

Brooke Wagner

1402 Washington St NE • Minneapolis, MN 55413 • Phone: 989-600-2496 • E-Mail: wagn0900@umn.edu

EDUCATION

Ph.D.	Kinesiology – Behavioral Aspects of Physical Activity University of Minnesota, Minneapolis, MN	August 2018 – Current
M.A.	Exercise Physiology Central Michigan University, Mount Pleasant, MI	August 2015 - May 2017
B.S.	Exercise Science – Health Fitness Central Michigan University, Mount Pleasant, MI	August 2012 - August 2015

TEACHING EXPERIENCE

University of Minnesota

School of Kinesiology

KIN 3001 Lifetime Health and Wellness	GA Instructor	August 2018 - Current
---------------------------------------	---------------	-----------------------

Saginaw Valley State University

Department of Kinesiology

KINE 364 Exercise Science Practicum I	CO-Instructor	August 2017 – May 2018
KINE 466 Exercise Science Practicum IV	Instructor	August 2017 – May 2018
KINE 122 Personal Health	Instructor	August 2017 – December 2017

Central Michigan University

School of Health Sciences

HSC 190 Introduction to Exercise Science	Instructor	January 2018 – May 2018
HSC 425 Health Fitness Program Administration/Management	Instructor	August 2017 – May 2018
HSC 421 Training for Fitness and Performance	Instructor	March 2018 – May 2018
HSC 631T Exercise Physiology	Lab Instructor	August 2017 – December 2017
HSC 420 Health Fitness Assessment	Lab GA	August 2015 – May 2017
HSC 423 Practicum in Personal Training	Lab GA	August 2015 – May 2017
HSC 421 Personal Training	Lab GA	January 2016 – May 2017
HSC 220 Basics in Health Fitness	Lab GA	May 2016
HSC 219 Exercise Conditioning for the Health Fitness Professional	Lab GA	August 2015 – May 2016
HSC 214 Human Anatomy	Lab GA	August 2015 – December 2015

RECENT/CURRENT RESEARCH INVOLVEMENT

- Plan B Research Project: HIIT on endothelial function in overweight/obese males August 2015 – May 2018
- Main contact for subject recruitment and scheduling
 - Duties included subject recruitment, baseline testing, exercise intervention, and post testing
 - Baseline and post assessments included VO₂max testing, flow mediated dilation, and mixed meal tolerance tests involving blood draws and blood processing
- Acute glutamine supplementation for repeated firefighting simulations January 2017 – May 2017
- Assisted with data collection; conducting exercise trials in a heat chamber, recording VO₂ and core body temperature throughout trials
- CHIP Program: Educating elementary students on the FITT principle January 2017 - May 2017
- Assisted with data collection; administering the jigsaw system with 5th grade students, educating them on the FITT principle and allowing them to teach their classmates on the concept

EMPLOYMENT HISTORY

University of Minnesota – Graduate Teaching Assistant	August 2018 – Current
---	-----------------------

- Preparing and instructing two sections of the Lifetime Health and Wellness course for undergraduate students

Saginaw Valley State University – Adjunct Faculty Instructor August 2017 – May 2018

- Instructing undergraduate students in a classroom setting in the area of personal health, online journal article research techniques, and poster presentations on health related topics and how they are affected by exercise and nutritional habits
- Using interactive activities and assignments to keep students engaged and excited about learning

Central Michigan University – Fixed Term Faculty Instructor August 2017 – May 2018

- Instructing undergraduate students on leadership and management in a health fitness facility
- Instructing graduate students in a lab setting on testing and assessments in exercise physiology
- Using interactive activities and assignments to keep students engaged and excited about learning

Central Michigan University - Graduate Teaching Assistant August 2015 – May 2017

- Instructing lab portion of classes listed below, presenting material both on my own and alongside the professor
- Duties include prep work and creating documents, instructing lab material, grading lab reports/quizzes, administering and grading practical exams and meeting with students to answer questions

Morey Courts Recreation – Personal Trainer August 2016 – April 2017

- Delivering baseline assessments including skin folds, cardiovascular tests, flexibility tests, and muscular strength/endurance tests
- Assisting general population clients in goal setting and programming based on client wants/needs in order to reach their goals

North-End Fitness Center – Intern to Sub Fitness Specialist May 2015 – August 2016

- Personal trained clients to assist them in reaching personal goals
- Assisted in fitness center daily operations (cleaning, greeting guests, replacing cleaning wipes)
- Completed projects for the Executive Director, the Director of Personal Training, and the Member Relations Director

Student Activity Center – Student Manager August 2013 – May 2015

- Managed the building and employees during hours of operation when professional staff not present
- Opened and closed the building, first responder to emergencies, enforced membership and employment policies
- Completed cash operations and supervised room set-ups and tear-downs

Student Activity Center – Fitness Specialist February 2013 – May 2015

- Maintained cleanliness, re-racking of weights, checked out equipment, and followed proper open and closing procedures
- Served as a resource to patrons for answering questions about proper machine use and exercise technique

Mid-Michigan Medical Center-Midland - Intern May – August 2012 & 2013

- Observed personal training (land and water), trained with bariatric patients, physical therapy, and athletic training
- Worked with clients creating a fitness program to fit their personal needs
- Administered gym orientations, handled payments and completed progress reports to send to clients’ physicians
- Observed monthly cholesterol and number check ups

CERTIFICATIONS/TRAININGS

Last Updated

ACSM Certified Personal Trainer	November 2017
First Aid/CPR for Professional Rescuer	October 2017
Radiation Safety Training – Bone Densitometer (DXA)	September 2017

CAMPUS/COMMUNITY INVOLVEMENT

Michigan ACSM Conference Attendee	February 2015, 2016, 2017, 2018
ACSM Annual Meeting Attendee	May 2016, 2018
Covenant Health Diabetes Symposium Attendee	November 2017
Girls on the Run Running Buddy	November 2015, 2016, 2017
Grade Grievance Committee Member	March 2016
Teaching Assistant for “Exercise Conditioning for the Health Fitness Professional”	August 2014 – May 2015
Eta Alpha Epsilon Academic Health Fitness Fraternity	August 2012 – May 2015

6X Marathon finisher including Boston (2015)

August 2011 – May 2017