Cathy D. Whaley, M.S., MCHES
3809 West Heath Drive
Muncie, Indiana 47304-6163
765-289-2902 (home) / 765-748-5559 (cell)
cdwhaley@bsu.edu / cathyd.whaley@gmail.com

PROFESSIONAL EXPERIENCE

Aug. 2009 – May 2011 ***Ball State University, Muncie, Indiana***
Department of Physiology and Health Science
Instructor

- taught personal and community health education, health promotion, health communication and multimedia; death and dying; coordinated school health and other undergraduate and graduate health science courses
- served as faculty area specialist during freshman orientation for health-related majors
- utilized Blackboard course management system to engage students in online learning

Nov. 2006 – July 2009 ***Ball State University, Muncie, Indiana***
Fisher Institute for Wellness and Gerontology
Project Coordinator for School Wellness Initiative – Grant Funded

- Coordinated health and wellness resources for K-12 teachers
- Evaluated wellness policies and programs for local school corporations
- Facilitated development of physical activity and nutrition programs to address needs
- Supervised graduate students in immersive learning school health activities

Nov. 2004 – Nov. 2006 ***Ball State University, Muncie, Indiana***
Indiana Academy for Science, Mathematics, and Humanities
Assistant Director of Outreach Programs

- Managed, created and marketed high school distance education courses
- Explored resources and developed partnerships with relevant educational entities
- Prepared and monitored budget for distance learning and summer institute activities

Mar. 2004 – Nov. 2004 **Interim Associate Director and Distance Learning Coordinator**

- Planned and supervised enrichment programs for middle school students
- Facilitated the development of office mission statement, goals and objectives
- Organized professional development workshops for teachers of AP courses

Mar. 2000 – Sep. 2003 ***American College of Sports Medicine, Indianapolis, Indiana***
National Director of Certification and Registry Programs

- Supervised staff in the administration of certification and continuing education programs
- Cultivated partnerships with university faculty and other national health organizations
- Presented lectures and tutorials to promote and market accreditation and credentialing
- Served on editorial staff for *ACSM's Certified News*, *Health & Fitness Journal*, and ACSM's Worksite Health Promotion Manual (2003) and ACSM's Exercise Management for Persons with Chronic Diseases and Disabilities (2003).

Nov. 1999 – Mar. 2000 **Associate Director of Certification**

- Coordinated three levels of certification including processing of application materials
- Directed marketing efforts with volunteer subcommittee members
- Implemented training and internship program for undergraduate and graduate students

Jun. 1999 – Nov. 1999 ***Ball State University, Muncie, Indiana***
Counseling and Psychological Services Center
Systems Coordinator

- Coordinated administrative functions and systems development for counseling center
- Provided staff training on computer programs and university procedures
- Monitored monthly budget and prepared summary reports

Aug. 1992 – Jun. 1999 ***Ball State University, Muncie, Indiana***
Adult Fitness / Cardiac Rehabilitation Program
Administrative Coordinator

- Developed and trained graduate student staff on program policies and procedures
- Organized health screenings and analyzed health risk appraisals prior to exercise testing
- Managed database and prepared health assessment reports for clients and physicians

Jul. 1991 – Mar. 1992 **YWCA, Muncie, Indiana**
Retired Senior Volunteer Program
Recruiter/Trainer/Coordinator

- Coordinated the implementation of a county-wide volunteer speakers bureau
- Recruited volunteers to conduct research on medication usage
- Trained volunteers on effective public speaking methods

ADDITIONAL PROFESSIONAL EXPERIENCES

Action for Healthy Kids, Chicago, Illinois (2010)
Project Developer and Consultant, *Game On! The Ultimate Wellness Challenge*

Ball State University, Muncie, Indiana (2010-12)
Freshman Advisor, Summer Orientation Program

Indiana Action for Healthy Kids, Kellogg's Team Grant, Gaston, Indiana (2008-09)
Project Coordinator, Wes-Del Community School Corporation

Indiana State Department of Health, Indianapolis, Indiana (2009)
Indiana Youth Risk Behavior Survey Coordinator and Survey Trainer

Indiana State Department of Health, Indianapolis, Indiana (2007)
Youth Risk Behavior Survey Contractor

MICHIANA II, Coordinated School Health Training Institute (2008-10)
Coach, Kokomo Center School Corporation

Michigan Model for Health, Mt. Pleasant, Michigan (2007-08)
Indiana School Survey Specialist

The Morley Group, Indianapolis, Indiana (2007)
Health Education Editorial Consultant

EDUCATION

Ball State University
Ed.D. candidate in health science education, (2006-08, 33 hours completed beyond masters)
M.S., health science, Thesis: "Physical Activity Levels of Adults in Indiana: 1986-96," 3.7 GPA (2001)
B.G.S., general studies, elementary education concentration, 3.3 GPA (1991)

CERTIFICATION

Master Certified Health Education Specialist (MCHES), National Commission for Health Education Credentialing (October 2011)

Certified Health Education Specialist (CHES), National Commission for Health Education Credentialing (October 1999)

PROFESSIONAL ABILITIES

- Needs assessment and program implementation
- Report generation and educational presentations
- Leadership of committees and volunteers
- Campus-community resource coordination
- Provision of grant assistance and support
- Research and outcomes analysis
- Strategic plan development and evaluation
- Team building and consensual decision-making

PROFESSIONAL SKILLS

- Curriculum development and assessment
- Multi-tasking and time management
- Written and verbal communication
- Project organization and management
- Interpersonal relations with employees and students
- Utilizing online course delivery systems
- Integrity and accountability
- Logical thinking and problem-solving

PROFESSIONAL MEMBERSHIPS

American Alliance for Health, Physical Education, Recreation and Dance (AAHPERD)
American Association of Health Education (AAHE)
American Association for Physical Activity and Recreation (AAPAR)
Eta Sigma Gamma (National Health Education Honorary), Alpha Chapter (ESG)
Indiana Public Health Association (IPHA)
Kappa Delta Pi (National Education Honorary), Gamma Theta Chapter (KDP)
Society for Public Health Education (SOPHE)
Indiana Society for Public Health Education (IN-SOPHE)

PROFESSIONAL SERVICE, COMMITTEES AND AWARDS

- Indiana Action for Healthy Kids Steering Committee Chair (2008 – 2011)
    - Membership Subcommittee Chair (2008-09)
- Indiana Public Health System Quality Improvement Project (2007 – 2011)
    - Delaware County's Healthy Living Take Charge! Coalition Secretary (2007 – 2008)
- Indiana School Health Network (2008 – 2010)
- Mid-America Regional Public Health Leadership Institute Fellow (2008 – present)
- United Way of Delaware County Community Solutions Committee (2007 – 2010)
    - Community Health Solutions Team Co-Chair (2007 – 2010)
- Recipient of Elizabeth A. Neilson and George H. Neilson Scholarship, Ball State University Department of Physiology and Health Science (2007)
- American Public Health Association Student Assembly Diversity Committee (2006)
- ACSM Health Education and Worksite Health Promotion Special Interest Group (1996 – 2008)
- ACSM Strategic Health Initiative Committee – National Health Objectives (2002-2006)
- ACSM Health and Science Policy Committee (2002-2005)

PROFESSIONAL PRESENTATIONS

"A Coordinated Approach to School Health." Ball State University Health Science Workshop, Muncie, IN, June 2008.

"Kokomo Center School Corporation and Coordinated School Health Program – MICHIANA II." Kokomo Center Coordinated School Health Advisory Council meeting, Kokomo, IN, November 2008.

"Delaware County Public Health System Quality Improvement Project." Indiana State Department of Health County Summit, West Lafayette, IN, May 2008.

"Community Assessment Health Impact: Well AWARE in Delaware County." Centers for Disease Control and Prevention Health Assessment Initiative Conference, Atlanta, GA, August 2007 (Co-presenter with Jin, S.W. and Lambourne, M.E.).

"Enhancing Your School Wellness Programs: Expect the Extraordinary." Muncie Community School Corporation Opening Day Ceremonies, Muncie, IN, August 2007.

"Well AWARE in Delaware County." Indiana Rural Health Association Annual Conference, Evansville, IN, June 2007.

"School Wellness Health Promotion." American College of Sports Medicine Annual Meeting, Health Promotion Special Interest Group, New Orleans, LA, May 2007.

"The Fisher Institute for Wellness and Gerontology's School Wellness Initiative." Indiana Educational Service Center, Curriculum Directors' Meeting, Columbia City, IN, April 2007.

"Wellness Programmes in Schools." International Week for School of Sport and Exercise Science, University of Worcester, England, March 2007.

"Teaching Online: Insuring Quality in Online Delivery of AP Content and Instruction." Advanced Placement Annual Conference, Orlando, FL, July 2006.

"Distance Education from the Indiana Academy." Indiana Computer Educators Conference, Indianapolis, IN, January 2006.

"Distance Learning from the Indiana Academy: Helping Students Meet Academic Honors Diploma Requirements." Indiana Association of School Principals Fall Professional Conference, Indianapolis, IN, November 2005.

"Professional Development Opportunities from the Indiana Academy." Indiana Association of School Principals, Assistant Principals' Conference, Indianapolis, IN, October 2005.

"Advanced Placement Courses via Indiana Academy Distance Learning." Indiana Pathways to College Network Conference, Indianapolis, IN, January 2005.

"Partnering with Universities--The ACSM University Connection." Annual Meeting of the Texas Association for Health, Physical Education, Recreation and Dance, Galveston, TX, December 2003.

"The ACSM University Connection – Endorsement of Academic Programs." Annual Meeting of the American College of Sports Medicine, San Francisco, CA, May 2003.

"ACSM Certifications and Registry: Update on Current Initiatives." Department of Health and Exercise Science, Texas Tech University, Lubbock, TX, March 2003.

"ACSM Opportunities for Worksite Health Promotion Professionals." Annual Meeting of the Southwest Chapter of the American College of Sports Medicine, Las Vegas, NV, November 2002.

"ACSM Certification and Registry Programs." Annual Meeting of the Midwest Chapter of the American College of Sports Medicine, Detroit, MI, October 2002.

"The Future of ACSM Certification Programs – the University Connection." Annual Meeting of the American College of Sports Medicine, St. Louis, MO, May 2002

"Using State Data to Monitor Healthy People 2010 Objectives in Your Community." Annual Meeting of the American College of Sports Medicine, Baltimore, MD, May 2001 (Co-presenter with Heath, G.).

"Physical Activity Levels of Adults in Indiana 1986-1996." Annual Meeting of the American College of Sports Medicine, Indianapolis, IN, June 2000 (Co-presenter with McKenzie, J. and Whaley, M.).

"The Health Educator as Role Model: Results of Preliminary Data." National School Health Conference of the American School Health Association, Kansas City, MI, October 1999 (Co-presenter with Wood, M. and Nehl, E.).

PROFESSIONAL MEETINGS ATTENDED

Action for Healthy Kids Get in the Action Summit (2010)
American Alliance for Health, Physical Education, Recreation and Dance (2004, 2010)
American College of Sports Medicine, Annual Meeting (1996, 1998, 2000-03, 2005, 2007)
American College of Sports Medicine, Health & Fitness Summit and Exposition (2001-02)
American Heart Association Scientific Sessions (2006)
Club Industry Exhibition (2000-01)
Commission on Accreditation of Allied Health Education Programs Annual Meeting (2003)
Communities Aligned Toward Children's Health Conference (2006)
Great Lakes Cardiovascular Health Conference (1999)
Indiana Action for Healthy Kids Team Leader Workshop (2008)
Indiana Charter Schools Annual Conference (2004)
Indiana SOPHE Workshop on Health Literacy and Communications (2010)
INShape Indiana Health Summit (2006-08)
International Week School of Sport and Exercise Science, University of Worcester, England (2007)
Midwest Chapter of American College of Sports Medicine (1995-97, 2002)
National Organization for Competency Assurance Annual Conference (2003)
Second Annual North American Congress of Epidemiology (2006)
Southwest Chapter of American College of Sports Medicine (2002)
Texas Association for Health, Physical Education, Recreation and Dance (2003)

ARTICLES AND PUBLICATIONS

Stewart, C.D., Setting higher standards. *Fitness Management e-Letter.* September 2003.

Stewart, C.D., A look at the field – health and fitness programs. *Sports Medicine Bulletin*. 38(3):20, May-June 2003.

Stewart, C.D. Health and Fitness Certifications—What do all those acronyms mean? *ACSM's Health & Fitness Journa*l. 6(6):33-35, November-December 2002.

Stewart, C.D., J.F. McKenzie and M.H. Whaley. Physical activity levels of adults in Indiana 1986-1996. *Med. Sci. Sports Exerc.* 32:S187, 2000.

Contributed to health and fitness articles published in *The Courier-Journal* (Louisville, KY); *The Los Angeles Times* (Los Angeles, CA); *Fort Worth Star-Telegram* (Fort Worth, TX); *Chicago Tribune* (Chicago, IL); *Washington Post* (Washington, DC); *Wall Street Journal* (Chicopee, MA); *Daily Press* (Newport News, VA);