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College Instructor
Dept. of Kinesiology & Dance
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Educational Background

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| M.S. Sport and Recreation Administration
University of Idaho, Moscow, ID | May 2003 |
| B.S. Exercise & Sport Science
Emphasis: Exercise Physiology
University of Idaho, Moscow, ID | Dec 2001 |

Certifications

American College of Sports Medicine – Health & Fitness Specialist (ACSM EP-C)

Status: Current

Certification Earned: June 23, 2009

Recertification Due Date: Dec 31, 2018

National Strength & Conditioning Association – Certified Strength & Conditioning Specialist (CSCS)

Status: Current

Certification Earned: Feb 3, 2007

Recertification Due Date: Dec 31, 2017

American Council on Exercise (ACE) – Certified Personal Trainer

Status: Current

Certification Earned: Aug 31, 2001

Recertification Due Date: Aug 31, 2017

American Council on Exercise (ACE) - Certified Group Fitness Instructor

Status: Current

Certification Earned: June 30, 2005

Recertification Due Date: June 30, 2017

American Council on Exercise (ACE) - Certified Health Coach

Status: Current

Certification Earned: Feb 28, 2006

Recertification Due Date: Feb 28, 2018

Certifications - Continued

U.S. Navy Fitness Certification (Completed May 2004)

U.S. Navy Leadership Skills for Managers Certification (Completed Jan 2005)

American Red Cross CPR, First Aid, and AED certified

Memberships

* Member of National Strength & Conditioning Specialist since March 2004

* Member of American College of Sports Medicine since Jan 2009

Professional Experience

Assistant Director – Fitness & Wellness

Oct 2005 – Aug 2013

New Mexico State University

*Oversee all operations of AggieFit programs and services, the campus-wide fitness/wellness division based out of the NMSU Activity Center.

* Oversee all fitness/wellness staffing: personal trainers, aerobics instructors, fitness interns and weight room & cardio room student staff.

*Analyze and oversee all budgetary and purchase aspects of fitness/wellness division; propose annual budget and monitor during fiscal year.

*Maintain and update fitness/wellness website, aggiefit.org, as the page's primary administrator.

* Instruction experience:

- Provide personal training service towards regular clientele

- Group fitness instruction of the following formats: Spinning, BOSU fitness, abdominal-based formats, combination classes that include both aerobic and strength movements (similar to Body Pump trademarked format).

Fitness Coordinator

July 2003 – Sept 2005

China Lake Naval Base; Ridgecrest, CA.

Morale, Welfare, and Recreation Division (MWR)

* Supervisor of group fitness instructors, personal trainers, and front counter staff (approx 25 total); Oversee hiring, scheduling, training, and order of operations with each; Conduct payroll and contract initiation processes for personal trainers and group fitness instructors; Conduct proper training and in-house certification for those instructors in need.

* Coordinate and administer special events: triathlon, base-wide blood draw, fun runs, power lifting meet, incentive programs, fitness seminar series, youth and senior fitness programs, others.

* Oversee budget analysis and equipment purchasing in conjunction with Athletic Director's approval; Use financial computer system to access purchases; maintain high levels of involvement with equipment inventory and upkeep.

* Oversee facility operations of one of two fitness facilities (fitness "annex"), including equipment maintenance, staffing organization, facility usage logs, and risk management implementation tactics.

* Conduct fitness assessments and proper fitness testing to inquiring members of military or civilian status; Provide one-on-one personal training sessions for clients.

* Group fitness instruction - instruct various group fitness classes such as PowerFlex, Spinning, Abs/Core Strength, Aquatic-Based Circuit Training, and Land-Based Circuit Training.

* Maintain constant involvement with enlisted military personnel and provide adequate exercise programs to ensure a high Physical Readiness Testing passing rate.

Academic Instruction Experience

New Mexico State University Department of Kinesiology & Dance

Jan 2006 – Present

PE P 499 – Independent Study: Officially titled “Problems” (1 – 3 credits)

- * Problems in physical education and recreation and independent work in their solutions.
- * Mentored and oversaw students pursuing a variety of disciplines within the field. Particular areas of focus: Laboratory and practical commitments towards the areas of Human Performance, Strength and Conditioning.
- * Mentored independent study requirements put forth by various senior Kinesiology majors.

SP M 460: Principles of Strength & Conditioning (3 credits)

- * Application of research, theory, and methods of high-intensity, resistive overload training.
- * Performance-specific topics include management, nutrition, performance-enhancing substances, periodization, lifting techniques, testing, and evaluation.
- * Course emphasizes standards set forth by the National Strength and Conditioning Association (NSCA) and prepares those students interested in sitting for the NSCA certification examinations.

SP M 460-L: Principles of Strength & Conditioning Lab (1 credit)

- * Two lab meetings weekly.
- * Lab compliments the lecture portion of Principles of Strength & Conditioning.
- * Format entirely based upon subject matters involved with NSCA standards, more specifically material involved with the CSCS national exam’s practical portion.

PE P 319: Lifetime Activities – guest instructor (2 credits)

- * Spring semester only
- * Course focuses upon knowledge and skills related to the lifetime activities of swimming, weight training, and other fitness promoting activities with emphasis on learning progressions.

PE P 208: Fitness Concepts for Health & Sport (3 credits)

- * Six sections total
- * Offered within a hybrid format: all sections access course material (recorded lectures, quizzes, exams, etc.) online and participate in the course’s practical lab content once per week.
- * Course discusses such field-related topics as cardiovascular endurance, muscular strength, muscular endurance, body composition, flexibility, physical activity guidelines & prescription, nutrition, behavior modification, among many other areas.

PE P 202: Intermediate Weight Training (1 credit)

- * Two activity meetings weekly.
- * Discuss proper strength training prescription and workout compilation for individuals with prior strength training experience. Instruct upon positive physiological effects of strength training and generally physiological responses to strength training and overall physical activity.
- * Introduce somewhat advanced strength training techniques to assist in modifying the student’s current strength training regimen as well as to increase intensity levels within their training methods.
- * Implement daily, illustrated strength workouts for students to complete.

Academic Instruction Experience - Continued

PE P 103: Beginning Weight Training for Females (1 credit)

- * Two activity meetings weekly.
- * Discuss proper strength training prescription and workout compilation for a female population. Instruct upon positive physiological effects of strength training and generally physiological responses to strength training and overall physical activity.
- * Discuss common physiological concerns within a female population based upon physical activity standards and dispel myths and misconceptions related to those concerns.
- * Implement daily, illustrated strength workouts for students to complete.

PE P 102: Beginning Weight Training (1 credit)

- * Two activity meetings weekly.
- * Discuss proper strength training prescription and workout compilation for a beginning skill level. Instruct upon positive physiological effects of strength training and generally physiological responses to strength training and overall physical activity.
- * Implement daily, illustrated strength workouts for students to complete.

Activity Instruction Experience (Non-Credit)

AggieFit Services, New Mexico State University

Oct 2005 – Dec 2009

Indoor Cycling (Spinning)

- * Provided exercise sequences based upon trademarked Spinning techniques and intensities.
- * Overall format utilized warm up techniques, interval training zones, different positions on the stationary bike, cool down techniques, and concluding flexibility stretches.

BOSU Fitness

- * Involved both cardiovascular and strength components while utilizing a BOSU ball.
- * Overall format utilized warm up techniques, aerobic-based choreography, strength-based choreography, low-intensity plyometric techniques, cool down techniques, and concluding flexibility stretches.

Abdominal and Core-Based Classes

- * Thirty to 60-minute formats utilizing auxiliary fitness equipment such as stability and medicine balls.
- * Overall format utilized warm up techniques, cadence-based movements, non-cadence movements, cool down techniques, and concluding flexibility stretches.

Total Body Conditioning (similar to Body Pump or PowerFlex)

- * Involved both cardiovascular and strength components while utilizing various auxiliary fitness equipment such as aerobic steps, dumbbells, barbells, elastic bands, BOSU balls, stability balls, and medicine balls.
- * Overall format utilized warm up techniques, aerobic-based choreography, strength-based choreography, cool down techniques, and concluding flexibility stretches.

Activity Instruction Experience (Non-Credit) – Continued

China Lake Naval Base, Moral, Welfare, and Recreation

July 2003 – Sept 2005

PowerFlex

* Involved both cardiovascular and strength components while utilizing various auxiliary fitness equipment such as aerobic steps, dumbbells, barbells, elastic bands, BOSU balls, stability balls, and medicine balls.

* Overall format utilized warm up techniques, aerobic-based choreography, strength-based choreography, cool down techniques, and concluding flexibility stretches. All movements were conducted in cadence with PowerFlex approved music and sequences were provided specifically by the PowerFlex trademark.

Spinning

* Provided exercise sequences based upon trademarked Spinning techniques and intensities.

* Overall format utilized warm up techniques, interval training zones, different positions on the stationary bike, cool down techniques, and concluding flexibility stretches.

Abdominal and Core-Based Classes

* Thirty to 60-minute formats utilizing auxiliary fitness equipment such as stability and medicine balls.

* Overall format utilized warm up techniques, cadence-based movements, non-cadence movements, cool down techniques, and concluding flexibility stretches.

Aquatic-Based Circuit Training and Land-Based Circuit Training

* Activity sequences were designed to fulfill Physical Training (PT) requirements of enlisted military personnel and also assist those individuals to successfully pass required Physical Readiness Testing.

* Aquatic formats were compiled by following appropriate work:rest ratio guidelines and involved a wide variety of both swimming and stationary movements, all conducted in an aquatic environment.

* Land-Based Circuit Training involved a station-to-station format, specifically involving participants to conduct certain strength movements for a timed duration at each station coupled with light jogging (labs conducted within an indoor gymnasium) in between each strength station.

Service

Health Screenings, New Mexico State University

* Offered in conjunction with NMSU University Health Center.

* Performed monthly health screenings such as body composition analysis, blood pressure and flexibility assessment.

Volunteer Judge - Powerlifting Meet, New Mexico State University

* Multiple dates: Nov 12, 2012; Oct 12, 2013; April 11, 2015; Oct 17, 2015

* Offered and administered by NMSU Kinesiology Club.

Service - Continued

Department Representative – Weekend Football Recruit Luncheon; New Mexico State University

* Multiple dates: Sat, Jan 18, 2014; Sat, Jan 17 2015

* Conversed with possible football candidates (and parents of the recruits) who were interested in the field of Exercise Science and different majors offered by the Dept. of Kinesiology & Dance.

Volunteer Judge – Aggie Games: Challenge Your Inner Athlete, New Mexico State University

* April 12, 2014

* Offered and administered by NMSU Kinesiology Club.

Community Service – Volunteer: Southwest Sport & Spine High School Athlete Screening

* May 9, 2015

* Conducted overhead squat movement/corrective assessment towards approximately 200 regional high school athletes.

* Assessment based upon FMS (Function Movement Systems) scoring criteria.

* POC: NMSU Alumni, David Gallegos, ATC, Cert. MDT, PES

Volunteer: First Year Walk, New Mexico State University

* Tues, Aug 18th, 2015.

* Lined "I-Mall" – International Mall: Ed Services Building to Horseshoe.

* Those present: Marching band, student athletes; Speakers: President Carruthers, Dean of Students, Michael Jasek, and Dr. Bernadette Montoya.

Volunteer: Ask Me! Where's My Class? New Mexico State University

* Thurs, Aug 20th, 2015

* Table near Corbett Center

Advising

Internship Supervisor

* Spring 2015 Semester

* Student: Andrew (Andy) Seamon

* Six (6) credit hours earned.

Advising - Continued

Mentor: Independent Study

- * Fall 2015 Semester
- * Student: Perry Grunewald
- * Title of independent study: *A Literature Review of Treatments to Relieve Low Back Pain Including Core Strengthening, Flexibility, and General Exercise.*
- * Three (3) credit hours earned.

Professional Development

Online Course Improvement Program (OCIP), New Mexico State University

- * Duration: Sept 2010 – Dec 2011
- * Successful completion of 16-month OCIP offered through NMSU College of Extended Learning
- * OCIP focused upon improvement of online course formats as well as development and proper implementation of various media tools instructors may utilize.

Conference Attendance

- * 2007 – National Conference: National Intramural & Recreational Sports Association (NIRSA); Minneapolis, MN
- * 2009 – National Conference: National Intramural & Recreational Sports Association (NIRSA); Austin, TX
- * 2011 – National Conference: National Intramural & Recreational Sports Association (NIRSA); New Orleans, LA
- * 2013 – National Conference: National Intramural & Recreational Sports Association (NIRSA); Las Vegas, NV
- * 2013 – State Conference: National Strength & Conditioning Association (NSCA); Albuquerque, NM
- * 2015 – State Conference: National Strength & Conditioning Association (NSCA); Albuquerque, NM
- * 2015 – National Conference: National Strength & Conditioning Association (NSCA); Orlando, FL

Symposium Speaking Panel, New Mexico State University

- * NMSU Sport Performance Symposium – Dept. of Kinesiology & Dance
- * March 3, 2012

Guest Presentation, New Mexico State University

- * New Mexico State University W.A.V.E. Dept.

Guest Lecturer, New Mexico State University

- * HL S 150: Personal Health & Wellness
- * SP M 330: Exercise Prescription
- * PEP 346: Personal Training

Conference Presenter – 2014 Albuquerque Strength & Conditioning Clinic

- * Topic: Overcoming Training Plateaus
- * September 13, 2014
- * Affiliated Associations: National Strength & Conditioning Association (NSCA) and National Academy of Sports Medicine (NASM)
- * Location: Jewish Community Center, Albuquerque, NM

Professional Development - Continued

New Mexico State University Teaching Academy, Workshops Completed:

- * *Driving Critical Thinking with Team-Based Learning*; Workshop facilitators: Bill Roberson and Tine Reimers, University at Albany, State University of New York; Jan 31, 2013; 2.0 hours
- * *Daily Five-Minute Quizzes as a Key to Student Engagement and Accountability*; Workshop facilitator: Lizbeth Ellis, New Mexico State University; Feb 19, 2014; 1.25 hours
- * *Ten Easy Ways to Engage Your Students*; Workshop facilitators: Tara Gray and Jean Conway, New Mexico State University; Feb 26, 2014; 1.25 hours
- * *Improve Your Students' Learning by Teaching Them Effective Learning Strategies*; Workshop facilitator: Dr. Sandra Y. McGuire, Louisiana State University; Sept 25, 2014; 1.25 hours
- * *More Than a Glorified Notepad: Using the Whiteboard to Engage Your Students*; Workshop facilitator: Matt Huchmala, Legal Assistant Program, Dona Ana Community College; Oct 2, 2014; 1.0 hours
- * *The Quiz Tool in Canvas*; Workshop Facilitator: Timothy Strasser, New Mexico State University; Nov 14, 2014; 1.5 hours
- * *Maintaining Our Digital Lives: Personal Digital Archiving*; Workshop facilitator: Nathan Brown, NMSU Library; Feb 25, 2015; 1.5 hours
- * *Let's Talk Online Teaching: Accessibility & Usability*; Workshop facilitator: Sharon Lalla, Instructional Innovation & Quality, New Mexico State University; Mar 10, 2015; 1.0 hour
- * *Working the Student Retention Puzzle*; Workshop facilitators: Terry Cook, Student Engagement, Amanda Gallivan, Campus Health Center, and Michael Jasek & Anthony Marin, Student Affairs, New Mexico State University; Mar 12, 2015; 1.5 hours
- * *How Learning Works: Introductory Workshops*; Workshop facilitator: Michelle Jackson, Teaching Academy, New Mexico State University; Sept 1, 2015; 1.0 hour
- * *Assignments in Canvas*; Workshop facilitator: Steve Leask, New Mexico State University; Sept 3, 2015; 1.5 hours.
- * *Recorded Webinar: Rockin' Online with Great Course Design*; Workshop facilitator: Miley Grandjean, New Mexico State University; Sept 16, 2015; 1.0 hour.
- * *The Nuts & Bolts of Civic Engagement*; Workshop facilitator: Christa Slaton, Dean, College of Arts and Sciences; New Mexico State University; Oct 5, 2015; 1.0 hour.
- * *Mentoring Undergraduate Students: A Panel*; Panelists included faculty from various NMSU departments such as ACES (Agriculture, Consumer, and Environmental Science), Government, Electrical Engineering, and Biology; Oct 12, 2015; 1.0 hour.
- * *Igniting Passion: The Building Blocks of Successful Service-Learning*; Workshop facilitator: Denise Rodriguez-Strawn, Service Learning for Educational Distinction, New Mexico State University; Oct 26, 2015; 1.0 hour.

New Mexico State University Office of Human Resources, Workshops Completed:

- * *Search Committee Orientation*; Workshop facilitators: Kathy Agnew, New Mexico State University; Oct 6, 2014; 1.0 hours

Professional Development - Continued

New Mexico State University Center for Learning & Professional Development, Workshops Completed:

- * *NMSU Respects (Title IX and Campus SaVE Act on Campus)*; Online Training; Jan 14, 2014; 0.5 hours
- * *University Compliance Training: Compliance Overview*; Online Training; June 19, 2015; Approx. 0.25 hours
- * *University Compliance Training: Computer and Data Security*; Online Training; June 19, 2015; Approx. 0.25 hours
- * *University Compliance Training: Drug-Free Workplace*; Online Training; June 19, 2015; Approx. 0.25 hours
- * *University Compliance Training: Conflict of Interest*; Online Training; June 22, 2015; Approx. 0.25 hours
- * *University Compliance Training: Employee Safety/Loss Prevention & Control*; Online Training; June 22, 2015; Approx. 0.25 hours
- * *University Compliance Training: Preventing Discrimination*; Online Training; June 22, 2015; Approx. 0.25 hours
- * *Family & Medical Leave Act (FMLA)*; Online Training; June 22, 2015; Approx. 0.25 hours

Committees

Health Education Committee, New Mexico State University Jan 2007 – Aug 2013

- * Committee members involved NMSU University Health Center and NMSU Activity Center
- * Committee assembled once per month to discuss current health and fitness happenings between members' specific areas as well as to plan and administer relevant events and services provided to the NMSU community.

June 2012 – Aug 2013

Student Affairs and Enrollment Management (SAEM) Advisory Team, New Mexico State University

- * Team compiled to foster strategic planning methods specifically involving various departments within the SAEM Division.

Search Committee, New Mexico State University Oct – Nov 2014

- * Athletic Training Candidate; Full Time Professor

Departmental Committees – Dept. of Kinesiology & Dance, New Mexico State University

- * Budget & Technology: Sept 2013 – Aug 2015
- * Awards/Scholarship: Sept 2015 – Aug 2016

College Committees – College of Education, New Mexico State University

- * College Faculty: Sept 2013 – Aug 2016
- * Sustainability: Sept 2014 – Aug 2016

University Committees – New Mexico State University

- * Assessment Liaison: Sept 2015 – Aug 2016

Awards

Navy Award of Excellence – Moral, Welfare, and Recreation

* Appreciation award dedicated by Master Chief Bill Chubb, China Lake Naval Base

Service Award – New Mexico State University

* Anniversary Year: 2010

* Celebrating five-year mark of service towards NMSU

Service Award – New Mexico State University

* Anniversary Year: 2015

* Celebrating ten-year mark of service towards NMSU