Nicole Lyn Koontz

Ball State University, Human Performance Laboratory
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Education: **Ball State University**, Muncie, Indiana
Master of Science (M.S.) Exercise Physiology
May 2006 Concentration: Adult Fitness/Cardiac Rehabilitation

Thesis: Comparison of Physical Activity Assessment Methods among Phase III Cardiac Rehabilitation Participants. This thesis examines physical activity among Phase III cardiac rehabilitation participants. Thesis advisor: Dr. Patrick Schneider.

Mount Union College, Alliance, Ohio
May 2004 Bachelor of Science (B.S.)
Major: Exercise Science

Distinctions: Research Assistantship Funded by Eli Lilly, Initiative with Ball State University 2006

Teaching and Research Interests: Teaching interests include exercise physiology, physical fitness assessment, electrocardiography, and exercise prescription.
Research specialization includes physical activity assessment and cardiac patients.

Qualification Summary:
Experienced in duties related to the management of the clinical exercise program at Ball State University such as exercise prescription, assessments and clinical aspects related to the Adult Physical Fitness Program.
Experienced in the fundamentals of the research process.
Willing to take the Exercise Specialist certification provided by ACSM if encouraged.

Professional Experience:

Ball State University, Human Performance Laboratory, Muncie, IN. Instructor and Assistant Director of the Adult Physical Fitness Program

Aug. 2011-Present Responsible for teaching undergraduate classes in the areas of Exercise Prescription and Advanced Fitness Assessments. Responsible for supervising the Adult Physical Fitness Program. Scheduling of all graduate assistants, interns, and practicum students. Supervising all adherence testing and some initial testing for participants starting in our program. Listed as an author in a research abstract sent for review to AACVPR titled, "Factors associated with six-minute-walk test distance in patients entering cardiac rehabilitation." Leonard A. Kaminsky, Katrina Riggin, Cemal Ozemek, Nicole Koontz, Scott Strath

Yorktown High School, Yorktown, IN. Assistant Track Coach

Jan 2011-Present Mid-distance coach for the boys and girls track teams

Yorktown High School, Yorktown, IN. Girls Head Cross Country Coach

July 2010-present Coached both girls and boys cross country

IU Ball Memorial Hospital, Muncie, IN. Cardiopulmonary Rehabilitation Specialist

2006-Aug.2011 Responsible for daily patient care in Phase I/II/III cardiac rehabilitation; EECP, stress testing, lifestyle coaching, exercise prescription, sales, marketing; nutrition counseling, case manager, practicum student supervisor, and health educator

Muncie Burris High School, Muncie, IN. Volunteer Assistant Girls Track Coach

Jan. 2009-May 2010 Distance and mid distance coach

Lutheran Hospital, Fort Wayne, IN. Exercise Physiologist

May-July 2006 Responsible for ambulation and education of Phase I Cardiopulmonary Rehab

Ball State University, Muncie, IN. Adult Physical Fitness Program Graduate Assistant

2005-2006 *Program Supervisor:*
Supervision of exercise leaders and undergraduate interns
Conducted emergency procedure drills

2004-2006 *Test Technician and Testing Coordinator*:
Perform body composition analysis, phlebotomy, resting and exercise ECG recording, review patient's files and choose appropriate testing mode and protocol, review medications, aided in conducting maximal graded exercise tests

2004-2005 *Exercise Leader*:
Case manage a group of 25-30 participants
Develop cardiovascular and muscular fitness exercise prescriptions
Monthly participant progress reports, developed educational materials
Administer results consultations and program orientations for new participants

Mount Union College Exercise Science. Laboratory Assistant

2002-2004 Conducted fitness assessments, body composition and pulmonary function screening, lipid and glucose screening

Kursk State University, Kursk, Russia. Guest Lecturer

2004 Assisted in the development of an adult fitness program
Presented body composition assessment to students and faculty

Certifications: Adult CPR (American Red Cross), current
Advanced Cardiac Life Support (ACLS), current
Basic Phlebotomy and Standard Precautions, 2004-2006

Professional Affiliations: Indiana Association of Track and Cross Country Coaches current
American College of Sports Medicine 2004-2006
Midwest Chapter of the American College of Sports Medicine 2004-2006

Professional Meetings Attended: AACVPR and presented poster 2007
American College of Sports Medicine 2005
Indiana AACVPR 2005
Midwest ACSM 2005