

Tina Ann Schmidt-McNulty M.S., C.E.S., R.N.

8202 Jackson Avenue Munster, IN 46321
(219) 588-5483 taschmidt@alumni.iu.edu

EDUCATION

Purdue University Calumet-Hammond, IN –December, 2010

Bachelor of Science in Nursing

Indiana License #: **28195316A** Illinois License #: **041.395159**

Indiana University –Bloomington, IN –May, 1996

Masters of Science in Clinical Exercise Physiology

Indiana University –Bloomington, IN –May, 1994

Bachelor of Science in Kinesiology; Minor in Psychology

PUBLICATIONS

- Fitness Learning Systems, *Medical Fitness Specialist Certificate Program Alzheimer's Disease Prevention and Intervention: A Guide to Working with Seniors and People at Risk*, December, 2016
<http://www.fitnesslearningsystems.com/51101/alzheimers-specialist.htm>
- Fitness Learning Systems, *Breast Cancer Recovery and Prevention Specialist and Certificate Program*, June, 2016
(<http://www.fitnesslearningsystems.com/51101/breast-cancer-specialist.htm>)
- Fitness Learning Systems Continuing Education DVD, *Healthy Heart for a Healthy Life*, November, 2015
- Fitness Learning Systems Employee Wellness on-line education topics, "Healthy Heart", "Diabetes", "Cancer"; February/August/October, 2015
- AKWA article, "Cardiovascular Disease"; August/September, 2015
- AKWA article, "Metabolic Syndrome"; October/November, 2014
- Fitness Learning Systems Continuing Education DVD, *Exercise, Diabetes and Metabolic Syndrome*, June, 2014
- AKWA article, "Benefits of Exercise for Cancer Patients & Survivors"; August/September, 2013
- Fitness Learning Systems Continuing Education DVD, *Essential Exercise for Cancer Patients & Survivors*, January, 2013
- Fitness Learning Systems Continuing Education DVD, *Gravity vs. Buoyancy*, January, 2011
- Freelance Writer, www.livestrong.com, 2008-Present
- Columnist, Post-Tribune "Fit for Life", 2007-2009
- Article Contributor, *Better Homes and Gardens*, May, 2009
- Article Contributor, *Ebony Magazine*, December, 2008
- Contributor, *6 Week Exercise Demonstration for Personal Trainers* column, NWI Times, 2008
- Writer, iParenting.com article, "Move it Mom!", 2004
- AKWA article, "Pregnancy"; February/March, 2003
- Writer, Academic Exchange Quarterly article, "Exercise is Medicine: Working with Physical Challenges", Summer, 2002

TEACHING EXPERIENCE

University of Illinois at Chicago – Chicago, IL

Department of Kinesiology and Nutrition – Visiting Clinical Instructor (2016-Present)

- KN136 Resistance Training
- KN240 Instructional Techniques in Fitness
- KN 293 Practicum in Undergraduate Teaching
- KN 442 Principles of ECG Interpretation
- KN 448 Modifications in Exercise Programming

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Purdue University Calumet –Hammond, IN

Fitness Management Degree–Undergraduate Continuous Guest Lecturer (1999-Present)

- FM 474 Physiology of Exercise II
- FM 410 Evaluation, Testing and Assessment of Exercise
- FM 390 Personal Fitness and Wellness
- FM 305 Practicum in Fitness Management
- FM 302 Anatomy and Kinesiology
- FM 300 Practicum in Health, Fitness and Nutrition
- FM 114 Pilates
- FM 113 Tai Chi
- FM 104 Physical Fitness
- FM 102 Weight Training
- FM 101 Step Aerobics

Indiana University –Bloomington, IN

BS in Kinesiology Degree – Graduate Teaching Assistant (1994-1996)

- Aerobics
- Bowling
- Racquetball
- Tennis
- Essentials of Physical Fitness (Both Lecture class and Lab)

PRESENTATIONS

Presenter, International Aquatic and Fitness Convention (IAFC) (2003 & 2004)

- Gravity vs. Buoyancy
- Those Crazy Bones
- Pregnancy and Exercise
- Women and Strength Training

Numerous local presentations on variety of Health, Fitness and Wellness topics (1998-Present)

CERTIFICATIONS/MEMBERSHIPS

- **RN-Registered Nurse in Indiana and Illinois**
- **ACSM Certified Clinical Exercise Physiologist -American College of Sports Medicine**
- **EIM Level 3-American College of Sports Medicine**
- **Group Fitness Instructor-American Council on Exercise**
- **AEA Instructor-Aquatic Exercise Association**
- **Silver Sneakers MSROM/Classic & Yoga-Healthways**
- **Rowing Instructor-Concept II**
- **Reiki Level 1 & 2 Certified**
- **Tai Chi 1 & 2 Certified-Arthritis Foundation**
- **AF Aquatic Program and AF Land Exercise Instructor, Trainer, Volunteer-Arthritis Foundation**
- **ACLS-American Heart Association**
- **CPR/AED for the Professional Rescuer-American Red Cross**
- **Lifeguard Training and First Aid-American Red Cross**
- **Water Safety Instructor-American Red Cross**

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PROFESSIONAL WORK EXPERIENCE

- University of Illinois, Chicago, IL** **August, 2016-Present**
Visiting Instructor in Department of Kinesiology and Nutrition
- Teach undergraduate academic classes for BS degree in Kinesiology
 - Supervise undergraduate and graduate students with class instruction
 - Mentor to both undergraduate and graduate students with clinical interests
 - Suggested improvements and equipment to exercise labs
- Purdue University Calumet, Hammond, IN** **January, 1999-Present**
Continuous Guest Lecturer for Fitness Management Degree
- Part of original academic team to host BS degree in Fitness Management
 - Created and taught both in-class and on-line classes
 - Taught Undergraduate credit classes in Anatomy & Kinesiology; Evaluation Testing & Assessment Exercise; Personal Fitness & Wellness; Exercise Physiology II; Practicum in Health, Fitness & Nutrition; Practicum in Fitness Management; Aerobic Exercise; Weight Training; Pilates & Tai Chi
- St. Catherine Hospital, East Chicago, IN** **April, 2012-July, 2016**
Nurse/Exercise Physiologist –Cardiac Rehabilitation
- Patient risk factor reduction and education (Phase I-III) – hypertension, diabetes, obesity, PAD, CAD, heart healthy diet, smoking cessation, etc.
 - Supervision of cardiac monitored exercise sessions for post cardiovascular surgery/intervention patients after physician release – Phase 2 Cardiac Rehabilitation
 - Supervision of cardiovascular and strength training program for Phase III patients and public
 - Created several incentive/wellness programs to promote fitness and wellness topics
 - Initiated Healthways Silver Sneakers Muscle Strength and Range of Motion program for patients
 - Taught group exercise classes for employees, members and patients
- The Community Hospital, Munster, IN** **January, 2011-April, 2012**
CV/IMCU Nurse
- Provide patient care and education for 3-4 patients per shift
 - Medication administration, telemetry monitoring, wound care, pre-surgical preparation and post-operative care
 - Check vitals regularly, perform sterile procedures, insert/remove catheters, start/maintain IV's, perform head-to-toe assessments
 - Patient and family advocate
 - Collaborate with other professional staff to provide exceptional patient care
- Munster AAU Age Group Swim Team, Munster, IN** **August, 2010 -Present**
Assistant Swim Coach
- Organized workouts for children ages 6-15 years old; stroke analysis and competition
 - Created team strength training/dryland program
- Healthways –Silver Sneakers Program** **May, 2013–Present**
Instructor Coordinator
- Evaluate local Silver Sneaker “Classic” instructors on proper exercise instruction/program safety

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Managed Care Concepts, Chicago, IL

October, 2011 –April, 2012

Wellness Coach

- Telephonic Wellness/Lifestyle Coaching – Follow up contact with contracted clients for positive lifestyle recommendations
- Reviewed Health Risk Appraisal, discussed/explained blood work results (BMP, Lipids), and anthropomorphic measurements
- Discussion/Explanation of results from blood work and anthropomorphic measurements
- Risk factor review and recommendations for positive lifestyle changes

Purdue University Calumet, Hammond, IN

November, 1998 –December, 2010

Clinical Exercise Physiologist

- Promote Fitness and Wellness through personalized exercise and education programs
- Created and implemented numerous Fitness and Wellness incentive programs for PUC Faculty/Staff, Students and Fitness Center Members
- Health/Wellness Seminars, Health Fairs and Exercise Demonstrations
- Created specialized exercise/lifestyle programs for diverse populations
- Specialty Classes Group Fitness program; Supervised Aerobic and Fitness Staff
- Co-Coordinator of Spring Fling Walk/Run; duties include: venue planning, creating promotional materials, coordinating staff and collaborating with vendors

Lan-Oak Park District, Lansing, IL

May, 2005-September, 2013

Group Fitness / Swimming Instructor

- Lead Tai Chi & Step-n-Sculpt class
- Instruct infant & toddler swim lesson class

OMNI 41 Health and Fitness Connection, Schererville, IN

December, 1996-December,2007

Group Fitness Instructor/Personal Trainer

December, 1996 -December, 2007

Exercise Physiologist & Fitness Manager

December, 1996-November, 1998

- Developed Phase IV Cardiac Rehabilitation Program and AFAP program and Cardio Mix Class
- Created Fitness Testing Procedure utilized by fitness center staff
- Chairman for Corporate Fitness Challenge
- Contributor to Concept II Certification and Manual
- Managed and supervised Fitness Center Staff (hire/fire/discipline)
- Budget for fitness center, equipment and fitness staff
- Supervised daily operation and staffing of fitness center

Fitness Resource Associates, Watertown, MA

May, 2000–December, 2001

AFAA Personal Trainer Presenter

- Organized and directed workshops
- Educated participants on variety fitness related topics including: exercise physiology, fitness testing and exercise programming

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Munster High School, Munster, IN

September, 1998-June, 2001

Head Coach for Girls Swimming and Diving

- Awarded LAC Coach of the Year: 1999, 2000, and 2001
- Achieved 3-time Conference and Sectional Champions in 1999, 2000, and 2001
- Created team weight training/plyometrics program
- Stroke analysis and competition

Hammond Clinic & Northern Indiana Public Service Company, Munster, IN

April, 1996-December, 1996

Fitness/Wellness Specialist

- Chairman Corporate Challenge
- Exercise leader and counselor
- Supervised fitness center
- Performed fitness assessments and created exercise programs for apparently healthy/moderate risk members
- Promoted Health and Wellness; Disease Education and Prevention
- Hosted internal Health Fairs and incentive programs