

ELIZABETH S. REDDING



EDUCATION:

Bachelor of Science, Auburn University, 1987

Major: Health & Human Performance

Master of Education, Auburn University, 1988

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WORK EXPERIENCE:

Kinesiology Program Specialist, The University of Alabama in Huntsville, Huntsville, AL, August 2015-present. Responsible for providing individual and group advising to all undergraduates in the Department of Kinesiology, to include long term career goals and the individual programs of study. Assisted with registration and referred to additional resources as necessary. Maintained and updated the database of students, and coordinated with the department for upcoming catalog changes and course offerings. Planned marketing for all kinesiology programs to students, staff, faculty, and the community. Taught a variety of kinesiology courses.

Health & Physical Education Specialist, The University of Alabama in Huntsville, Huntsville, AL, Aug 2009-July 2015. Responsible for financial reporting of all HPE activities, programs, and courses. Assisted with budget planning, development, and projections. Provided oversight for all learning management systems required for both classroom and online courses, and provided curriculum and instructional support for HPE courses and instructors. Planned and managed the campus-wide Just Move It fitness campaign. Responsible for marketing all HPE programs on an annual basis.

Exercise Physiologist, Shaw Air Force Base, Sumter, SC and Tinker Air Force Base, Oklahoma City, OK June 1996-June 2003.

Responsible for administering physical fitness program for over 6,000 active duty members. Planned and conducted submaximal aerobic assessments, developed health and fitness improvement plans for members, taught health and fitness classes for various populations, collected and analyzed data regarding programs and metrics, responsible for procurement and replacement of equipment.

Health & Fitness Specialist, Maxwell Air Force Base, Montgomery, AL, July 1992-January 1996.

Implemented employee wellness program for 2,000 military and civilian employees. Responsible for planning and directing wide range of wellness activities for employees, to include annual health fair and cholesterol screenings, monthly health seminars, smoking cessation classes, stress management classes, and walking club. Prepared all public information regarding program, solicited and organized volunteer support for advisory committee, provided oversight for military physical fitness assessments and rehabilitation programs.

Director of Wellness, Central Alabama Community College, Alexander City, AL, January 1989-July 1992.

Developed wellness program for community college students and employees. Served as full time faculty member teaching health and fitness classes, and developed wellness class curriculum for the college. Supervised staff of 8 part-time employees, administered fitness tests and prescribed individual exercise plans, conducted wellness workshops for community groups, served as advisor for female athletes.

REFERENCES: Available upon request.