Rachel Ali Hollingsworth

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## Education

MASTER OF SCIENCES, EXERCISE SCIENCE AND PHYSICAL EDUCATION

Arizona State University (Tempe, AZ), Emphasis in Exercise Physiology 5/96

BACHELOR OF ARTS, JOURNALISM AND POLITICAL SCIENCES

Indiana University (Bloomington, IN), Double Major with Distinction, Phi Beta Kappa 8/93

# BACHELOR OF ARTS, SLAVIC LANGUAGES AND LITERATURES

Indiana University (Bloomington, IN), Emphasis in Russian Language 8/93

### Professional Certifications

ARIZONA DEPARTMENT OF EDUCATION SUBSTITUTE TEACHING CERTIFICATE

Valid 9/3/2014-3/18/2021

ARIZONA COMMUNITY COLLEGE REGULAR TEACHING CERTIFICATE

Physical Education, Occupational Fitness and Russian Language

EXPERIENCED REGISTERED YOGA TEACHER (E-RYT-500)

Yoga Alliance

BASIC LIFE SUPPORT FOR HEALTHCARE PROVIDERS (CPR/AED)

American Heart Association

CERTIFIED EXERCISE PHYSILOGIST (EP-C)

American College of Sports Medicine

[CERTIFIED STRENGTH AND CONDITIONING SPECIALIST]

National Strength and Conditioning Association 7/2002 – 12/2008

**Teaching Experience**

**LECTURER, KINESIOLOGY 8/18-CURRENT**

Arizona State University, College of Health Solutions (Downtown campus) Phoenix, AZ

Serve as team lead for KIN 101 and KIN 290. Actively serve on college’s Summer Bridge Program, and Study Abroad committees. Worked collaboratively to mentor, support, and evaluate graduate teaching assistants for EXW 316. Mentor undergraduate students. Develop and update existing Canvas course shells, syllabi, lesson plans, assignments, assessments, and other course materials.

Courses taught:

* KIN 101 Introduction to Kinesiology, 3 credits
* KIN 290 Introduction to Evidence-Based Practice, 3 credits
* EXW 315 Physiological Foundations of Human Movement, 3 credits
* KIN 499 Individualized Instruction, 1-3 credits

**HEALTH/WELLNESS FACULTY 8/15-5/18**

Mount St. Joseph University, Athletic Training Department Cincinnati, OH

Wrote new, and revised existing curriculum. Actively served on college’s LGBTQ Ally, Technology, and Service Learning/Civic Engagement committees. Part of collaborative team in charge of annual “Just for the Health of It” MSJ 5K. Updated syllabi, lesson plans, assignments, assessments, and other course materials.

Curriculum developed:

* HLT 230 Health Promotion and Systems, 3 credits
* HLT 440 Health And Wellness Assessment And Programming, 3 credits

Curriculum revised:

* HLT 360 Human Nutrition, 3 credits
* HLT ESF 470 Principles of Exercise Prescription and Assessment, 4 credits

Courses taught:

* ACT 132 Meditative Practice, 1 credit
* HLT 200 Foundations of Wellness, 3 credits
* HLT 210 Phsyical Activity and Health, 3 credits
* HLT 230 Health Promotion and Systems, 3 credits
* HLT 260 Human Nutrition, 3 credits
* HLT 310 Health Disparities and Global Health Issues, 3 credits
* HLT 330 Health and Wellness Promotion and Programming, 3 credits
* HLT 450 Health and Wellness Practicum, 3 credits
* ATR/ESF 350 Exercise Physiology (with lab), 4 credits
* ATR/ESF 470 Principles of Exercise Prescription and Assessment (with lab), 4 credits
* ATR 475 Exercise Programs For Special Populations, 3 credits

**YOGA INSTRUCTOR 8/17-5/18**

Mount St. Joseph University, G-Fit Cincinnati, OH

Teach Yoga Classes once per week for students, staff and faculty.

**ADJUNCT FACULTY 9/14-5/15**

South Mountain Community College Phoenix, AZ

Teach one-credit Yoga activity class for a diverse group of community college students. Wrote syllabus, design class activities/assignments, calculate grades.

**FITNESS SPECIALIST SUBSTITUTE 8/14 – 5/15**

Healthways at Honeywell Health and Wellness Centers Phoenix and Tempe, AZ

In an as-needed capacity, design and implement individual and small group personal training sessions, instruct group exercise classes, answer exercise- and health-related questions, and support wellness initiatives.

**YOGA INSTRUCTOR 4/14-5/15**

HarumiYoga+ Holistic Healing House Scottsdale, AZ

Teach public yoga classes to students of various ages and fitness levels in both Hatha and Kundalini Yoga formats. Design and host specialty yoga workshops on the chakra system.

**YOGA FACILITATOR/INSTRUCTOR 3/14-8/14**

New Serenity Spa Scottsdale, AZ

Teach yoga classes and run payroll, scheduling, and marketing for a staff of five yoga instructors at an intimate day spa. Provided outstanding customer service to spa guests, as well as internal stakeholders. Served in a sales capacity for both services and spa products.

**LECTURER 10/13-12/13**

United States Sports Academy, International Diploma in Physical Education and Sports Coaching Malaysia

Taught eight condensed courses in locations in Peninsular and Borneo Malaysia to Physical Education teachers and Sports coaches. Subjects included: Physical Fitness Testing, Evaluation & Reporting; Physical Fitness & Conditioning; Principles of Fitness & Health; Sports First Aid; Games Approach to Teaching PE and Sports; PE Facilities & Sports Event Management; Psychology of Physical Performance; and Physical Education & Sports Coaching Methodology.

**YOGA INSTRUCTOR 2/09-9/13**

Amara Spa/Serenite Spa/Spa at L’Auberge de Sedona Sedona, AZ

Taught beginner’s Hatha yoga classes to students of all ages and experience levels. Approximately 40% of students had no yoga experience prior to this class.

**YOGA TEACHER TRAINING FACULTY AND YOGA INSTRUCTOR 8/07-9/13**

7 Centers Yoga Arts Sedona, AZ

Taught public yoga classes to students of various ages and fitness levels in both Hatha and Kundalini Yoga formats. Starting in January 2008, assisted the director of 7 Centers teach Yoga Asana workshops for students in the month-long intensive Yoga Teacher Training program; taught yogic philosophy, a variety of yoga practices, and yoga classes to the teachers in training.

**PRIVATE YOGA INSTRUCTOR/RETREAT LEADER 7/07-5/15**

Self-Employed Sedona, AZ

Designed, marketed and lead week-long yoga retreats. Negotiated contracts with retreat centers in Hawaii and Mexico. Worked closely with private service providers, chefs, and retreat center managers/owners to enhance retreats. Designed and taught individual yoga classes for private clients based on their specific physical, mental and spiritual needs. Created classes for students ranging in age from 25 to 80, at all levels of yoga experience. Worked with clients on both short term and long-term basis.

**FOUNDING CHAIR AND FACULTY 8/04 – 6/07**

Exercise Sports Science Division, College of Micronesia-FSM Pohnpei, Micronesia

Wrote new, and revised existing curriculum. Established guidelines for hiring part-time faculty. Hired and evaluated part-time instructors. Mentored part-time instructors at two college campuses. Established and implemented 5-year division assessment cycle. Created yearly budget requests and program evaluations. Implemented division budget. Actively served on college’s Curriculum and Student Services committees. Developed syllabi, lesson plans, assignments, assessments, and other course materials.

Curriculum developed (\*taught):

* ESS/SC200 Fundamentals of Wellness and Physical Fitness, 3 credits\*
* ESS101r Physical Fitness-Resistance Training, 1 credit\*
* ESS101w Physical Fitness-Walking for Health and Fitness, 1 credit\*
* ESS102b Sports Fitness-Fundamentals of Basketball (revised course), 1 credit
* ESS102v Sports Fitness-Fundamentals of Volleyball, 1 credit\*
* ESS102s Sports Fitness-Fundamentals of Softball, 1 credit
* ESS103t Mind/body Fitness-Introduction to Tai Chi Chu’an, 1 credit\*
* ESS103y Mind/body Fitness-Introduction to Yoga, 1 credit\*

**FACULTY INTERN 08/03 – 05/04**

Exercise Science Department, Mesa Community College Mesa, AZ

Developed syllabi, lesson plans, assignments, assessments, and other course materials. Established website. Established and contributed to Weblog for department’s students. Incorporated WebCT online teaching tools. Courses taught:

##### Fall 2003

* HES100 Healthful Living (Two sections), 3 credits
* REC120 Leisure and the Quality of Life, 3 credits
* PED130 Strength Fitness – Physiologic Principles of Strength Training, 3 credits

##### Spring 2004

* PED112 Professional Applications of Fitness Principles, 3 credits
* REC120 Leisure and the Quality of Life, 3 credits
* REC210 Leisure Delivery Systems, 3 credits
* HES100 Healthful Living, 3 credit

**FACULTY IN PROGRESS PROGRAM INTERN 8/02 – 5/03**

Exercise Science Department, Mesa Community College Mesa, AZ

Developed syllabi, lesson plans, assignments, exams, and other course materials. Taylored various active learning exercises for use in Exercise Science courses. Edited custom textbook. Utilized WebCT to develop web pages. Served as instructor for HES100 Healthful Living, 3 credits

**FACULTY IN PROGRESS PROGRAM INTERN** (continued from prevous page)

Guest Taught:

* HES100 Healthful Living, 3 credits
* DAH100 Introduction to Dance, 3 credits
* PED130 Strength Fitness – Physiologic Principles of Strength Training, 3 credits
* PED120AA Cardio-sculpt Group Exercise Class, 1 credit
* REC120 Leisure and the Quality of Life, 3 credits
* HES201 Substance Abuse, 3 credits

**CORE KNOWLEDGE AND PRACTICAL INSTRUCTOR 4/00 – 5/04**

World Instructor Training Schools Phoenix, AZ, Corporate Headquarters –- Virginia Beach, VA

Designed and delivered effective lesson plans for teaching personal training certification content areas. Assessed student learning through instructor evaluations and proctoring practical exams.

Areas taught:

* Introduction to Exercise Physiology
* Human Anatomy
* Biomechanics
* Legal and Ethical Issues
* Motivation and Adherence
* Nutrition
* Marketing of Services
* Program Development
* Spotting Techniques
* Written & Physical Screening Methods

**FITNESS CENTER TECHNICIAN 1/98 – 7/01, 7/02 – 8/02, 5/03 – 7/03**

Chandler-Gilbert Community College Chandler, AZ

Taught one-credit Physical Activities: Aerobics (PED 101AF) course. Developed syllabus, lesson plans, assignments and exams.

**ADJUNCT FACULTY (Physical Education) 8/97 - 12/97**

Williams Education Center Mesa, AZ

Taught one-credit Weight Control (FON 140BD) course. Developed syllabus, lesson plans, assignments, and exams.

**PERSONAL TRAINING SUPERVISOR 8/97 - 1/98**

Naturally Women Fitness Centers Paradise Valley, AZ

Developed and presented health and wellness seminars for incoming club members:

* Benefits of Regular Exercise
* Realistic Goal Setting
* Exercise, metabolism, and weight loss

**CERTIFIED AEROBICS INSTRUCTOR & PERSONAL TRAINER 7/93 - 1/98**

Naturally Women Fitness Centers Centers in Tempe and Scottsdale, AZ

Instructed, choreographed, and chose music for a variety of group activity classes:

* Tai Chi and Chi Gung
* Step
* Slide
* Stretch and Strengthen
* Funk and Salsa
* Low Impact

**CERTIFIED PERSONAL TRAINER 2/96 - 8/97**

Q The Sports Club Tempe, AZ

Developed and instructed health and fitness workshops:

* Weight control
* Time-efficient workouts
* Nutrition for Health

P**EER EDUCATOR 8/95 - 5/96**

Arizona State University Tempe, AZ

Team member of Peer Education students (FRD 394 & FRD 494) who provided health and wellness education to ASU students, through the use of storytelling, visualization, and other teaching techniques:

* Safer Sex
* Wellness
* Dangers of Alcohol
* Stress Management

**RESEARCH ASSISTANT, EXERCISE AND SPORT RESEARCH INSTITUTE 10/94 - 6/96**

Arizona State University Tempe, AZ

Guest taught body composition lab (skinfolds, hydrostatic weighing, and circumferences).

**CERTIFIED AEROBICS INSTRUCTOR 9/93 - 12/94**

Arizona Athletic Club Tempe, AZ

Instructed, choreographed, and selected music for step aerobics classes

**CERTIFIED AEROBICS INSTRUCTOR 4/92 - 8/93**

Indiana University Fit Bloomington, IN

Instructed, choreographed, and selected music for a variety of group activity classes, including Step, Slide, Stretch and Tone, Cardio Funk Step, Low Impact, and High Impact aerobics.

### Administrative, Management and Program Development Experience

**SPA COORDINATOR 5/09-12/11 and 3/13-9/13**

Amara Spa/Serenite Spa/Spa at L’Auberge de Sedona Sedona, AZ

Scheduled appointments via email, phone and in-person interaction with guests. Assisted in the writing of training manuals, and training new staff. Provided outstanding customer service to spa guests, as well as internal stakeholders. Served in a sales capacity for both services and spa products.

**FOUNDING CHAIR AND FACULTY 8/04 – 6/07**

Exercise Sports Science Division, College of Micronesia-FSM Pohnpei, Micronesia

Organized and conducted regular division meetings to improve teaching and learning. Elected and served as at-large representative for Faculty/Staff senate (9/04-9/05). Created and chaired Faculty Assessment Working Group. Recorded a 16-week series of “Wellness Minutes” for the college radio station. Chaired the Founding Day Scoring sub-committee. Collaborated with Recreation, Drama and Music to create request for a new multi-use facility. Lead the division to a 7-fold increase in student enrollment.

**FACULTY INTERN 08/03 – 05/04**

Exercise Science Department, Mesa Community College Mesa, AZ

Actively participated in all Exercise Science Department meetings. Worked closely with Internet designer, Advisement, Disability Resources, Campus Assessment Center & various athletic coaches to promote enrollment in department classes and insure quality-learning environment for diverse student body. Co-Coordinated MCCD participation in the 2004 American Heart Walk.

**FACULTY IN PROGRESS PROGRAM INTERN 8/02 – 5/03**

Exercise Science Department, Mesa Community College Mesa, AZ

Shadowed Exercise Science Faculty. Observed and interviewed exemplary faculty in other fields to learn about the scholarship of teaching and various teaching styles.

Attended web-development classes offered at Mesa’s Center for Teaching and Learning. Interviewed instructors who teach web-based Health classes and attended distance education committee meetings.

Attended Curriculum Development committee meetings to deepen understanding of process. Co-Coordinated district participation in the 2003 American Heart Walk.

**PROFESSIONAL STAFF ASSOCIATION IMMEDIATE PAST PRESIDENT 7/02 – 7/03**

Maricopa Community Colleges District (MCCD) Tempe, AZ

Actively served MCCD, by providing continuing leadership:

* + - Officially represented 1200+ employees as part of Collaborative Policy Development team
    - Served as official parliamentarian to all PSA Executive Council meetings
    - Mentored PSA President
    - Chaired the Nomination and Election Committee

**PROFESSIONAL STAFF ASSOCIATION PRESIDENT (PSA) 7/01 – 7/02**

Maricopa Community Colleges District (MCCD) Tempe, AZ

Organized and conducted monthly meetings of the 94-member PSA Executive Council.

Made regular presentations to the Governing Board, including the 2002 – 2003 Salary/Monetary Request, as the official representative of MCCD PSA.

Advised and represented employees in Grievances, Resolutions of Controversies, and Corrective Actions, as per the Policy Manual, and in unofficial meetings with management.

**PROFESSIONAL STAFF ASSOCIATION PRESIDENT (PSA) 7/01 – 7/02**

Maricopa Community Colleges District (MCCD) Tempe, AZ

(Continued from previous page)

Actively Served MCCD:

* + - Coordinated MCCD participation in the 2002 American Heart Walk
    - PSA Collaborative Policy Development Co-Chair: Lead 7-member team, representing over 1200 employees in policy development discussions with administration. Led transition to online voting, which increased voter participation by 48% over previous year.
    - Served on various hiring committees, including the Vice Chancellor of Student Development
    - Officially represented more than 1200 employees on advisory councils:

Financial Advisory Council (and FAC Allocation Sub-committee) – recommends changes in the MCCD budget, such as hiring new faculty, and tuition and fee increases, to the Governing Board.

Employee Benefits Advisory Council – recommends changes in the employee health care coverage package to the Governing Board.

Strategic Planning Advisory Council – initiated an on-going collaborative approach to district-wide strategic planning and advises the Chancellor’s Executive Council.

**ARIZONA REGIONAL COORDINATOR 1/01 – 5/04**

World Instructor Training Schools Phoenix, AZ, Corporate Headquarters –- Virginia Beach, VA

Coordinated instructors, and teaching facilities in Phoenix and Tucson.

**FITNESS CENTER TECHNICIAN 1/98 – 7/01, 7/02 – 8/02, 5/03 – 7/03**

Chandler-Gilbert Community College Chandler, AZ

Designed individualized exercise and nutrition programs for diverse group of students

Analyzed student and divison needs to help implement new computer system. Trained part-time staff and wrote training manual on computer log-in and grading system

Tutored college students at the CGCC Writing Center

Designed and conducted workshop for teenaged patients in eating disorder treatment program

Chaired 2001 PSA Summer Conference committee. As PSA representative and campus president, assisted in implementing and explaining District Policies and Procedures, and served on campus-wide committees.

Helped direct operational management of fitness center, including maintenance, purchase orders and training.

Organized and marketed several workplace fitness and wellness events:

* + - Designed incentive program themes, logos and T-shirts to motivate Fitness Center students
    - Organized and promoted special events, including annual Senior Fitness Day
    - Coordinated and published promotional pamphlets
    - Scheduled guest speakers/performers

**PERSONAL TRAINING SUPERVISOR 8/97 - 1/98**

Naturally Women Fitness Centers Paradise Valley, AZ

Coordinated and developed department of personal trainers

* Promoted department
* Trained staff
* Hired new employees

### CERTIFIED AEROBICS INSTRUCTOR & PERSONAL TRAINER 7/93 - 1/98

Naturally Women Fitness Centers Paradise Valley, AZ

Developed personalized workouts for a diverse group of clients. Performed energizing group fitness routines at large health fairs, as part of the aerobics demonstration team.

**CERTIFIED PERSONAL TRAINER 2/96 - 8/97**

Q The Sports Club Tempe, AZ

Implemented oxygen-consumption measuring machine program:

* Instructed staff in theory of VO2 measurement and equipment maintenance
* Promoted the service to existing and potential club members

Provided Personal Training Services:

* Designed personalized exercise programs for male and female clients, ranging in age from 18 to 75
* Consistently exceeded monthly quota in sales

**RESEARCH ASSISTANT 10/94 - 6/96**

Exercise and Sport Research Institute, Arizona State University Tempe, AZ

Collected data on pre- and peri-menopausal women for Dr. Kathi T. Thomas’ Arizona Disease Control Research Commission Grant (Ethnic and age trends for body composition in women residing in the U.S. Southwest: I. Regional fat, *Medicine and Science in Sports and Exercise*; 1997 Jan; 29(1): 82-9):

* Traveled to Reservations and Community Health Centers to gather data
* Measured Blood Pressure, Waist-to-Hip Ratio and Resting Heart Rate
* Used 11-site skinfold measurements to estimate percent body fat
* Administered San Diego State Health and Exercise Survey
* Entered data into statistical analysis program (SPSS)

**CAMP COUNSELOR** 5/94 - 8/94

National Youth Sports Program, Arizona State University Tempe, AZ

Co-directed thirty 12-13-year-olds through a variety of physical activities, drug prevention and gang prevention during day camp (5 days/week) for disadvantaged youth