

CURRICULUM VITAE

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EDUCATION

Arizona State University, Polytechnic Campus, Mesa, Arizona
Master of Science, Exercise and Wellness (2009)

University of Virginia, Charlottesville, Virginia
Bachelor of Science in Education, Concentration Pre-Sports Medicine (1990)

HONORS AND AWARDS

Sun Award (2018). Awarded by Jackie Ries for presentation contribution to “More to Explore” recruitment event for prospective students and their parents, hosted by Arizona State University.

Society of St. Vincent de Paul Volunteer Award, Family Wellness Program, Phoenix, Arizona (2013). Awarded for exercise programming development contribution for “Every Little Step Counts” (ELSC) program for children. Served as the exercise specialist for the program and developed the exercise portion of the three-pronged strategy to improve health and wellness outcomes in children who were positive for overweight or obesity, high cholesterol and heart disease markers, and metabolic syndrome or Type 2 diabetes. Developed exercise programming for the 6-week program and the 12-week continuing education program.

Phi Theta Kappa Honor Society Mentor, Mesa Community College (2011). Nominated by a honor society student.

RESEARCH EXPERIENCE

Research assistant to Michelle May, MD, for the book, Eat What You Love, Love What You Eat: How to Break Your Eat-Repent-Repeat Cycle (2011).

TEACHING EXPERIENCE

Individualized Instruction: Exercise and Wellness majors (2018-present). Recruited high-achieving former students to serve as teaching assistants in my classes. Monitored and evaluated their performance and activity-leading efforts and public speaking and professional leadership skills.

Foundations of Exercise Science and Wellness (2016-present). Implemented lectures regarding professional development, academic development, and career exploration in the field of exercise science and wellness. Updated all lectures (21) and written assignments (2018). Redesigned assignments and lectures to reflect advances in current research and knowledge, and to maintain relevance of coursework for transfer students and upper classmen, as this is considered a freshman course.

Fitness for Life, Arizona State University (2015-present). Currently teach this course which covers fitness, strength and conditioning, flexibility, smart consumerism, stress management, and health-promoting health choices. Train instructors regarding teaching the course, keep in frequent contact with publisher representatives to review latest offerings, maintain the developmental shell with updated information and assignment changes. Continually update course curriculum, technology, and assignments to maintain relevance to students with regard to updates in research.

Foundations of Health and Well-Being (2016). Co-taught this weekly course required by College of Health Solutions to educate freshmen regarding health and wellness, including positive self-care through engaging in health-promoting activities, including exercise, nutrition, stress management, mindfulness, and chronic disease prevention.

Stress Management for Wellness (2016). Taught this course which covers the biology regarding stress and stress management, methods of stress management, and reflections on how to manage distress while enhancing eustress.

Special Topics: Health Professional Terminology (2016). Taught this course which covers medical terminology necessary for successful entry into the health professions and advanced courses regarding kinesiology, exercise science, and health promotion.

Introduction to Health and Wellness, Arizona State University (2015-2016, 2018). Created and implemented lectures for this introductory course in wellness, fitness, nutrition, stress management, chronic disease prevention, sexuality, relationships, and complementary and alternative medicine.

Worksite Wellness Presentations (2014). Dignity Health, Phoenix, Arizona. Delivered single-session presentations regarding various topics related to health, nutrition, stress management, and physical activity. Created and implemented a relevant hands-on activity for each session. Typical sessions were 60 minutes.

Healthful Living, Mesa Community College, Mesa, Arizona. (2010-2015). Created and implemented lectures/labs for this introductory course in wellness, nutrition, fitness, stress management, chronic disease prevention, sexuality, relationships. Created group activities to promote collaboration and to enhance learning and retention.

Weight-Management Courses (2013). Cigna, Phoenix, Arizona. Taught employees of the State of Arizona a 12-week workshop regarding weight-management, including interactive weekly lectures and activities while monitoring weight changes. I assessed behavior change readiness and designed individual programming based on each student's readiness to change for behavior change in dietary and exercise habits. Maintained records and interacted with the insurance company with regard to attendance and biometric changes for each of the 30 members. I taught three separate sections, each with 30 participants and provided with pre-session and post-session biometrics.

Cholesterol Management Courses (2013). Cigna, Phoenix. Conducted 6-week cholesterol management courses for State of Arizona employees who were indicated for behavioral change intervention to improve diagnosed high-cholesterol. Weekly presentations included a lecture component, discussion component, and homework component. Pre-session and post-session surveys indicated increased awareness of changes to improve cholesterol levels.

Worksite Wellness Presentations (2013). Cigna, Phoenix. Delivered single-session presentations regarding various topics related to health, nutrition, stress management, and physical activity. Created and implemented a relevant hands-on activity for each session. Typical sessions were 60 minutes.

Principles of Physical Fitness and Wellness, Mesa Community College (2010-2013). Created and implemented lectures/labs for this introductory course in strength/conditioning, wellness, nutrition, fitness, stress management, chronic disease prevention.

Tennis, Mesa Community College (2014), Arizona State University (2006-2009). Taught on-court beginning/intermediate tennis course.

PROFESSIONAL DEVELOPMENT

CHS Faculty Leadership Series – “Leading from Where You Are: Managing Up, Down and Sideways” (2018). Leadership meeting to discuss and explore ways to develop leadership skills as a faculty member.

Faculty Annual Review Evaluation Process meeting (2018). Meeting to discuss how to appropriately complete annual review documents.

Digital Online Teaching Symposium, New Orleans, Louisiana. (Jan. 25-27, 2018). One of 15 participants invited to explore ways to improve teaching strategies and innovative technology in a digital learning environment.

Canvas Training (2018). In-person training regarding Canvas learning management system and developing Blackboard courses into Canvas courses.

Yellowdig Training (2018). Webinar training regarding utilizing Yellowdig technology as an assessment tool in online courses.

Top Hat Training (2018). Had three meetings with Top Hat technology representatives to incorporate Top Hat technology in the classroom.

Meetings with peers to discuss teaching and course content (2018). 16 total meetings (Laura Kobar, Rachel Larson, Holly Aguila, Natasha Carr, Joseph Marsit, Tannah Broman) to collaborate and to discuss course specifics and methods of enhancing course content, student achievement, and student retention.

Met with Abigail Elsener, Assistant Director of Development for CHS to engage alumni through alumni presentations in classes to develop alumni contributions and donations to CHS (2018).

PRESENTATIONS

Arizona State University, Exercise and Wellness presentation at “More to Explore”, Arizona State University recruitment event (2018). Spoke to prospective students and their parents regarding EXW majors and offerings. Discussed degree and course options, the benefits of an ASU education and degree, career options and graduate school pathways, and answered questions.

Arizona and New Mexico Associations for Health, Physical Education, Recreation and Dance, Pushing the Boundaries conference, (Flagstaff, Arizona) (2009). Title: "Walking and Body Composition Variables of Female Elementary School Teachers".

STUDENT ENGAGEMENT AND RETENTION EFFORTS

Summer Bridge Program Committee (2018-present). Involved in development of a summer program to introduce CHS students to degree options and professions available to CHS students, by developing and utilizing career explorative activities. This program will serve as a transition program into the first year in CHS.

Faculty Advisor to the Sports Medical Society (2018-present). Serve as the faculty advisor to the newly-formed Sports Medical Society, an Arizona State University organization for students interested in medical careers and sports. Attend each of the bi-weekly meetings on both the Tempe and Downtown Phoenix campuses, and have weekly interaction with organization student founders with regard to meeting agendas and recruitment of speakers and development of activities as well as promoting the organization to recruit student members.

Student Mentoring (2018). **Joseph Graham, Alejandro Juarez, Sarah Brown, Esther Olowokere, Velia Moncado** (all teaching assistant mentoring), **Trevi Guido** (2017 graduate, mentoring post-graduate to attend PT school).

EXW Core Curriculum Overview Discussion (2018). Participated in discussion regarding the Exercise and Wellness major to begin to evaluate current course offerings and content.

Close contact with Student Services and DRC personnel (2018). Maintained contact with Student Services and connected them with students experiencing challenges and difficulties.

College of Health Solutions Welcome Event, Arizona Science Center, Phoenix (2018). Attended and met incoming students and their parents.

Barrett Honors Students (2016-2017). **Trevi Guido** (2016-2017), Honors Thesis, "PEAK4U Business Plan" (2016), served as her Barrett Honors Thesis Advisor, and medallioned Trevi at the Barrett Honors College Convocation (2017); **Kaylee Antill** (2017), Honors Contract, "The Built Environment and How It Affects the Athlete"; **Makyla Norton** (2016), Honors Contract, "Complementary and Alternative Medicine to Treat PTSD".

PROFESSIONAL EXPERIENCE

Course Manager for EXW 325: Fitness for Life, Arizona State University, (2015-present). Responsible for coordinating all meetings with instructors teaching the course and the publisher representative. Maintain and update course materials and the developmental Blackboard shell. Frequent contact with publisher representative to consider improved assessment technology, features, and offerings.

Fitness Center Floor Supervisor, Mesa Community College (2010-2015; summers 2011-present). Responsible for supervising fitness center activities and providing individualized fitness programming for students.

Health Coach, Dignity Health, Chandler-Regional Medical Center, Chandler, Arizona; Mercy-Gilbert Medical Center, Gilbert, Arizona (2014). Provided individualized programming in the areas of fitness, weight management, and stress management to employees. Assisted in fitness

testing of employees. Co-instructed cooking and cooking demonstration events at several Phoenix companies.

Exercise Specialist, St. Vincent de Paul, Family Wellness Program, Phoenix, Arizona (2013). Created and implemented exercise session series and booster exercise session series for low-income, minority overweight/obese children and their parents participating in Family Wellness Program. Served as the exercise specialist for the program and developed the exercise portion of the three-pronged strategy to improve health and wellness outcomes in children who were positive for overweight or obesity, high cholesterol and heart disease markers, and metabolic syndrome or Type 2 diabetes. Developed exercise programming for the 6-week program and the 12-week continuing education program.

Health Coach, Cigna, Phoenix (2011-2013). Presented series of lectures regarding cholesterol management, stress management, weight management to various organizations. Taught 12-week Weight Management classes; 5-week Cholesterol Management classes. Provided individualized and group health coaching in the areas of weight management, stress management, and fitness as a corporate onsite health coach.

Telephonic Health Coach, Carewise Health, Scottsdale, Arizona (2009). Counseled and provided clients with individualized programming in the areas of fitness, stress management, nutrition, weight management and smoking cessation.

Fitness Center Instructor, Chandler-Gilbert Community College, Chandler, Arizona (2006-2009). Supervised the fitness center during work shifts, created individualized fitness programming, and instructed students on proper use of fitness center equipment.

VOLUNTEER EXPERIENCE

Exercise Specialist, St. Vincent de Paul, Family Wellness Program, Phoenix (2012). Volunteered as exercise specialist and created and taught a series of informational fitness worksheets. Implemented related exercise sessions to low-income, minority overweight/obese children and their parents. Created and implemented booster fitness programming to Family Wellness Program clients and their parents.

PROFESSIONAL MEMBERSHIP

American College of Sports Medicine

PROFESSIONAL CERTIFICATION

American College of Sports Medicine, certified personal trainer (2010-present)

CPR/AED/BLS certification (2010-present). American Heart Association.

SKILLS

Proficient in Microsoft Word, Microsoft Excel, Microsoft PowerPoint, Blackboard, Canvas (online education platform).