

## Carma Sprowls-Repcheck

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Pittsburgh, PA 15261  
412-648-3186

### EDUCATION:

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University of Pittsburgh, Pittsburgh PA Ph.D. in Exercise Physiology Minor in Research Methodology	August 1994
University of Pittsburgh, Pittsburgh PA M.S. in Exercise Physiology	December 1989
University of Pittsburgh, Pittsburgh PA Completed course work for MPH School of Public Health, Dept. of Epidemiology August 1994	
University of Pittsburgh, Pittsburgh PA M. Ed. Educational Communications & Technology (Instructional Design)	August 1985
Washington & Jefferson College, Washington PA B.A. Business Economics and History (Double Major)	May 1982

### **HIGHER EDUCATION TEACHING & ADVISING EXPERIENCE:**

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University of Pittsburgh, Pittsburgh PA *Assistant Professor, Clinical Internship Coordinator Health and Human Development Dept., School of Education -Major Advisor for undergraduates -Developed advising tools and streamlined advising protocols to be similar between major advisors -Consolidated course offerings resulting in more accurate registration -Coordinated undergraduate and graduate Clinical Internships -Restructured internship process -Marketed internships culminating in over 60 qualified sites -Instructor of: Fitness Assessment & Exercise Prescription plus coordinating labs, Senior Seminar, Fitness Assessment & Exercise Prescription for Special Populations plus coordinating labs, Online graduate course-Fitness Assessment & Exercise Prescription, Instructor Courses, Health Fitness Practicum	2009-current
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University of Pittsburgh, Pittsburgh PA 2000 -2004  
 \* Adjunct Professor, School of Rehabilitation Science  
 Instructed Exercise Physiology, plus coordinating labs

Duquesne University, Pittsburgh PA 1999  
 \* Adjunct Professor  
 Instructed Exercise Physiology, plus coordinating labs

Community College of Allegheny Campus, Pittsburgh PA 1995  
 \*Adjunct Instructor, Health and Wellness series.

**OTHER WORK  
 EXPERIENCE:**

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LA Fitness Inc., Bridgeville, PA 2007-2009  
 \* Manager, Group Activities  
 - Directed a staff of over 30 employees  
 -Supervised, hired, trained, and scheduled employees  
 for a 12,000 member club  
 -Developed and led workshops, trained staff on ACSM exercise  
 prescriptions and developed exercise programs

Amerifit Inc., Pittsburgh PA 1992-2008  
 \* Fitness Director  
 - Presided over the design and building of the Group  
 Exercise rooms, and Fitness Assessment rooms following  
 Industry standards.  
 - Hired, trained, and scheduled staff.  
 - Conceived and developed programs for all levels of participants,  
 Including seniors and children  
 -One of the first facilities in Western PA to incorporate Silver  
 Sneaker Classes  
 -Established & Instructed exercise classes for special need children

Catholic Charities of the Diocese of Pittsburgh, Pittsburgh PA  
 \* Director of Public Relations 1986-1989  
 -Oversaw all public relations materials for 6 county offices.  
 -Coordinated all media events and publications.  
 -Streamlined technology for publications reducing overhead costs.

## **ACADEMIC/RESEARCH EXPERIENCE:**

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- University of Pittsburgh, Pittsburgh PA August 1992-1994  
 \* Graduate Research Assistant/Teaching Assistant  
 -Human Energy Research Lab  
 - Responsibilities included exercise testing, lab instructor, teaching undergraduate courses, exercise leader, data analysis.
- University of Pittsburgh, Pittsburgh PA August 1991-1992  
 \* Graduate Research Assistant, School of Rehabilitation Science  
 -Studied the energy costs of walking in patients with Cerebral Pals
- University of Pittsburgh, Pittsburgh PA Dec.1988-Jan.1991  
 \* Graduate Research Assistant, School of Public Health  
 -Studied variables associated with Osteoporosis  
 - Responsibilities included the recruitment of volunteers, testing, Data & computer analysis, grant & journal writing.  
 -Presented at Gerontological Society conference
- St. Francis Hospital Internship, Cardiac Rehabilitation 1989

## **PROFESSIONAL ACCOMPLISHMENTS:**

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- Presentation-The benefits of Exercise for Wound Care. Oct. 2021  
 -Academy of Physicians in Wound Healing
- Girls on the Run, Board of Directors** 2016-2018  
 -Working Board. Helped to reorganize and Streamline the organization
- Hosted Strength & Conditioning Conference March 2017  
 for High Schools at Mt. Lebanon High School
- Collegiate YMCA, Board of Directors 2015-2017
- Lending Hearts, Board of Directors** 2012-2016  
 - Developed programs for pediatric cancer patients  
 -Collaborated with Children's Hospital to coordinate Programs and events

**PROFESSIONAL  
COMMITTEE  
INVOLVEMENT:**

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**Faculty Liaison for Cross Country** 2017-current

**Faculty Liaison for Men's Lacrosse** 2017-current

-Effected leadership changes and responsibilities within the organization

-Advised students to follow SORC guidelines and University Intramural and Recreation guidelines

-Achieved a balanced budget after finishing calendar year 2018 with a \$17,000 deficit.

**Student Conduct Officer, University of Pittsburgh** 2016-present

**University Senate Athletic Committee, University of Pittsburgh**  
Faculty Representative 2010-current

**School Appointed member** of SOE Diversity and Inclusivity  
Committee 2012-2016

**Medical Advisory Committee, University of Pittsburgh** 2009-2011  
Faculty Representative for UPMC Health Plan