

Tina Ann Schmidt-McNulty M.S., C.E.S., R.N., DHSc
8202 Jackson Avenue Munster, IN 46321
(219) 588-5483 tina-smcnulty@gmail.com

EDUCATION

University of Indianapolis – Indianapolis, IN - December, 2022 *Doctorate of Health Science*

Purdue Northwest - 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

- **Dissertation research: Cardiovascular Nurses Estimates of Their CVD Risk and Barriers to Exercise**
- Parr, R., Le, J.M., Schmidt-McNulty, T., Miller, S.A., & Ehrlich-Jones, L. (2020). Measurement Characteristics and Clinical Utility of the International Consultation on Incontinence Modular Questionnaire–Urinary Incontinence Short Form Among Females With Urinary Incontinence. *Archives of Physical Medicine and Rehabilitation*, 101, 2053-2055.
https://www.researchgate.net/publication/344703675_Measurement_Characteristics_and_Clinical_Utility_of_the_International_Consultation_on_Incontinence_Modular_Questionnaire-Urinary_Incontinence_Short_Form_Among_Females_With_Urinary_Incontinence
- 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

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TEACHING EXPERIENCE

University of Illinois at Chicago – Chicago, IL

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

Purdue Northwest –Hammond, IN

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

Indiana University –Bloomington, IN

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

CERTIFICATIONS/MEMBERSHIPS

- **RN-Registered Nurse in Indiana and Illinois**
- **ACSM Certified Clinical Exercise Physiologist -American College of Sports Medicine**
- **Group Fitness Instructor-American Council on Exercise**
- **CPR/AED for the Professional Rescuer-American Red Cross**

PROFESSIONAL WORK EXPERIENCE

Franciscan Heart and Vascular Institute, Olympia Fields, IL

July, 2023 – Present

Exercise Physiologist/Nurse in Cardiac/Pulmonary Rehabilitation Department

- Patient risk factor reduction and education (Phase I-II) – hypertension, diabetes, obesity, PAD, CAD, heart healthy diet, smoking cessation, etc.
- Supervision of cardiac monitored exercise sessions for post cardiovascular surgery/cardiac intervention patients/pulmonary patients after physician release – Phase 2 Cardiac/Pulmonary Rehabilitation

University of Illinois, Chicago, IL

August, 2016-Present

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 and internship coordination
- Suggested improvements and equipment maintenance to exercise labs

Munster High School, Munster, IN

October, 2019-May, 2023

Head Boys & Girls Swimming Coach

- 2020, 2021 Boys Sectional Champions; 2020, 2022 Girls Sectional Champions
- 2020, 2021, 2022 Boys & Girls NCC Champions
- 2020, 2021, 2022, 2023 NCC Coach of the Year
- 2020, 2021, 2022 Girls Sectional Coach of the Year; 2020, 2021 Boys Sectional Coach of the Year
- 2020 State Runner-up Boys IHSAA Swimming & Diving Championship
- Created team weight training/plyometrics program
- Stroke analysis and competition

Purdue Northwest, Hammond, IN

January, 1999-December, 2016

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

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- Taught Undergraduate credit classes

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 -May, 2023

Assistant Swim Coach

- Organized workouts for children ages 6-15 years old; stroke analysis and competition
- Created team strength training/dryland program

Tivity Health –Silver Sneakers Program

May, 2013–December, 2022

Instructor Coordinator

- Evaluate local Silver Sneaker “Classic” instructors on proper exercise instruction/program safety

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 Northwest, 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 PNW Faculty/Staff, Students and Fitness Center Members
- Health/Wellness Seminars, Health Fairs and Exercise Demonstrations

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- 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

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