ.

Massage for Aging during COVID-19. Institute for Continuing Education/Dental Studies, Fairfield, NJ.

2019 NJAHPERD. Presented Exercises for Children/Adolescents with Autism CAPE. Future Professionals Workshop, Long Branch Middle School. (November, 2019).

2018 Acute Physiological Responses During Steady State and High Intensity Interval

Training. Annual Meeting, World Congress on Exercise is Medicine®, and World Congress on the Basic Science of Muscle Hypertrophy and Atrophy. Minneapolis, MN.

2018 Postprandial Responses after a high-fat and low or intensity interval exercise. Annual Meeting, American College of Sports Medicine, Minneapolis, MN.

2017 Acute Physiological Responses During Steady State and High Intensity Interval

Training. Mid-Atlantic Chapter of the American College of Sports Medicine, Harrisburg, PA.

2017 St. Joseph’s Hospital – Pediatric Grand Rounds Presentation. Exercise is Medicine (November 14).

2017 St. Joseph’s Hospital Pediatric Grand Rounds Presentations:

Motivational Interviewing:  Eliciting Behavior Change in Your Practice (May 9).

2016 Predictability of a Linear Model of Repetition Maximums in the Bench Press v. Traditional Conversion Equations. National Strength and Conditioning Clinic (June 4)

2015 Peak fat Oxidation Rates in Overweight/Obese Males. American Society of

Exercise Physiologists, DeSales University, Center Valley, PA (April 18)

2014 The Effects of Walking on the AlterG® Treadmill on Fat Oxidation in Overweight/Obese Males. Mid-Atlantic Regional Chapter of the American College of Sports Medicine Annual Regional Meeting (November)

2013 Ventilatory Threshold Changes at Different Percentages of Body Weight The Alter-G Anti-Gravity Treadmill: A Pilot Study. Mid-Atlantic Regional Chapter of the American College of Sports Medicine Annual Regional Meeting (November)

2005 to present

Workshop host and presenter for the American College of Sports Medicine

American College of Sports Medicine Workshop Presentations

* + - * Human Behavior and Counseling
      * Weight Management and Body Composition
      * Cardiorespiratory Fitness Assessment
      * Health/Fitness Programming
      * Muscular Fitness/Flexibility Assessment
      * Programming for Special Populations
      * Program Administration, Safety and Emergency Procedures

**William Paterson University Presentations**:

* Myofascial Release Techniques, Dept. of Kinesiology, Athletic Training Students
* Back Safety while Gardening, Human Resources
* Osteoporosis and the Impact of Exercise, Human Resources

**Hoffmann-La Roche Inc. Workshop Presentations:**

* Get Fit for Golf
* Exercising with Osteoporosis
* Exercising with Menopause
* Physical Activity and Exercise for Your Health (televised and produced CD for employees)
* Yoga at your Desk
* Meditation at your Desk
* Creating a Stress Free Workstation – in collaboration with Site Environmental Health and Safety
* Back Safety Training - in collaboration with Site Environmental Health and Safety

**HONORS AND AWARDS**

American College of Sports Medicine – Silver Award and COVID Conqueror Badge - given to

WP as part of the 2021 Exercise is Medicine World Congress, held in conjunction with the American College of Sports Medicine’s 68th Annual Meeting, June, 2021

<https://acsm.informz.net/informzdataservice/onlineversion/ind/bWFpbGluZ2luc3RhbmNlaWQ9MzI1NDIxNyZzdWJzY3JpYmVyaWQ9Mzc3MTYwNDAx>

American College of Sports Medicine – Gold Award given to WP as part of the 2018 Exercise

is Medicine World Congress, held in conjunction with the American College of Sports

Medicine’s Annual Meeting, June, 2018

American College of Sports Medicine – Bronze Award given to WP as part of the 2017 Exercise

is Medicine World Congress, held in conjunction with the American College of Sports

Medicine’s Annual Meeting, June, 2015, 2017

National Strength and Conditioning Association, Award of Appreciation for the promotion of

NSCA certification programs, 2000

East CoastFranchise Award, Woman’s World Fitness Center, Top Sales Award, 1987 and 1989

East Coast Franchise Award, Woman’s World Fitness Center - New car awarded for the year of

1989 for top sales

East Coast Franchise, Woman’s World Fitness Center, Manager of the year (1985-1986)

**PROFESSIONAL DEVELOPMENT**

**2022**

New Jersey State Ethics Commission – Cannibus Briefing. April 18. 2022.

Institute for Continuing Education – Gave an Ethics Live Webinar to Dentists, Chiropractors and Massage Therapists. April 19, 2022

John Barnes Approach - Myofascial Release 1 and 2 – April 28th to May 8th, 2022

John Barnes Approach – Pelvic Fascial Release – August 19 to Aug 20th.

**2021**

Allied Health Education– Live Webinar- Myofascial Release for Low Back Pain. April 5, 2021.

American College of Sports Medicine 2021 International Health and Fitness Summit, April 11, 2021.

American College of Sports Medicine- Extreme Exercise and Cardiovascular Health, April 11, 2021.

American College of Sports Medicine – 10 Steps to Creating the Virtual Experience, April 11, 2021.

American College of Sports Medicine – Breaking Barriers: Evolving Field of Health and Wellness Coaching, April 11, 2021.

American College of Sports Medicine- Implementation of Technology Based Intervention, April 11, 2021.

Duke’s Integrative Health and Wellness Coaching Program, July 19 to May 22nd, 2022.

Exercise Etc. – Webinar- Flex-Ability: Muscle Energy/PNF Basics, May 4, 2021.

Exercise Etc. - Balance - Independence: Progressive Fall Prevention Programs, September 11, 2021.

Exercise Etc. - Function = Freedom: Integrated Core Training, September 11, 2021.

Exercise Etc.- Strength = Control: Age-Appropriate Conditioning Exercise, September 11, 2021.

Exercise Etc. - Cognition = Confidence: Cardio Exercise and Cerebral Blood Flow, September 11, 2021.

American College of Sports Medicine - HIIT for Chronic Disease - A Panel Discussion, October 5, 2021.

## Exercise Etc. – Strength & Conditioning for Seniors Consultant, October 21, 2021.

**2020**

Qualtrics – William Paterson University

Zoom – William Paterson University

Unconscious Bias Workshop – William Paterson University

Institute for Continuing Education – Cupping, Level 1, 6-hour class, January 10, 2020.

Perform Better Functional Training Series – One day Learn by Doing Workshop, January 11, 2020.

Exercise Etc. – Webinar – Remedial Exercise: Restoring Function to the Deconditioned, February 8, 2020.

Parisi’s Speed School - Responding to COVID-19 as a Performance Coach, April 23, 2020.

Exercise Etc. – Webinar – Gluteal Amnesia, July 10, 2020.

Exercise Etc. – Webinar - Fit to Move, July 10, 2020.

Exercise Etc. – Webinar – Rebuilding the Base: Overcoming Movement Compensations, July 2020.

Exercise Etc. – Webinar – Gait, Posture and Deceleration, July 10. 2020.

## Exercise Etc. - Remedial Exercise Consultant, July 10, 2020.

Exercise Etc. – Webinar - Form & Function: Assessing Movement Patterns, July 10, 2020.

Institute for Continuing Education – Webinar – Masks, What you need to Know, May 20, 2020.

National Strength and Conditioning Association – Virtual Conference, May 30, 2020.

National Strength and Conditioning Association - High Protein Intake: Body Composition, Microbiome, and Genetic Influences, May 27, 2020.

Exercise Etc. – Webinar – Exercise, Balance and Core Strength, June 29, 2020

Massage Therapy Foundation – Webinar – Research, Why? What? How to Find quality resources? Case Reports - Part 1, 2, 3 and 4, June 22 and 23, 2020.

American College of Sports Medicine- 2020 Virtual Experience, July 31, 2020.

American College of Sports Medicine – 2020 Mid-Atlantic Regional Chapter Meeting, Nov. 6, 2020.

**2019**

American College of Sports Medicine – Wheat, Microbiome and Health: The Science Behind Gut Health and Food Intolerances. April 30, 2019.

National Strength and Conditioning- Regional Clinic. May 18, 2019.

Athletics and Fitness Association of America (AFAA). Webinar - Ready to Roll: What Science Says About Self-Myofascial Release. June 28, 2019.

National Strength and Conditioning Association (NSCA). Webinar- Resistance Training Frequency: How Often Should You Train to Maximize Strength and Hypertrophy? July 13, 2019.

The Institute for Continuing Education, Fairfield, NJ. **-** Autism-Touch and Movement for

Autism Spectrum Disorders Certification Part 1, August 8, 2019.

The Institute for Continuing Education, Fairfield, NJ. Prescriptive Stretching–– Six-hour workshop presented to Chiropractors, Athletic Trainers and Massage therapists to fulfill their continuing education requirements. August 25, 2019.

American College of Sports Medicine – Webinar - Secrets to Enhancing Shoulder Strength and Function, August 27, 2019.

Exercise Etc. – Webinar - Integrated Postural Training, August 27, 2019.

American College of Sports Medicine - Fueling the Extra Mile: The Science of the Endurance Athlete, September 19, 2019.

ProQuest **-** ProQuest’s Fall Faculty Webinar- September 24, 2019.

American College of Sports Medicine -The Neuromuscular Basis of Resistance Training: What’s New? October 1, 2019.

New Jersey School of Massage, Parsippany, NJ. Myofascial Trigger Point Release – Six-hour workshop presented to Massage Therapists to fulfill their continuing education requirements. October, 2019.

American College of Sports Medicine – Webinar - Essential Elements of Heart Rate Based Training – Key concepts & practical applications for training, December 11, 2019.

Exercise Etc. – Webinar - High Intensity Interval Training. December 16, 2019.

Exercise Etc. – Webinar - Lift Weight to Lose Weight. December 20, 2019.

Exercise Etc. – Webinar - Core Training: Working Hard or Hardly Working. December 20, 2019.

Exercise Etc. – Webinar - Understanding Shoulder Dysfunction. December 21, 2019.

Exercise Etc. – Webinar - Strength and Conditioning for Seniors, December 24, 2019.

**2018**

The Institute for Continuing Education, Fairfield, NJ. Myofascial Trigger Point Release–– Six-hour workshop presented to Chiropractors, Athletic Trainers and Massage therapists to fulfill their continuing education requirements. January 7, September 14, 2018.

American Red Cross- First Aid/CPR/AED Instruction Recertification, January 23, 2018.

The Institute for Continuing Education, Fairfield, NJ. Massage Techniques for the Aging–– Six -hour workshop presented to Chiropractors, Athletic Trainers and Massage therapists to fulfill their continuing education requirements. January 27, July 21, 2018.

American Council on Exercise – Group Fitness Instructor Recertification, February 24, 2018.

Autoimmune Symposium – March 11, 2018.

The Institute for Continuing Education, Fairfield, NJ. Explore and Explain: Research Methods, Foundations for Clinical Research–– Six-hour workshop presented to Chiropractors, Athletic Trainers and Massage therapists to fulfill their continuing education requirements. March, 29, July 17, August 18, 2018.

The Institute for Continuing Education, Fairfield, NJ. Prescriptive Stretching–– Six-hour workshop presented to Chiropractors, Athletic Trainers and Massage therapists to fulfill their continuing education requirements. July 24, 2018.

**2017**

William Paterson University – Certificate of Professional Development for attending: Instruction and Research Technology’s Blended Learning Bootcamp, January 9 and January 13, 2017.

Athletic and Fitness Association of America (AFAA)- AFAA Certified Group Fitness Instructor Certification, January 24, 2017.

The Institute for Continuing Education, Fairfield, NJ. Myofascial Trigger Point Release–– Six-hour workshop presented to Chiropractors, Athletic Trainers and Massage therapists to fulfill their continuing education requirements. April, 2, August 4, October 27, December 17, December 28, 2017.

Ben Benjamin Institute - Advanced Deep Tissue Muscular Therapy and Myofascial Technique for the Neck and Back. June 4, 2017.

CE Massage – Professional Ethics, June 20, 2017.

Clinical Exercise Physiology Association (CEPA)- Low Carbohydrate Nutrition and Exercise for Patients with Metabolic Disease. June 28, 2017

American College of Sports Medicine. To HIIT or not to HIIT –Webinar, June 2017.

CE Massage- Research and Massage Therapy. Online Home Study, June 20, 2017.

The Institute for Continuing Education, Fairfield, NJ. Prescriptive Stretching –– Six-hour workshop presented to Chiropractors, Athletic Trainers and Massage therapists to fulfill their continuing education requirements. June 23, 2017.

American College of Sports Medicine Webinar -Pelvic Floor Dysfunction, July 2017.

The Institute for Continuing Education, Fairfield, NJ. Massage techniques for the Aging –– Six-hour workshop presented to Chiropractors, Athletic Trainers and Massage therapists to fulfill their continuing education requirements. July 21, November 5, 2017.

The Institute for Continuing Education, Fairfield, NJ. Explore and Explain-Research Methods, Foundations of Clinical Research –– Three-hour workshop presented to Chiropractors, Athletic Trainers and Massage therapists to fulfill their continuing education requirements. August 18, 2017.

Field Based Assessment for the Older Patient- American College of Sports Medicine Webinar, August 2017.

ACSM Clinical Exercise Physiologist Webinar – August 2017.

William Paterson University – Certificate of Professional Development: Google Forms: How to Create and Use Them Effectively, August 2017.

William Paterson University – Certificate of Professional Development: Google Forms: How to Create and Use Them Effectively, Part 2, August 2017.

New Jersey School of Massage, Parsippany, NJ. Myofascial Trigger Point Release – 6 hour workshop presented to Massage Therapists to fulfill their continuing education requirements. August 22, 2017.

Pediatric Grand Rounds – St. Joseph’s Children’s Hospital – Presented Exercise is Medicine®: A Global Health Initiative – November 14, 2017**.**

American College of Sports Medicine – Mid-Atlantic Regional chapter meeting, November 3 & 4, 2017.

Exercise is Medicine Professional Credential Workshop, American College of Sports Medicine, December 30, 2017.

**2016**

Collaborative Institutional Training Initiative (CITI program) – Human Research Refresher course, January 15, 2016.

William Paterson University – Certificate of Completion, “Preventing Discrimination and Sexual Violence: Title IX, VAWA and Clery Act for Faculty and Staff, January 19, 2016

The Institute for Continuing Education, Fairfield, NJ. Geriatric Massage –– Six-hour workshop presented to Chiropractors, Athletic Trainers and Massage therapists to fulfill their continuing education requirements. February 5, 2016.

The Institute for Continuing Education, Fairfield, NJ. Prescriptive Stretching –– Six-hour workshop presented to Chiropractors, Athletic Trainers and Massage therapists to fulfill their continuing education requirements. February 21, 2016.

American Red Cross, Webinar. First Aid, CPR/AED update. Attendee, April 5, 2016.

The Institute for Continuing Education, Fairfield, NJ. Explore and Explain-Research Methods, Foundations of Clinical Research –– Three-hour workshop presented to Chiropractors, Athletic Trainers and Massage therapists to fulfill their continuing education requirements. May 6, 2016.

Clinical Exercise Physiology Association, Webinar, “Effects of Post Exercise Blood Flow on Glucose Regulation in Humans: Potential Clinical Implications”, Attendee, May 25, 2016.

National Strength and Conditioning State Clinic – All day hands on and lecture workshop. June 4, 2016.

Partners in Health Care, Massachusetts General Hospital, Webinar, “Basic Skills and Clinical Applications of Motivational Interviewing. Attendee, July 2016.

William Paterson University, “Enhancing Traditional Course with Blackboard”, September 30, 2016.

Clinical Exercise Physiology Association, Webinar, “To HIIT or not to HITT? : The Feasibility of Doing High Intensity Interval Training (HIIT) in Clinical Populations ”, Attendee, October 19, 2016.

The Institute for Continuing Education, Fairfield, NJ. Explore and Explain: Research Methods, Foundations of Clinical Research – Three-hour workshop presented to Chiropractors, Athletic Trainers and Massage therapists to fulfill their continuing education requirements. November 13, 2016.

**2015**

The Institute for Continuing Education, Fairfield, NJ. Myofascial Trigger Point Release – Six-hour workshop presented to Chiropractors, Athletic Trainers and Massage therapists to fulfill their continuing education requirements. Hands on work included. February 5, 2015.

The Institute for Continuing Education, Fairfield, NJ. Prescriptive Stretching – Six-hour workshop presented to Chiropractors, Athletic Trainers and Massage therapists to fulfill their continuing education requirements. Hands on work included. February and August 2015.

The Institute for Continuing Education, Fairfield, NJ. Geriatric Massage – Six-hour workshop presented to Chiropractors, Athletic Trainers and Massage therapists to fulfill their continuing education requirements. Hands on work included. March 1, 2015.

William Paterson University, “Quality Matters”, Independent Applying the QM Rubric (APPQMR): (Statewide Systems), March 6, 2015.

Clinical Exercise Physiology Association, Webinar, “Exercise Testing & Limitations for Cancer Survivors”, Attendee, April 2, 2015.

Ben Benjamin, PhD, Institute for Advanced Studies, “Research Literacy: The Basics and Beyond #1 Research Basics” 1 hour workshop, Attendee, June 10, 2015.

Ben Benjamin, PhD, Institute for Advanced Studies, “Research Literacy: The Basics and Beyond #2 Research Standards” 1 hour workshop, Attendee, June 10, 2015.

Ben Benjamin, PhD, Institute for Advanced Studies, “Research Literacy: The Basics and Beyond #3 ” 1 hour workshop, Attendee, June 10, 2015.

Ben Benjamin, PhD, Institute for Advanced Studies, “Unraveling the Mystery of Elbow Pain” 1.5 hour workshop, Attendee, August 10, 2015.

Ben Benjamin, PhD, Institute for Advanced Studies, “Unraveling the Mystery of Tennis Elbow Pain” 1.5 hour workshop, Attendee, August 10, 2015.

Ben Benjamin, PhD, Institute for Advanced Studies, “Unraveling the Mystery of Golfers Elbow Pain” 1.5 hour workshop, Attendee, August 10, 2015.

American College of Sports Medicine, Webinar, “ACSM Clinical Exercise Physiologist”, Attendee, October 21, 2015

The Institute for Continuing Education, Fairfield, NJ. Explore and Explain-Research Methods, Foundations of Clinical Research –– Three-hour workshop presented to Chiropractors, Athletic Trainers and Massage therapists to fulfill their continuing education requirements, December 4, 2015.

Institute for Brain Potential, “The Pharmacy in Your Kitchen”, 6 - hour workshop, Attendee. December 28 2015.

CE Massage, Professional Ethics and Standard V, 6 - hour workshop, December 30, 2015.

**2014**

Clinical Exercise Physiology Association, Webinar, “Field-Based Assessment for the Older Adult Patient”, Attendee, January 21, 2014.

American College of Sports Medicine, ACSM Certified Health Fitness Specialist, obtained 60 continuing education requirements to renew my certification, 2014.

National Strength and Conditioning Association, Certified Strength and Conditioning Specialist, obtained 6.0 continuing education requirement to renew my certification, 2014.

American Council on Exercise, Certified Group Fitness Instructor, obtained 2.0 continuing education credits (CEC’s) to renew my certification, 2014.

American College of Sports Medicine, 59th Annual National Meeting Orlando, Florida Attendee, May 27-31, 2014.

Mid-Atlantic Chapter of the American College of Sports Medicine, Annual Meeting, Harrisburg, PA, Attendee and Presenter, October 31 & November 1, 2014.

Commerce and Industry Association of New Jersey (CIANJ)- attended a healthcare roundtable that highlighted a discussion on “Building a Workforce for the Next Generation of Healthcare”, April 10, 2014.

Institute for Continuing Education, Fairfield, NJ, “Myofascial Trigger Point Release”, Presenter to Chiropractors, Athletic Trainers and Massage Therapists, 6 - hour workshop, September 7, 2014.

TRX Suspension Training Course, Montclair, NJ, Certified as a Level 1 TRX trainer, 6 – hour workshop, September, 2014>

Institute for Continuing Education, Fairfield, NJ, “Prescriptive Stretching”, Presenter to Chiropractors, Athletic Trainers and Massage Therapists, 6 - hour workshop, September 11, 2014.

Institute for Continuing Education, Fairfield, NJ, “Geriatric Massage”, Presenter to Chiropractors, Athletic Trainers and Massage Therapists, 6 - hour workshop, September 18, 2014.

**2013**

William Paterson University, Writing Across the Curriculum, Attendee, 3-day workshop, January 6-8, 2013.

Institute for Brain Potential, Riverdale, NJ, “Developing Positive Emotional Habits”, 6 - hour workshop, Attendee, April 22, 2013.

American College of Sports Medicine, 59th Annual National Meeting San Francisco, CA, Attendee, May 29-June 2, 2013.

American College of Sports Medicine, Workshop Host and Presenter, June 2005 to present (2013).

Institute for Brain Potential, Riverdale, NJ, “Food for Thought: How Nutrients Affect Mental Health and the Brain”, 6 hour workshop, Attendee, September 23, 2013

Mid-Atlantic Chapter of the American College of Sports Medicine, Annual Meeting, Harrisburg, PA, Attendee, November 1-3, 2013.

CE Massage, Online Provider for the National Certification Board of Therapeutic Massage and Bodywork, “Ethics: Standards of Practice including Professional Management and Roles and Boundaries with Standard V”, 6 hour workshop, July 22, 2013.

William Paterson University, Effective Use of Social Media, Attendee, 2013.

William Paterson University, Using an iPad in the Classroom, Attendee, 2013

**2012**

American College of Sports Medicine, 60th Annual National Meeting, Indianapolis, Indiana, Attendee, May 29-June 2, 2012.

Institute for Brain Potential, Riverdale, NJ, “How the Brain Forms New Habits”, 6 hour workshop, Attendee, March 21, 2012.

Ben Benjamin, PhD, Institute for Advanced Studies, “The Pelvis and Hip” 2 hour workshop, Attendee, May 15, 2012.

National Strength and Conditioning Association, Annual Meeting, Providence, RI, Attendee, July 12-14, 2012.

Ben Benjamin, PhD, Institute for Advanced Studies, “Unraveling the Mystery of Low Back Pain” 2 -hour workshop, Attendee, August 15, 2012.

Ben Benjamin, PhD, Institute for Advanced Studies, “Hip Joint, Psoas, Sartorius Injuries” 2 -hour workshop, Attendee, August 16, 2012.

Ben Benjamin, PhD, Institute for Advanced Studies, “Neurological Lumbar Pain” 2 hour workshop, Attendee, August 17, 2012.

**2011**

American College of Sports Medicine, “Weight Management for the Fitness Professional”, 7 -hour workshop, Attendee and Contributing Speaker, June 2011.

Institute for Continuing Education, Fairfield, NJ, “Geriatric Massage”, Presenter to Chiropractors and Massage Therapists, 6 hour workshop, March 21, 2011.

Institute for Continuing Education, Fairfield, NJ, “Stretching Your Clients”, Presenter to Chiropractors and Massage Therapists, 6 hour workshop, April 11, 2011.

**2007-2010**

Cross Country Education, Riverdale, NJ, “Stretching Your Clients”, Attendee, February 24, 2010.

Continuing Education for Licensed Massage Therapists (CELMT) Online Provider for the National Certification Board of Therapeutic Massage and Bodywork, “Ethics: Standards of Practice including Professional Management and Roles and Boundaries with Standard V”, 6 - hour workshop, July 22, 2010.

Cross Country Education, Riverdale, NJ, “Neuromuscular Re-Education Therapy and Positional Release”, 6 - hour workshop, Attendee, May 12, 2009.

Institute for Therapeutic Massage, Pompton Lakes, NJ.Sports Massage – Twelve-hour workshop presented to Massage Therapists to fulfill their continuing education requirements. Hands on work included. The Institute for Therapeutic Massage, Pompton Lakes, NJ, July 2009.

Healing Hands Institute, “Thai Massage I”, Attendee, 18 - hour certification workshop, Attendee, February 10, 2007.

Mount Sinai School of Medicine, Hertzberg Pallative Care Institute, “Massage for the Seriously Ill, Sick and Dying”, 12 - hour certification workshop, Attendee, May 20-21, 2007.

Institute for Natural Resources, “Aging Body, Aging Mind”, 6 - hour workshop, Attendee, September 15, 2007.

**CERTIFICATIONS/LICENSES**

**Aerobic and Fitness Association of America (AFAA)**

Group Exercise Instructor Certification, January 2017 to Present

**American College of Sports Medicine/Exercise Connection** –Autism Exercise Specialist, 2022

**American College of Sports Medicine**

Autism-Touch and Movement for Autism Spectrum Disorders Certification, 2019

**American Aerobic Association/International (AAAI) Sports Medicine Association**

Pilates Certification, 2002 to Present

Holistic Health Consultant Certification, 2002 to Present

**American College of Sports Medicine (ACSM)**

Certified Exercise Physiologist (EP-C), August 1990 to Present

**American Council on Exercise (ACE)**

Aerobic Instructor Certification, February 1986 to Present

**American Red Cross (ARC)**

Adult, Infant, Child, AED, First Aid and Safety Instructor, 2000 to present

**Collaborative Institutional Training Initiative (CITI)**

Human Research Certification, March 2013, December 2015, January 2016

**Duke Health and Well-Being Health Coaching** – Trained Health and Well-being Coach, 2022

**American College of Sports Medicine** - Exercise is Medicine, Level 2

**Professional Ethics Standard V**

CE Massage – Certificate # 18KT00015600 – May 2020

**Hertzberg Palliative Care Institute, Mount Sinai School of Medicine Hospital**

Massage Therapy for Seriously Ill Patients- May 2007 to present

**Interactive Fitness Trainers of American (IFTA)**

Indoor Biking Certification, June 2010 to present

**Kripalu- Center for Professional Training, Lenox Massachusetts**

200-Hour Kripalu Yoga Teacher Training. July 2007 to present

**National Arthritis Foundation (NAF)**

Certified Arthritis Group Exercise Instructor, November 2008 to present

**National Institutes of Health (NIH)**

Protecting Human Research Certification – January 2013

**National Strength and Conditioning Association (NSCA)**

Certified Strength and Conditioning Specialist

**National Certification Board for Therapeutic Massage and Bodywork (NCBTMB)**

Massage and Bodywork Therapist, 2006 to present

**LICENSE # 18KT00015600**

**Remedial Exercise Consultatnt**

Exercise Etc. Certificate # 6420030 – July 2020

**TRX Suspension Training Course**

Level 1 Instructor, September 2014

**Usui Reiki Certification**

Level 2 Reiki, May 2005 to present

**Zumba Gold Certification**, May 2010 to present

**Zumba Basics Certification**, June 2010 to present

**PROFESSIONAL MEMBERSHIPS**

**American College of Sports Medicine (ACSM)**

ACSM National and Regional Member

**American Massage Therapy Association (AMTA)**

**Clinical Exercise Physiology Association (CEPA)**

**International Dance Exercise Association (IDEA)**

**National Strength and Conditioning Association (NSCA)**

**Yoga Alliance (YA)**