

Name: Dr. Louis F. Tomasi

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Columbus, GA 31907

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Married (1974) to Linda J. Rocha Tomasi
one daughter, adopted at the age of 2 years, Yolanda J. Tomasi

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UPDATE APRIL 2010

EDUCATIONAL RECORD

Post-Doctoral Training: Earned second teaching discipline from TROY Univ. U.S. History

New York University for Doctorate in Education, 1987

Graduate School, East Stroudsburg University, Masters of Science, 1975

University of Vermont, Bachelor of Science PE, 1972

PROFESSIONAL AND TEACHING EXPERIENCE

2003- Present. Troy University-Ft. Benning, GA. Program Coordinator, Sport and Fitness Management, Troy University –Ft. Benning Campus, and Troy University-South East Region, GoArmyEd, eCampus and Regional Program Coordinator for College of Health and Human Services.

Plan, develop, and oversee operations of in-class, web-enhanced, and distant learning University degrees.

- Associate of Science in General Education (ASGE), concentration Physical Fitness
- Bachelor of Science (BS) in SPORT AND FITNESS MANAGEMENT (SFM), Concentrations in Health Promotion, Exercise Science, Athletics, Sport Management and/or Recreation Management
- Masters of Education, Concentration in Physical Fitness
- Masters of Science, Sport and Fitness Management

Initiated the Sport and Fitness department from the beginning, Feb 2003.

Design the program with annually renewable, 5-year plan. Continue yearly, to update 5-year plan.

Independently recruit professors, review & process resumes, applications, interviews, certification documents, transcripts, and references – then offered positions to qualified professionals.

Strategize on the production and management of SFM Distant Learning (DL) classes to include, learning the DL “Blackboard” platform, administrating the SFM DL Classes, coordinating with books publishers for DL cartridges, teaching the DL platform Blackboard to SFM teachers.

Prepare in-class, web-enhanced, and DL expansion of the degree to GoArmyEd University Troy-Ft. Bragg, Troy-Ft. Hood, Troy-Ft. Campbell, Troy-Ft. Lewis, Troy-Ft. Carson, Troy-Shaw(AFB), TROY-Pensacola, etc. GoArmyEd,, and other Troy Universities sites throughout the South East Region.

Courses taught **GRADUATE-LEVEL:**

1. SFM 6615 Sport Administration (AY2005 thru 2009) for TROY-Benning
2. SFM 6617 Readings in Sport and Fitness Management (AY2005 thru 2009) for TROY-Benning
3. SFM 6620 Physical Fitness: Critical Analysis (AY2005 thru 2009) for TROY-Benning
4. SFM 6623 The Biomechanics of Sport Techniques (AY2005 thru 2009) for TROY-Benning
5. SFM 6625 Specialized Study in Sport and Fitness Management (AY2005 thru 2009) for TROY-Benning
6. SFM 6626 Specialized Study in Sport and Fitness Management (AY2005 thru 2009) for TROY-Benning
7. SFM 6627 Specialized Study in Sport and Fitness Management (AY2005 thru 2009) for TROY-Benning
8. SFM 6632 Critical Issues in Sport and Fitness Management (AY2005 thru 2009) for TROY-Benning
9. SFM 6650 Nutrition and Physical Performance (AY2005 thru 2009) for TROY-Benning
10. SFM 6671 Exercise thru the Life Span (AY2005 thru 2009) for TROY-Benning
11. SFM 6691 Research Methods in Sport and Fitness Management (AY2005 thru 2009) for TROY-Benning
12. EDU 6690 Methods of Research (AY2002-2003) for TROY-PC
13. EDU 6691 Research Methods for TROY-Benning (AY2003 thru 2005) for TROY-Benning & TROY-BRAGG
14. PSE 6691 Research Methods for TROY-Benning (AY2005 thru 2009) for TROY-Benning
15. HPR 6621 Supervision of Instruction of Health/Physical Education. (AY2003 thru 2005) for TROY-Benning
16. HPR 6625 Specialized Study in Health/Physical Education. (AY2003 thru 2005)for TROY-Benning
17. HPR 6626 Specialized Study in Health/Physical Education. (AY2003 thru 2005)for TROY-Benning
18. HPR 6627 Specialized Study in Health/Physical Education. (AY2003 thru 2005)) for TROY-Benning
19. HPR 6631 Programs in Health/Physical Education. (AY2003 thru 2005)for TROY-Benning
20. HPR 6632 Critical Issues in Health/Physical Education. (AY2003 thru 2005)) for TROY-Benning

Presently, educate/oversee **UNDERGRADUATE-LEVEL**

1. KHP (HPR) 2240 Personal and Community Health for TROY-Benning Distant Learning (eCampus) (AY2003 thru 2009)
2. KHP (HPR) 3352 Kinesiology and Efficiency of Human Movement KHP for TROY-Benning Distant Learning (eCampus) (AY2004-2005)
3. KHP 3355 Introduction to Sport and Fitness Management for TROY-Benning Distant Learning (eCampus) (AY2003 thru 2009)
4. KHP (HPR) 4490 Internship in Area of Concentration for TROY-Benning Distant Learning (eCampus) (AY2003-2009)
5. KHP 4499 Senior Seminar for TROY-Benning Distant Learning (eCampus) (AY2003-2009)

Concurrently, August 2007- June 2008. Troy University-Ft. Benning, GA. Interim Program Coordinator, Master of Science- Post Secondary Education-Instructional Design. In other words, I selflessly occupied two full-time positions with TROY-Benning for 11 months.

Plan, develop and execute the MS PSE-IT program with yearly renewable, 5-year plan. Maintain yearly, revise 5-year plan.

Separately employ professors, evaluate & process resumes, applications, interviews, qualification documents, transcripts, and references – offered positions to capable professionals.

Direct, manage, and execute the construction and administration of MS PSE-IT & the teaching of classes to include, learning the “Blackboard” platform, administrating the MS PSE-IT Classes, coordinating with book publishers for learning cartridges, teaching the platform Blackboard to MS PSE-IT teachers.

1992-2003 United States Army Physical Fitness School, Ft. Benning, GA Research Physiologist CIVIL SERVICE RETIRED

Self-determining team leader and APFS Commandant’s primary advisor for scientific research activities for physical readiness doctrine, the Army Physical Fitness Test (APFT) Revised Standards, Initial Entry Training (IET) Policy for Entrance/Exit into Fitness Training Units, Validation Study for APFT Standards, Impact of New APFT Standards on IET, Upper Body Strength Needed for Airborne Training and other Army-wide research projects.

Coordinate and conduct systematic investigations and independent research for assigned studies and projects.

Independently, perform Department of the Army Major Command level research involving the application of scientific, experimental, statistical, mathematical, and other research techniques in the area of human performance.

American Red Cross CPR/First Aid & AED Instructor –

Research, develop, and write technical material that includes Department of the Army lesson plans, course curricula, reference materials, training manuals, handbooks, and exportable training packages.

Collect research data and analyze it through Descriptive, Inferential, and Parametric Statistics. Familiar with Statistical Package for Social Science (SPSS) software package.

Instruct and maintain current instructional materials in the scientific of human performance.

Serve as Project Officer and/or team leader for assigned studies and projects.

Research and interpret the scientific literature and develop, evaluate, and write technical materials, to include guidelines, briefing, lesson plans, course curriculum, reference material, field manuals, pamphlets, reports and training support packages.

Familiar with Microsoft Office to include Word, Excel, PowerPoint, Outlook, and Microsoft Publisher.

Serve as US Olympic Committee Nutritional Consultant

Design Battle-Focused physical conditioning programs during Operation Desert Shield/Storm, the 8th Army and 2 ID brigade commanders in Korea and Berlin.

Institute Ft. Benning's civilian physical fitness program that eventually was an exported model for Army installations.

Develop the Ft. Lewis and Ft. Benning Pregnancy PT programs that eventually were exported throughout the Army in Korea, Hawaii, Germany, and CONUS.

Work with Department of Defense Physical Fitness Standards and Body Composition measurements within the Military Services, and standardization physical fitness standards.

Advise congressional committee to include Katezenbaum-Baker and Blair Committee on Gender Integrated Training and Congressional S. Buyer's Committee

APFS's liaison with United States Army Research Institute for Environmental Medicine, Natick, MA, United States Army Center for Health Promotion and Preventive Medicine, American College of Sports Medicine.

1994-2003 Troy (State) University, Ft. Benning, GA.

Adjunct professor, Department of Kinesiology, Teach/Taught HPR6601 Philosophy of Health and Physical Education, HPR 6617 Readings in Health and Physical Education, HPR 6621 Supervision of Instruction in Health and Physical Education, HPR 6625 Specialized Study in Area of HPR, HPR 6631 Programs in (and Managing of) Health and

Physical Education, HPR 6632 Critical Issues in Health and Physical Education, BIO 3347 Human Anatomy and Physiology , HPR 4475 Exercise Testing and Prescription, EDUC 6691 Research Methods and Statistics

1989 – 1992 U S Army Physical Fitness School (APFS), Ft. Ben Harrison, IN

Teacher/Instructor/Writer

Served as Human Science Subject Matter Expert & wrote Army Physical Readiness doctrine.

Wrote instructional programs, developed lesson plans, curriculum, and teaching manuals, handouts, pamphlets, and teaching packages relating to Army physical readiness doctrine.

Primary Science assistant in Army Field Manual 21-20, Physical Fitness Training.

APFS's liaison with United States Army Research Institute for Environmental Medicine, Natick, MA,

APFS's liaison United States Army Center for Health Promotion and Preventive Medicine, Maryland.

APFS's liaison American College of Sports Medicine.

Advisor and team leader for course developing.

Head a committee to compose Master Fitness Trainer (MFT) course revision.

Lead a committee to compose MFT examinations.

Primarily responsible for Army teaching of the American College of Sports Medicine Fitness Leaders' Certification Examination.

Head committee to establish Professional Development programs for School personnel

Ft. Ben Harrison's Instructor of the Year and finalist for Army Instructor of the Year.

Selected to attend Army's Systems Approach to Training course.

Secure Army centralized funding to attend Army's Middle Management course.

1975-1988 Department of Physical Education, United States Military Academy (USMA), West Point, NY Assistant/Associate Professor/Head Athletic Trainer

Develop and instruct many physical education activities, soccer, skiing, tennis, golf, racquetball, skating, personal fitness strength, endurance and aerobic fitness, and others.

Responsible for athletic training and sport medicine.

Secure, train, and supervised Cadet Trainers

Team leader and responsible for daily, weekly, monthly, and yearly personnel and teaching schedules, budgeting, programming for fiscal resources.

Formulate numerous job announcements, job descriptions, and job ratings.

Serve as search committee chairperson and sponsor for many new civilian and military instructors and served as guidance counselor and counseled many cadets.

Set basis work for Professional Development and academic ranking for civilian instructors through USMA Faculty Enrichment Programs.

Secure funding for major renovations and to find Citizen-to-Citizen trip to China.

First USMA instructor to accompany mobile teaching teams as a visiting scholar on a Master Fitness Trainer team, Korea.

Serve as the Visiting Scholar from USMA to New York University.

SCHOLARSHIP AND CREATIVE ACTIVITY

Creative Works: Developing all >60 BS SFM and MS SFM courses for Blackboard.

1. HPR 6601 Philosophy and Principles of Health/Physical Education. (AY2002-2003) for TROY-Benning
2. HPR 6602 Motor Skill and Human Performance (AY2002-2003) for TROY-Benning
3. HPR 6604 Measurement & Evaluation in Health/Physical Education. (AY2002-2003) for TROY-Benning
4. HPR 6617 Reading in of Health/Physical Education. (AY2002-2003) for TROY-Benning
5. HPR 6621 Supervision of Instruction of Health/Physical Education. (AY2002-2003) for TROY-Benning
6. HPR 6625 Specialized Study in Health/Physical Education. (AY2002-2003) for TROY-Benning
7. HPR 6626 Specialized Study in Health/Physical Education. (AY2002-2003) for TROY-Benning
8. HPR 6627 Specialized Study in Health/Physical Education. (AY2002-2003) for TROY-Benning
9. HPR 6631 Programs in Health/Physical Education. (AY2002-2003) for TROY-Benning
10. HPR 6632 Critical Issues in Health/Physical Education. (AY2002-2003) for TROY-Benning
11. SFM 6604 Measurement & Evaluation in Sport and Fitness Management (AY2004-2005) for TROY-Benning
12. SFM 6610 Physical Education, Sport and the Law (AY2005-2006) for TROY-Benning

13. SFM 6615 Sport Administration (AY2004-2005) for TROY-Benning
14. SFM 6616 Sport Business (AY2005-2006) for TROY-Benning
15. SFM 6617 Readings in Sport and Fitness Management (AY2004-2005) for TROY-Benning
16. SFM 6620 Physical Fitness: Critical Analysis (AY2005-2006) for TROY-Benning
17. SFM 6623 The Biomechanics of Sport Techniques. (AY2005-2006) for TROY-Benning
18. SFM 6625 Specialized Study in Sport and Fitness Management (AY2004-2005) for TROY-Benning
19. SFM 6626 Specialized Study in Sport and Fitness Management (AY2004-2005) for TROY-Benning
20. SFM 6627 Specialized Study in Sport and Fitness Management (AY2004-2005) for TROY-Benning
21. SFM 6632 Critical Issues in Sport and Fitness Management (AY2004-2005) for TROY-Benning
22. SFM 6640 Sport Marketing (AY2005-2006) for TROY-Benning
23. SFM 6650 Sport Marketing (AY2005-2006) for TROY-Benning
24. SFM 6671 Exercise thru the Life Span (AY2005-2006) for TROY-Benning
25. SFM 6691 Research Methods in Sport and Fitness Management (AY2005-2006) for TROY-Benning
26. EDU 6690 Methods of Research (AY2002-2003) for TROY-PC
27. EDU 6691 Research Methods for TROY-Benning (AY2004-2005)
28. PSE 6691 Research Methods for TROY-Benning (AY2005-2006)
29. KHP (HPR) 1141 Jogging for TROY-Benning Distant Learning (eCampus) (AY2003-2004)
30. KHP (HPR) 1142 Weight Training for TROY-Benning Distant Learning (eCampus) (AY2003-2004)
31. KHP (HPR) 2200 Health Concepts for TROY-Benning Distant Learning (eCampus) (AY2003-2004)
32. KHP (HPR) First Aid and Safety and CPR for TROY-Benning Distant Learning (eCampus) (AY2003-2004)
33. KHP (HPR) 2240 Personal and Community Health for TROY-Benning Distant Learning (eCampus) (AY2003-2004)
34. KHP (HPR) 2241 Jogging for TROY-Benning Distant Learning (eCampus) (AY2003-2004)
35. KHP (HPR) 2242 Weight Training for TROY-Benning Distant (AY2003-2004)
36. KHP (HPR) 2250 Foundations of Health Science for TROY-Benning Distant Learning (eCampus) (AY2003-2004)
37. KHP 2251 Foundations of Physical Education and Sport and Fitness Management for TROY-Benning Distant Learning (eCampus) (AY2003-2004)
38. KHP (HPR) 2260 Applied Fitness Concepts for TROY-Benning Distant Learning (eCampus) (AY2004-2005)
39. KHP (HPR) 3340 Principals of Recreation for TROY-Benning Distant Learning (eCampus) (AY2007-2008)

40. KHP (HPR) 3350 Psychology of Wellness and Performance for TROY-Benning Distant Learning (eCampus) (AY2004-2005)
41. KHP (HPR) 3352 Kinesiology and Efficiency of Human Movement KHP for TROY-Benning Distant Learning (eCampus) (AY2004-2005)
42. KHP 3355 Introduction to Sport and Fitness Management for TROY-Benning Distant Learning (eCampus) (AY2003-2004)
43. KHP 3360 Physiological Principles of Body Systems for TROY-Benning Distant Learning (eCampus) (AY2003-2004)
44. KHP (HPR) 3391 Testing and Statistics for TROY-Benning Distant Learning (eCampus) (AY2003-2004)
45. KHP (HPR) 3395 Care and Prevention of Athletic Injury for TROY-Benning Distant Learning (eCampus) (AY2004-2005)
46. KHP (HPR) Sport Officiating and Programs in Intramurals for TROY-Benning Distant Learning (eCampus) (AY2007-2008)
47. KHP (HPR) 4420 Community Health for TROY-Benning Distant Learning (eCampus) (AY2004-2005)
48. KHP (HPR) 4421 Human Sexuality for TROY-Benning Distant Learning (eCampus) (AY2004-2005)
49. KHP (HPR) 4422 Substance Abuse for TROY-Benning Distant Learning (eCampus) (AY2004-2005)
50. KHP (HPR) 4427 Health Behavior for TROY-Benning Distant Learning (eCampus) (AY2004-2005)
51. KHP (HPR) 4430 Sport and Fitness Marketing for TROY-Benning Distant Learning (eCampus) (AY2004-2005)
52. KHP (HPR)4435 Current Issues in Sport Management for TROY-Benning Distant Learning (eCampus) (AY2007-2008)
53. KHP (HPR) 4440 Governing Agencies in Sport for TROY-Benning Distant Learning (eCampus) (AY2005-2006)
54. KHP (HPR) 4443 Sport Administration for TROY-Benning Distant Learning (eCampus) (AY2004-2005)
55. KHP (HPR) 4450 Event Management for TROY-Benning Distant Learning (eCampus) (AY2007-2008)
56. KHP (HPR) 4451 Sport Finance and Business for TROY-Benning Distant Learning (eCampus) (AY2005-2006)
57. KHP (HPR) 4452 Sport Communication for TROY-Benning Distant Learning (eCampus) (AY2008-2009)
58. KHP (HPR) 4455 Facility Management for TROY-Benning Distant Learning (eCampus) (AY2004-2005)
59. KHP (HPR) 4470 Theory and Techniques of Coaching Softball for TROY-Benning Distant Learning (eCampus) (AY2004-2005)
60. KHP (HPR) 4474 Exercise Physiology for TROY-Benning Distant Learning (eCampus) (AY2004-2005)
61. KHP (HPR) L474 Exercise Physiology for TROY-Benning Distant Learning (eCampus) (AY2004-2005)
62. KHP (HPR) 4477 Theory and Techniques of Coaching Soccer for TROY-Benning Distant Learning (eCampus) (AY2004-2005)

63. KHP (HPR) 4478 Theory and Techniques of Coaching Football for TROY-Benning Distant Learning (eCampus) (AY2004-2005)
64. KHP (HPR) 4479 Theory and Techniques of Coaching Volleyball for TROY-Benning Distant Learning (eCampus) (AY2004-2005)
65. KHP (HPR) 4482 Theory and Techniques of Coaching Basketball for TROY-Benning Distant Learning (eCampus) (AY2004-2005)
66. KHP (HPR) 4490 Internship in Area of Concentration for TROY-Benning Distant Learning (eCampus) (AY2004-2005)
67. KHP 4499 Senior Seminar for TROY-Benning Distant Learning (eCampus) (AY2004-2005)
68. PEF 2228 Rock Climbing for TROY-Benning (AY 2006-2007)
69. PEF 2277 Weapons Combat Stress Firing for TROY-Benning (AY 2002-2007)
70. NSG 2211 Basic and Human Nutrition for TROY-Benning Distant Learning (eCampus) (AY2003-2004)

Books:

Contributing Editor for Army Physical Fitness Training Manual (FM 21-20) revision of 1990s

Tomasi, Louis F. *Championship Volleyball*. Chapter on Athletic Injuries, Robert Bertucci (Ed.), Leisure Press, 1979

Tomasi, Louis F., & Hassett, Robert B., West Point “Knee Squad” *Rehabilitation Program West Point*, Publisher, 1977

Tomasi, Louis F., “Care & Treatment – Athletic Injuries” *Conditioning The West Point Way*. James A. Peterson (Ed.), Leisure Press, 1977

Tomasi, Louis F., “Care & Treatment – Athletic Injuries” in *Conditioning for a Purpose*. James A. Peterson (Ed.), Leisure Press, 1976

Publications:

Tomasi, L., Figiel, V., Widener, Murray. “I’ve Got My Virtual Eye on You: Remote Proctors and Academic Integrity” *Contemporary Issues in Education Research*, 2008. Accepted for Fall 2008.

Tomasi, L. “Morton’s Neuroma: A Military Athletic Trainers’ Perspective”. *Hughston Health Alert*, Referred and Published by Sport Orthopedic Hospital, Columbus, Ga. Volume 20, Number 1, Spring 2008.

Lindsey, Babette, Tomasi, L. “Can There Be a Ranger Jane?” Master Thesis, American Military University. 2001.

Tomasi, Louis F., Ed.D. “Designer Defends, Explains the Physical Fitness Test.” *Army Times*, 22 May 2000, 62.

Tomasi, L., Davidson, Kerryn. "Army Weight Management Instruction to Master Fitness Trainers." Subcommittee on Military Weight Management, Institute of Medicine, Wisconsin Ave, Washington, DC. 1999

Tomasi, L.F., "Population Statistical Basis for Establishing Base Level Physical Fitness Standards for the Army (Army Physical Fitness Test Study)" at Research Workshop on Physical Fitness Standards and Measurements within the Military Services. Washington, Dulles Airport Hilton.1999.

Rieger, W and Tomasi, L. "Fitness Requirements and Testing: Army" (Fitness School) Research Workshop on Physical Fitness Standards and Measurements within the Military Services. Washington, Dulles Airport Hilton.1999.

Tomasi, L.F., "Department of Defense Fitness and Body Composition Standards." Department of Defense brief on Department of Army, Pentagon. 1999.

Tomasi, L.F., "Developing Performance Standards for the Army Physical Fitness Test Alternate Test." US Army Physical Fitness School Commandant presentation, 1999

Tomasi, L.F., "Upper Body Strength Requirement for Completion of Basic Airborne Training and the Strength to Pull the Risers." US Army, Ft. Benning Commanding General, 1999

Tomasi, L.T., Lovelace, J. "The Army Physical Fitness Standard Physical Training Card, DA Form 705." Published by the US Army Print Command. 1999

Tomasi, Louis F. and Gene Fober. "1998 Fitness Training Unit Study on Chance of Success. Through the Army Physical Fitness Test Update Survey." US Army Deputy Chief of Staff for Operations, Lt. General D. Burba, Commander. 1998

Tomasi, L.F., Regualos, P. Fober, G., and Christenson. M. "Assessing Readiness in Military Women: The Relationship of Body, Composition, Nutrition, and Health. 1995. Army Physical Fitness Test Update Survey" Technical Report. Fort Benning, Ga. 1998 PAPERBACK. ISBN-10: 0-309-06075-3. ISBN-13: 978-0-309-06075-2

Tomasi, L.F., Regualos, P. Fober, G., and Christenson. M. "Assessing Readiness in Military Women: The Relationship of Body, Composition, Nutrition", at Health National Academy of Sciences, Institute of Medicine, Washington, DC. PAPERBACK Circa 1998.

Tomasi, L.F., Regualos, P. Fober, G., and Christenson. M. Final Report on "Army Physical Fitness Test Update Survey, American College of Sports Medicine Annual Symposium, Orlando 1998.

Tomasi, L.F., "The 1998 Army Physical Fitness Standards Update Survey," Soldiers Magazine, 1998.

Tomasi, L., et al. Preliminary Report to US Army Research Institute for Environmental Medicine, "Status of the 'Hooah' Bar and Nutritional Components of it." 1997

Tomasi, L. "Operational Requirements Document for the US Army Improved Physical Fitness Uniform" for the Training and Doctrine Command, System Analysis Management for the Soldier Agency. Ft. Benning, Ga. 1997

Tomasi, L., McGee, K., "Civilian Fitness Program-25th Infantry Division, Hawaii" Published with Army Center for Health Promotion and Preventive Medicine, Maryland. 1997

Tomasi, L., McGee, K., "Civilian Fitness Program-Ft. Benning." Published with Army Center for Health Promotion and Preventive Medicine, Maryland. 1997.

"Physical Training Guideline for Deployment. Preparation Guide." By US Army Physical Fitness School. Edited by Louis F. Tomasi et al. 1997

Tomasi, L.F., Regualos, P. Fober, G., and Christenson. M. "Army Physical Fitness Test Update Survey, International Olympic World Congress of Sport Science Symposium,, Atlanta, 1996

"Ranger Course Preparation Handbook. Preparation Guide. " By US Army Physical Fitness School. Edited by Louis F. Tomasi et al. 1996

Tomasi, L., McGee, K., Ft. Benning "Follow Me To Fitness Civilian Fitness Program." Published Army Center for Health Promotion and Preventive Medicine, Maryland. 1996.

Tomasi, L.T. et al. "U.S. Army Physical Fitness School's Hot Weather Training Guidelines. 1996.

"Basic Combat Training – Physical Fitness Preparation Guide. " By US Army Physical Fitness School. Edited by Louis F. Tomasi et al. 1996

Tomasi, L.F., Regualos, P. Fober, G., and Christenson. M. "Age, Gender, and Performance on the U.S. Army Physical Fitness Test (APFT)," 1995 Army Physical Fitness Test Update Survey (Fort Benning, GA: U.S. Army Physical Fitness School, 1995

Tomasi, L. "Manual for Total Fitness 2000- Department of Army Dependents." assigned by US Army Physical Fitness School Commandant. 1994.

Tomasi, L. "Follow Me to Fitness 2001. Civilian Fitness Program." Major General J. Hendrix, Commanding General. US Army Headquarters Army Infantry Center. Ft. Benning, GA. 1992.

Tomasi, L. "Manual for Total Fitness 2000- Department of Army Retirees" assigned by US Army Physical Fitness School Commandant. 1993

Tomasi, L. "Manual for Total Fitness 2000-Department of Army Civilians" assigned by US Army Physical Fitness School Commandant. 1992.

Tomasi, L. "What Happen to the ARMY Physical Fitness School?" Army Magazine. 193

Tomasi, L. "Manual for Total Fitness 2000-Special Populations" assigned by US Army Physical Fitness School Commandant. 1992

FM 21-20, US Army Physical Fitness Training. Co-wrote with many authors.1992.

TC 21-21 "Water Survival Training. " By US Army Physical Fitness School. Edited by Jeff Graber, Louis F. Tomasi et al. 1991

Tomasi, Louis F., "The Effects of Surgical Procedures on Functional Ability Following Anterior Cruciate Ligament Injury" New York University Doctoral Dissertation. 1987

Tomasi, Louis F., "Knee Squad Rehabilitation". U.S. Women Coaches & Athletes, April 1979

Tomasi, Louis F., "Weight Training for Women." Featured Cover Article. U.S. Coaches & Athletes, October 1978, Vol. 1, No 3.

Tomasi, Louis F., "Knee Squad Rehabilitation at West Point" Published with the Treatment of Injuries to Athletes. Donald O'Donoghue at the University of Oklahoma.

Tomasi, Louis F., "Weight Training for the Basketball Team", U.S. Coaches & Athletes, October 1978, Vol. 1, No 2.

Tomasi, Louis F., "Flexibility for the Athlete", U.S. Women Coaches & Athletes, November 1978 Vol. 1, No 3

Tomasi, Louis F., et al, "Women's Response to Army Training, "The Physician & Sports Medicine, June 1977, Vol. 5, No.6

Presentations:

"Know Blackboard 8.0" Tomasi,, L. US Army Infantry School, Training and Doctrine Command, Ft. Benning, GA. Contracted, Fall 2008

"I've Got My Virtual Eye On You: Remote Proctors And Academic Integrity" Tomasi, L., Figiel, V, Widener, M. at the 2008 *International Business & Economics Research Conference* to be held at the Riviera Hotel & Casino on September 29-October 2, 2008.

“I’ve Got My Virtual Eye On You: Remote Proctors And Academic Integrity” Tomasi, L., Figiel, V accepted for oral presentation at the 2008 *College Teaching & Learning Conference* to be held in Salzburg, Austria, on June 23-26, 2008

“I’ve Got My Virtual Eye On You: Remote Proctors And Academic Integrity” Tomasi, L., Figiel, V accepted for oral presentation at the 2008 *European Applied Business Research Conference* to be held in Rothenburg, Germany, on June 18-20, 2008.

“Oral panel presentation/discussion to attendees on how to obtain meaningful employment in the sport management field. “Southern Sport Management Conference Troy, AL, April 2008.

”Bachelor of Science-Sport and Fitness Management Curriculum.” Explained to the TROY-Florida Region. Academic Advisors, 2003

“Review for Implementing Updated Army Body Composition Standards – for Deputy Chief of Staff, Operations.” LTC (R) H. Crumling. US. Army, Pentagon, 2004.

”Bachelor of Science-Sport and Fitness Management Curriculum.” Explained to the TROY-Benning Academic Advisors, 2003

”Bachelor of Science-Sport and Fitness Management Curriculum.” Explained to the TROY-Benning Faculty, 2003

“Physical Fitness and Health for Senior Leaders,” US Army Surgeon General, Pentagon, VA. 2000.

“Developing Performance Standards for the Army Physical Fitness Test Alternate Test.” US Army Martin Army Hospital Commander Officer, Ft. Benning, 1999.

“Developing Performance Standards for the Army Physical Fitness Test Alternate Test.” US Army Physical Fitness School Commandant presentation, 1999.

“Upper Body Strength Requirement for Completion of Basic Airborne Training.” US Army, Ft. Benning Commanding General, 1999.

“Department of Defense Fitness and Body Composition Standards. Department of Army.” Department of Defense Brief on Pentagon. 1999.

“Guidelines for the New Balance(d) Soldiers’ Running Shoe.” US Army Infantry Training Brigade, Commanding Officer and Quartermaster Corps. Representative, 1998

“Core Strength of Basic Trainees.” US Army Physical Fitness School Commandant and Department of Army, Pentagon. McMillian, D. & Tomasi, L. 1998.

“Final Report on the Design of the Improved Army Physical Fitness Uniform.” US Army Training and Doctrine Command, Deputy Commanding General, Operations, “.” 1998.

“Army Physical Fitness Test Update Survey- Apply to Australian Defense Personnel. Australian Department of Defense Physical Training Director” U.S. Army Physical Fitness School, Ft. Benning, 1997.

“Army Physical Fitness Test Update Survey- Apply to Brazilian Army Soldiers.” Brazilian Army Deputy Commanding General, U.S. Army Physical Fitness School, 1997.

“Final Report on Army Physical Fitness Test Update Survey, U.S. Army Physical Fitness School.” General J. Hartzog.. US Army Chief of Staff and the Training and Doctrine Command, Deputy Commanding General, Operations, 1997.

“Final Report on Army Physical Fitness Test Update Survey, U.S. Army Physical Fitness School.” General C. Ernst, US Army, Ft. Benning Commanding General, 1997

“Physical Fitness Performance Comparing Males and Females.” Considered a Subject Matter Expert in front of the Congressional Commission on Gender Integrated Training, 1997.

“Implementing a Civilian Fitness Program.” US Army Operational Testing and Evaluation Command, to LT. General Larry Lehowicz. Army Operational Testing and Evaluation Command, 1997

“Army Physical Fitness Test Update Survey- 17-21 year-old Cadets” Director of Physical Training, Colonel G. Calkins USMC. Virginia Military Academy. 1997.

“Report on the Design of the Improved Army Physical Fitness Uniform” US Army Chief of Staff and the Training and Doctrine Command, Deputy Commanding General, Operations, 1997.

“Civilian Fitness Program.” US Army, 25th Infantry Division Deputy Commanding General. Major General, J. Mollering. Scholfield Barracks, HI. 1997

“Physical Fitness for Senior Air Force Commanders” For Col. Coffman US Air Force, Maxwell Air Force Base, Al. 1997

“Physical Training for the Best Ranger Competition.” Best Ranger Competition, 75th Rangers, Special Operations Command, Ft. Benning, 1996.

“Army Physical Fitness Test Update Survey-Update Report”. US Army 101st Division Command General, General J Clarke. 1996

“Pentagram”, Presentation, Civilian Fitness Program.” US Army, Pentagon, 1996

“Physical Fitness for Senior Bosnian Commanders.” Bosnian Army Director of Physical Training. 1996.

“Army Physical Fitness Test Update Survey, International Olympic World congress of Sport Science Symposium, Atlanta, 1996

“Nutritional Needs of the US Olympic Softball Team in Preparation for the 1996 Atlanta Games.” US Army Infantry Center Commanding Officer, Major General C. Ernst. US Olympic Softball Consultant. 1999

“Midway Report on Army Physical Fitness Test Update Survey” to General J. Hartzog, US Army Training and Doctrine Command, Deputy Commanding General 1996.

“Updated Report on Army Physical Fitness Test Update Survey.” U.S. Army Physical Fitness School, US Army, Ft. Benning Commanding Sergeant Major S. Spears. 1996

“Army Physical Fitness Test Update Survey,-Particularly 17-21 year-old Cadets.” U.S. Military Academy, Master of the Sword, Updated Report on U.S. Army Physical Fitness School, 1996.

“Design of the Improved Army Physical Fitness Uniform” US Army Training and Doctrine Command, Senior Executive Director of Operations,,” 1996.

“Army Physical Fitness Test Update Survey-Focused on Women’s Physical Performance.” US Army Nurse’s Command General,, General N. Adams. U.S. Army Physical Fitness School, 1996

“Pregnancy Physical Training for Army Soldiers.” US Army Nurse’s Command General, General N. Adams, 1996

“Intermediate Report on the Design of the Improved Army Physical Fitness Uniform.” US Army Training and Doctrine Command, Deputy Commanding General, Operations, Gen J. Hartzog 1996.

“FBI –Report, Army Physical Fitness Test Update Survey,” U.S. Army Physical Fitness School” Federal Bureau of Investigation, Physical Training Operations. “1996

“Updated Report on “Army Physical Fitness Test Update Survey, ” U.S. Army Physical Fitness School” US Air Force, McDill Air Force Base, Fl. Operations. 1996

“Report on the Design of the Improved Army Physical Fitness Uniform. ”US Army Forces Command, MG J Hendrix, 1996.

“Physical Training in the Special Operation Command” US NAVY Special Warfare Command, San Diego, CA.. 1996.

“Battle-Focused Physical Training Conference Review – Interdisciplinary Programs Related to Military Physical Performance.” US Army Physical Fitness School, 1996

“The Correct Fitness Training Environment to Win the World Championship” Boeselager World Championship Schweinfurt, Germany. Brief on establishing procedures to win the NATO competition. Assigned by US Army Physical Fitness School Commandant 1995

“The Correct Fitness Training Environment to Win the World Championship” Presented to Officer in Charge. Boeselager World Championship. Schweinfurt, Germany. Brief on establishing procedures to win the NATO competition. 1995.

“Assistance From the US Army Physical Fitness School to Atlanta Olympic Committee” given to the 1996 Atlanta/Columbus Olympic Committee for the Softball Venue. Given to General (R) Carmen Cavassa, 1995.

“Status of the US Army’s Improved Physical Fitness Uniform” Australian Department of Defense Physical Training Director. 1995

“Battle-Focused Physical Training Conference Review – Interdisciplinary Programs Related to Military Physical Performance.” US Army Physical Fitness School, 1995

“Updated Description on “Army Physical Fitness Test Update Survey.” Australian Department of Defense Physical Training Director. U.S. Army Physical Fitness School, 1995.

“Intermediate Report on Army Physical Fitness Test Update Survey,” US Army Training and Doctrine Command, Deputy Commanding General, Gen J. Hartzog, U.S. Army Physical Fitness School, 1994.

“Intermediary Report on Army Physical Fitness Test Update Survey, U.S. Army Physical Fitness School” US Army, Ft. Benning Commanding General, Major General, C. Ernst, 1994

“Battle-Focused Physical Training Conference Review – Interdisciplinary Programs Related to Military Physical Performance.” US Army Physical Fitness School, 1994.

“Setting Standards for Army Physical Training to Increase Success Rates for Basic Trainees.” US Army Training and Doctrine Command to LT. General Joseph Bolt. 1994.

“Follow me to Fitness’ Civilian Physical Training Procedures” US Army Infantry Center Deputy Commanding Officer, Brigadier General J. Clarke, Ft. Benning, GA. 1994

“Physical Training for Military Senior-Level Non-Commissioned Officers, Class of January, 1994” US Army Sergeant Majors’ Academy, Ft. Bliss, TX. January, 1994

“Follow-me-to-Fitness. Civilian Physical Training Procedures.” US Army, Ft. Benning
Director of Civilian Affairs at Ft. Benning, 1993

“Pregnancy Physical Training” Program. US Army, General Carmen Cavassa,
Commanding Office, Ft. Lewis, WA. 1993

“Physical Training for Military Senior-Level Non-Commissioned Officers, Class of
August, 1993.” US Army Sergeant Majors’ Academy, Ft. Bliss, TX. August, 1993

“Pregnancy Physical Training Program”. US Army 36th Engineers Battalion, 197th
Infantry Division, Ft. Benning. 1993

“Physical Training for Military Senior-Level Non-Commissioned Officers, Class of
January, 1993” US Army Sergeant Majors’ Academy, Ft. Bliss, TX. January, 1993

“Follow Me to Fitness’ Civilian Physical Training Procedures.” US Army Infantry Center
Deputy Commanding Officer, Brigadier General J, Nix. Ft. Benning, GA. 1993

“Follow Me to Fitness’ Civilian Physical Training Procedures.” US Army Physical
Fitness School Commandant, Ft. Benning, GA 1993.

“Preliminary Report on Army Physical Fitness Test Update Survey, U.S. Army Physical
Fitness School.” US Army III Corps Commander, Ft. Hood, Tx.1993

“Review and Re-designed the US Marine Corps Military Operations in Urban Terrain
(MOUT) and Enhanced Human Physical Performance Conditioning Program on-board a
Marine attack carrier. USMC Director of Physical Training. 1993

“Pregnancy Physical Training” Program. US Army Physical Fitness School Commandant
presentation Ft. Benning. 1993

“Preliminary Report on Army Physical Fitness Test Update Survey, U.S. Army Physical
Fitness School.” US Army Training and Doctrine Command, Deputy Commanding
General, 1993

“Preliminary Report on Army Physical Fitness Test Update Survey, U.S. Army Physical
Fitness School.” US Army, Ft. Benning Commanding General, 1993

“Physical Training for Military Senior-Level Non-Commissioned Officers, Class of
August, 1992.” US Army Sergeant Majors’ Academy, Ft. Bliss, TX, August, 1992.

“Physical Fitness for Israeli Defense Force Commanders.” Israeli Defense Force,
Director of Physical Training. Colonel A. Tel Avie. 1992

“Physical Training for Military Senior-Level Non-Commissioned Officers, Class of
January, 1992” US Army Sergeant Majors’ Academy, Ft. Bliss, TX January, 1992

“Physical Fitness for Western Hemisphere and International Military Senior-Level Non-Commissioned Officers. Escuela de Las Americas (School of the Americas). US Special Operations Command. Summer 1992.

“Physical Training for the 3rd. Brigade, 7th Infantry (Light) Division, Col. W. Lyszynynski.” 7th Infantry (Light) Division, Basic Non-Commissioned Officers School, Ft. Ord, CA. 1989

“Physical Training for Military Senior-Level Non-Commissioned Officers.” 24th Infantry (Light) Division, Basic Non-Commissioned Officers School, Scholfield Barracks, Hawaii. 1989

“Physical Training for the 3rd. Brigade, 24th Infantry (Light) Division, Col. Robert Hensler, Commanding Officer, Scholfield Barracks, Hawaii. 1989

“Physical Training for Military Senior-Level Non-Commissioned Officers.” Basic Non-Commissioned Officers School, Keiserslautern, (West) Germany, 1989

“Physical Training for Mid-Level Non-Commissioned Officers” Camp Howze, Bong De Chong ,Republic of Korea, September, 1988.

“Physical Training for Rapid Deployment Force for the Demilitarized Zone in Panmunjom” Camp Bonafiss, Republic of Korea, September, 1988.

“Military and Physical Training for the 3rd Brigade, US Army, 2nd. Infantry Division” given to Col. John Anderson, Camp Casey, Tong De Chong, Republic of Korea, August 1988.

“Injury Prevention, Treatment, and Care” Presented at a workshop sponsored by Allsport Fitness & Racquetball Club, Poughkeepsie, NY 1987.

“Kinesiology and Injury Prevention” Presented at a workshop sponsored by Aerobic and Fitness Association of American, Sherman Oaks, Ca. 1986.

“Preventing Runner’s Injuries” Pre-Olympic Sports Medicine Symposium, Eugene, Oregon, 1984.

“Women’s Fitness/Sports Med” Hunter College, New York. Sponsored by Women’s Sports Foundation, San Francisco. 1982, 1983

“Case Studies of Upper Extremity Injuries Due to Boxing” American College of Sports Medicine Annual Meeting, Montreal, 1982 – MJ Welch, L Tomasi, et al.

“The West Point Knee Program” Eastern Athletic Trainer’s Association, Grossinger’s Hotel, Liberty, New York 1980.

“Athletic Equipment – Care & Fitting” Scholastic Coach Sports Clinic, Westchester, New York Spring 1979.

“A Knee Strength Program for the Adolescence” St. Louis University School of Medicine-Bob Bauman Sports Medicine Symposium, April 1979.

“A Rehabilitation Program for the Injured Athlete” Keller Army Hospital, The Human Performance Lab Committee, West Point, New York 1978.

“Rehabilitation of a Cadet Student’s Knee” University of Texas, Correctional Therapy with Professor Karl K. Klein, 1978.

“Rehabilitation of a College Student’s Knee” University of Texas, Physical Education Club, September 1978.

“Weight Training for Women” The National U.S. Women Coaches’ Sports Camp, Pace University, July 1978.

“Rehabilitation & Sports Medicine Programs” President’s Council on Physical Fitness, Eastern Regional Meeting, West Point, New York 1978.

“A Sports Medicine Seminar” Marlboro Central School District Superintendent’s Conference, Marlboro, New York 1978.

“The West Point Knee Rehabilitation Program” National Athletic Trainer’s Association Annual Meeting, Detroit 1978.

“The West Point Strength Development and Rehabilitation Program” Eastern Athletic Trainer’s Association Convention, Grossinger’s Hotel, Liberty, New York 1978

“Heat Injury/Illness Prevention” New York State continuing education series for high school officials. Westchester County, Orange County, Summer 1978, 1979, and June 1980.

“Project 60. Preparation for the Admission of Women into the US Military Academy, West Point.” International Meeting, Montreal, 1978

“Project 60. Preparation for the Admission of Women into the US Military Academy, West Point.” National Association for Sports & Physical Education in Philadelphia 1977.

“Runner’s Injuries & Biomechanical Analysis” State University of New York, New Paltz, annual Sports Medicines Symposium Spring 1977.

“Weight Training Exercise for the Athlete” Napanock State Correctional Facility, New York, November 1976.

PROFESSIONAL SERVICE

National Service

List, location, date

District & State Service

Same as above

University Service

1. TROY University, Department of Kinesiology and Health Promotion, Curriculum Committee for Sport and Fitness Management 2009-2010.
2. TROY University, Department of Kinesiology and Health Promotion, Curriculum Committee for Sport and Fitness Management 2008-2009.
3. TROY UNIVERSITY. Implementation Committee for Academic Plan Objective 4.1 Committee Members, 2007-2008.
4. College of Health and Human Services Annual Faculty Meeting, August 2008.
5. Department of Kinesiology and Health Promotion Annual Faculty Workshop, August 2007.
6. College of Health and Human Services Annual Faculty Meeting, August 2007.
7. College of Health and Human Services Annual Faculty Meeting, August 2006.
8. College of Health and Human Services Annual Faculty Meeting, August 2005.
9. Developed over 51 undergraduate level courses for TROY-eCampus.
10. Personally trained and mentored over 23 adjunct professors.
11. Been supervisor for approx. 7 graduate assistant/interns.

Committees ... for TROY,-Ft. Benning,

1. Faculty Adversary Committee for TROY-Benning Site Director 2008.
2. Developed and Executed Marketing Plan for Master of Science Sport Management for LaGrange Cohort -2007.
3. Developed and Executed Marketing Plan for Master of Science Sport Management for Macon Cohort -2007.
4. Faculty New-Hire Review Committee for International Relations Professor-2007
5. Faculty Adversary Committee for TROY-Benning Site Director 2007
6. Recruiting and trained 6 TROY-Benning/Columbus Sport Management AdjunctFaculty Members 2004. Trained in the TROY Univ. Protocols and the on-line delivery package, BLACKBOARD
7. Faculty New-Hire Review Committee for International Relations Professor-2007.

8. Faculty Adversary Committee for TROY-Benning Site Director 2006
9. Faculty Adversary Committee for TROY-Benning Site Director 2005
10. Faculty Adversary Committee for TROY-Benning Site Director 2004
11. Recruiting and trained 7 TROY-Benning/Columbus Sport Management Adjunct Faculty Members 2004. Trained in the TROY Univ. Protocols and the on-line delivery package, BLACKBOARD.
12. Recruiting and trained 8 TROY-Benning/Columbus Sport Management Adjunct Faculty Members 2003. Trained in the TROY Univ. Protocols and the on-line delivery package, BLACKBOARD.

SER Global Campus.

1. Forth Annual Southeast Region Academic Conference was held in Columbus, Aug. 2008.
2. Third Annual Southeast Region Academic Conference was held in Troy, Al. August. 2007
3. Faculty New-Hire Review Committee for Criminal Justice Position-Shaw- AFB 2008
4. Faculty New-Hire Review Committee for Global Campus faculty. 2007
5. Second Annual Southeast Region Academic Conference July 2006
6. First Annual Southeast Region Academic Conference July 2005
7. Presented to Academic Advisors at TROY-Bragg, NC an overview of the Bachelor of Science Sport and Fitness Management 2004.
8. Faculty New-Hire Review Committee for Criminal Justice Position-Albany 2005
9. Presented to Academic Advisors at TROY-Brunswick an overview of the Bachelor of Science Sport and Fitness Management 2005
10. Faculty New-Hire Review Committee for Criminal Justice Polygraph Position-Atlanta -2006
11. Faculty New-Hire Review Committee for Criminal Justice Position-Atlanta 2006
12. Presented to Academic Advisors at TROY-Ft. Walton Beach, Fl. an overview of the Bachelor of Science Sport and Fitness Management 2006.
13. Faculty New-Hire Review Committee for Criminal Justice Position-Albany

To the Community:

Worked with "Extreme Makeover-Home Edition" in the rebuilding of a home for two local teachers and a special-needs father and one son. Spring 2010.

Volunteered and Coached for local churches, Special Olympics, Represented TROY University at Ft. Benning gatherings, Commanding General's change of command, promotions, social gathering, Muscogee County Board of Directors, American Heart Association, YMCA, Columbus Aquatics Club, and President and Vice President of the Columbus Hurricanes Swim Team, worked with Special Olympics, American Leukemia Association, participated in the June 2000 Bike Ride Across Georgia.

Northeast Youth Soccer League, Indianapolis, IN, 1991. Northeast Youth Soccer League, Indianapolis, IN, 1992. -Leader in Church/Youth activities to include

coach for girls' basketball team, softball, high school girls' basketball team, and high school boys' basketball team.

-Church/Youth activities to include, coaching girls' soccer teams.

-Conducted numerous sports clinics in the United States Military Academy, West Point NY intercollegiate and Army hospital representative.

To the Professional Discipline:

Developed the presently used physical fitness standards used by the US Army and the basis for US Air Force, encompassing over 2.1 million Department of Defense personnel.

Examination Staff at National Institute of Fitness and Sport for American College of Sports Medicine, Health Fitness Instructor Certification Examination, 1990

Chairman, Civilian Faculty Advisory Committee, Dept P.E., USMA, West Point 1979-1986

Editorial Board US Women's Coaches and Athletes, Five Women Publishing Company, Brooklyn, NY 1978-1981

Examination Staff for National Athletic Trainers Assoc. Certification Exam Committee 1977-1980

Certified ACSM Health Fitness Instructor and Group Exercise Leader, Cooper Institute of Aerobic Research, Advance Physical Fitness Instructor, Physical Fitness Director, Health Fitness Director, American Council of Exercise Personal Trainer.

Instructor and/or teacher for ACSM Group Exercise Leader, Health Fitness Instructor.

Examiner for the National Institute of Fitness, ACSM Health Fitness Instructor certification examination.

Honors and Awards

1. Who's Who Among Executives and Professionals, on August 9th, the candidacy was approved by Madison Who's Who - 3001 Northern Blvd. 2nd fl. Long Island City, NY 11101. 2008
2. Certificate of Appreciation from Faith Middle School (FMS), Ft. Benning. Contribution of the CLIMBING WALL to FMS from TROY Univ. and part of the Partners In Education initiative. 2007.
3. Certificate of Appreciation from Faith Middle School (FMS), Ft. Benning. Contribution to FMS from TROY Univ. and part of the Partners In Education initiative. 2006.
4. Employee of the Month, numerous times at Ft. Benning. 1997-1999.

5. Two Ft. Benning Civilian Servant Excellence Awards, 1996.
6. Earned Sustained Superior Performance Awards and Quality Step increases at Ft. Benning.
7. Berlin Brigade's Piece of the Wall Award. 1994.
8. Golden Baton from the Golden Knights Parachute Demonstration Team. 1993.
9. US Army Psychological Operation Award for Outstanding and Superior Instruction, Col. Kerry Kimble Commander 1993.
10. Awarded Civilian Service Promotion upon departing Ft. B. Harrison and arriving at Ft. Benning, 1992.
11. US Army 35th Signed Brigade Ft. Bragg, NC Outstanding Performance 1992.
12. Ft. Harrison Instructor of the Year, US Army Training and Doctrine finalist for Army-wide Instructor of the Year, 1990.
13. Awarded US Military Academy, West Point, NY Superintendent's, Civilian Achievement Award. 1989.
14. Inducted into the West Point chapter of Phi Kappa Phi Honorary Fraternity 1987.
15. Earned Sustained Superior Performance Awards and Quality Step increases at US Military Academy, West Point, NY 1985.
16. US Army Certification of Service 10 years, by Brigade General P.J. Boylan, Commandant US Military Academy, West Point 1984.
17. Four Quality Step Increases, Three "On-The-Sport" awards, Two "Cash Awards" 1984.
18. Awarded Visiting Scholar to New York University. 1983.
19. US Army Exception Performance, by Brigades General John H. Moellering Commandant US Military Academy, West Point 1982.
20. US Army Outstanding Performance by Brigade General J.P. Franklin, Commandant, USMA, West Point, 1981.
21. US Army Exception Performance, by Brigades General John H. Moellering Commandant US Military Academy, West Point, 1981.
22. Graduate Assistant East Stroudsburg University. 1974.
23. US Navy Commissioned Officer, Awarded Class Leader. 1973

Words extracted from over 30 years of Federal Service that describe work ethic. Senior System Civilian Evaluation Reports: Excellent Instructor, Committed to Excellence, highly competent, total commitment to Army Physical Training, excellent teacher, technically competent, mentors new faculty member, high potential, loyal to Community affairs, unique ability to simplified difficult material, loyal, selfless service, unmatched technical competence, integrity above reproach, candor to take the high

PROFESSIONAL DEVELOPMENT

Certifications and Accreditations

American Red Cross CPR/First Aid & AED Instructor – Sprig 2010.

National Athletic Trainer's Association, Certified Athletic Trainer

American College of Sports Medicine, Group Fitness Instructor, Health Fitness Instructor

American Council of Exercise, Certified Trainer

Cooper Institute of Aerobic Research, Fitness Trainer, Advanced Fitness Trainer,

Director of Fitness Trainer, Health Fitness Director.

Professional Associate of Dive Instructors, Beginning Diver
Professional Associate of Dive Instructors, Advanced Diver.
Amateur Ski Instructors Association, Certified Ski Instructor.
Professional Ski Instructors Association, Associate Certified Skin Instructor.
US ARMY Master Fitness Trainer
Instructor for Army Master Fitness Trainer

COMPUTER SKILLS

Blackboard 5.0, 6.2, 7.0, 8.0 Respondus,
Cisco System VPN Client,
TROY Datatel,
TURNITIN.com.
Microsoft, Excel 2003, Power Point 2003, Word 2003, Access 2003,
Outlook 2003, Publisher 2003, Microsoft, Excel 2007, Power Point 2007,
Word 2007, Access 2007, Outlook 2007, Publisher 2007, Intelligolf Global
Positions Survey Software.

CERTIFICATIONS/MEMBERSHIPS

Past and Present

American Red Cross CPR/First Aid & AED Instructor – Sprig 2010.
North American Society of Sport Management
American College of Sport Medicine
National Athletic Trainer's Association
Eastern Athletic Trainer's Association
New York State Athletic Trainer's Association
Professional Associate of Dive Instructors
National Association of Underwater Instruction
National Amateur Ski Instructors Association - U.S. Ski Association
National Professional Ski Instructors Association - U.S. Ski Association
National Association Sport and Physical Education, American Alliance of Health
American Alliance Health, Physical Education, Recreation, and Dance
New York State Alliance Health, Physical Education, Recreation, and Dance
American Red Cross First Aid and CPR Instructor
US Squash Racquets Association for Junior No. Am. Championships at USMA, West
Point, 1981